

Millstone Loaf using IREKS ARTISAN MALT, LEVAIN ACTIVE WHEAT SOUR K and STABILASE



Polish:

Strong baker's flour	2.000 kg	20 %	4 lb	6.5 oz
IREKS ARTISAN MALT	1.000 kg	10 %	2 lb	3.5 oz
Fresh yeast	0.040 kg	0.4 %	0 lb	1.5 oz
<u>Water, approx.</u>	<u>3.000 kg</u>	<u>30 %</u>	<u>6 lb</u>	<u>10 oz</u>
Total weight	6.040 kg		13 lb	5.5 oz

Mixing time: approx. 2 minutes slow (spiral mixer)

Dough temperature: 22° C – 24° C (72° F – 75° F)

Bulk fermentation time: 4 hours in the room, further storage in the refrigerator

Dough:

Strong baker's flour	6.000 kg	60 %	13 lb	3.5 oz
Rye flour	2.000 kg	20 %	4 lb	6.5 oz
Poolish	6.040 kg	20 %	13 lb	5.5 oz
LEVAIN ACTIVE WHEAT SOUR K	0.500 kg	5 %	1 lb	1.5 oz
STABILASE	0.100 kg	1 %	0 lb	3.5 oz
Salt	0.220 kg	2.2 %	0 lb	8 oz
Fresh yeast	0.050 kg	0.5 %	0 lb	2 oz
<u>Water, approx.</u>	<u>6.000 kg</u>	<u>60 %</u>	<u>13 lb</u>	<u>3.5 oz</u>
Total weight	20.910 kg		46 lb	2 oz

Mixing time: 4 minutes slow + 6 minutes fast (sprial mixer)

Dough temperature: 26° C – 27° C (79° F – 81° F)

Bulk fermentation time: approx. 90 minutes

Scaling weight: 1.200 kg (2 lb 10.5 oz)

Intermediate proof: none

Instructions for use: Scale the dough after the bulk fermentation time and gently process round. Place in fermentation baskets with the seam upwards and put into the refrigerator overnight. Leave the dough pieces at room temperature for approx. 60 minutes before baking. Score as desired and bake giving steam.

Final proof: overnight at 5° C (41° F)

Baking temperature: 240° C (464° F), dropping to 210° C (410° F), giving steam

Baking time: approx. 60 minutes