



PANE PUGLIESE

PORTIONS: 1 loaf - about 850g

PREP : 2 days

INGREDIENTS :

425g hard wheat flour
(semolina, semola rimacinata)
150g liquid sourdough starter (*)
260g cold water
1g fresh yeast
(or ½ g of dry yeast)
10g salt



DIRECTIONS

If you don't have a sourdough starter the night before prepare a poolish with 75g cold water, a tiny pinch of yeast and 75g of bread flour. Mix well, cover and let rest overnight at room temperature. If you have a starter bring it to room temperature before mixing it in the dough.

In a large bowl add water, yeast (if using dry yeast let it sit in water 10 minutes before proceeding with the rest of the recipe) and starter. Add flour and knead for a couple of minutes then knead in the salt, cover and let rest at least 30 minutes, up to 1 hour. The dough at this point should be less sticky and easier to knead. Work the dough on a flat surface without adding extra flour. Should the dough feel dry wet your hands with water and keep kneading with the help of a bench scraper.

Keep kneading by folding and stretching the dough, your goal is to incorporate small air pockets. Work the dough until it passes the windowpane test.

Transfer the dough in a lightly oiled container and let it rest for 1 hour at room temp before placing it in the fridge for 12 hours. If possible, every 4 to 6 hours fold the dough over itself to give it strength.

Next day, take the dough out of the fridge at least 1 hour before shaping it. Transfer the dough on a lightly floured surface trying not to deflate the dough too much.



Gently shape the dough into a ball, then using your elbow punch a hole right in the middle to obtain a doughnut-shaped loaf. Place on a baking mat. If necessary tuck in the sides of the bread to increase the surface tension.

Dust the bread with flour, cover with plastic film and let rise for about 2 hours.

Preheat your oven at maximum temperature, possibly with terracotta stones in it and a metal dish at the bottom of the oven for production of steam.

(If using the stone you will place the baking mat directly onto it, if not the mat will go on a baking tray.)

Slash the loaf with a sharp blade, place the mat immediately in the oven and pour some water onto the metal dish. Close the oven door asap and don't open it for 10 minutes. Lower the temperature to 220°C/430°F and bake for another 10 minutes. If the bread starts browning too rapidly lower the temperature again to 200°C/390°F. Total baking time should be around 30'. The bread is ready when the crust is golden brown and the bottom sounds hollow if tapped on the bottom.

Let cool on a rack at least 30' before serving.

Store in a paper bag if consumed within a couple of days otherwise wrap tightly in cling film and freeze.

(*) Liquid Sourdough Starter (aka levain liquid or pasta madre liquida)

Starters can be solid (2 parts flour + 1 part water) or liquid (1 part water+1 part flour). I usually keep a liquid starter in my refrigerator because I find it easier to maintain and it's more resilient when for some reason I cannot feed it for a long time. The starter this recipe calls for is from bread flour but it can also be from an all purpose flour with at least 10.5% protein content.

Because the recipe also calls for regular yeast it's not necessary to use a starter that has been recently refreshed and thus fully active. On the other hand if you want to skip the commercial yeast and rely entirely on the starter for the final rise of the bread, then the starter must be at room temperature, has to be refreshed twice and it must double in volume if left 3 hours at room temperature.

ver 31,3,20