

# Loaf of white bread --copy

**Recipe for 4 persons**

## **Description**

White and soft crumb and nicely colored crust. Nothing beats homemade bread.

## **Note**

Be careful, the quantity of water can vary, it will depend on:

1/ the strength of your flour

2/ the humidity in the room

3/ the heat

## **Ingredients**

### Poolish base

- 405 Ml Cold water
- 8 Gr Salt
- 525 Gr Flour
- 7 Gr Dry yeast

### Proofing

- 65 Gr Flour

## **Preparation**

- Preparation time **1440 mins**
- Preheat your **four** at **450 F°**

### Poolish

In a bowl, pour your cold water, the salt and stir with a fork to dilute the salt in water.

Add the flour and the yeast, stir again with the fork.

Be sure that the flour is hydrated, we are actually not looking for a smooth dough here.

Cover the bowl with plastic wrap. Do this operation at the end of the day and leave the poolish to proof on your counter overnight.

### Shaping and proofing

The next day, flour your hands and bring the edge of the poolish to the center of the bowl, repeat as many times as necessary so you give it the shape of a ball.

Flour generously another bowl and place the dough in it. Cover with plastic wrap.

Leave to proof for 45 minutes to an hour. The volume of the dough must double.

### Preparing the oven

Place in your hot oven, a 5l capacity pot with the appropriate lid. The pot must heat up for at least 45 minutes before you place the dough in.

### Last touch

Take the pot out of the oven, remove the lid and flip around the bowl with the dough inside over the pot.

Cover back up the pot and place it back in the oven for 30 minutes.

After these 30 minutes, remove the lid to allow the coloration for another 30 minutes.

Once your bread is cooked, remove it from the pot and place it on a baking rack to cool it down without creating humidity.

**Bon appétit!**