

Part 2: The Master Three-Loaf Timeline

Mixing the dough

11:00 AM — THE COLD AUTOLYSE

Whisk 500g Stoates White + 500g Grist Mill Sprouted Whole Grain + *50g Vital Wheat Gluten. *I do not have gluten sensitivity. The fermentation process modifies the gluten which is explained in a further document. Add 735g Chilled Fridge Water Mix into a shaggy dough until no dry patches remain. Cover and let rest on the counter for 45 minutes

11:45 AM — INOCULATION & OILING

Pour 210g Floating Starter + 21g Fine Sea Salt directly onto your autolyse dough. Squeeze and squish with your hands for 2 minutes. Work in 2 tablespoons of Extra Virgin Olive Oil last until fully absorbed.

12:15 PM to 2:15 PM — STRETCH AND FOLDS

Perform 4 sets of Stretch-and-Folds, spaced exactly 30 minutes apart. (See video) Action: Wet one hand, holding firmly to the bowl, grab the dough from one corner, stretch it upward gently without tearing, and fold it over the centre. Rotate the bowl and repeat on opposing corner. Rotate and repeat for all four corners. Let rest on the counter covered for 30 minutes and repeat for four stretch and folds.

2:15 PM — THE COLD BULK PAUSE

Cover your dough bowl tightly and place it straight into your 5°C fridge for the afternoon to develop flavour safely without over-proofing