

Part 3: The Master Three-Loaf Timeline

Stretch & Folds

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