

THE LIVING BREAD MASTERCLASS: STUDENT BLUEPRINT

The Complete Field Guide from Starter to Finish.:

Welcome to this life giving class.

Getting started:

We work with weight rather than volume Spoonfuls/cups are inaccurate for what we do. Use a digital scale set to grams.

For your starter use a glass jar (like a Weck jar) with the lid resting loosely on top. Never seal airtight. Or a large jam jar.

Water Temperature: Use lukewarm water (around 24°C–26°C). Never hot.

Optimum Equipment:

Large mixing bowl: The one I use is a transparent plastic from a hardware store that cost about £1. It must be large enough to hold 1800g with room to mix by hand.

Dough Scraper: These are available in baking shops and online. They come in a couple of shapes. I like the kidney shape to loosen dough away from the banneton. The rectangle shape I like to shape dough so my hands don't touch the dough which can make it soft and sticky. The rectangle scraper is also great for dividing the dough before shaping.

Bannetons: These are for proving your dough. If making 3 x 600g loaves you'll want three Bannetons. If you do not wish to purchase Bannetons just yet mixing bowls with a well floured tea towel will do but may cause creases in your final baked loaf.

Measuring cup: Large enough to hold at least 735g water.

Digital Thermometer: The one I use has a foldable probe, a digital read out, C & F options and replaceable battery. This takes the guess work out of whether the loaf is done or not. Technically a loaf is done at 94c but I like 97–99c.

Shower Caps: Cheap as chips online. Or grab a few next time you stay in a hotel. These are perfect to put on your banneton before you pop your dough into the fridge for it final prove. Otherwise you run the risk of a dry dough surface that will prevent your bread from rising properly.

Lamē: This is a razor blade with a handle. Or you can use a razor blade. This is for scoring your loaf just before baking to create an attractive loaf and to control where the steam escapes.