

Part 4: The Master Three-Loaf Timeline

Shape the dough

7:15 PM — SEEDED LETTER FOLD & SHAPE

Pull the cold, firm dough out of your fridge, run a dough scraper between dough and bowl to help release it, turn bowl upside down and let the dough fall naturally onto the counter. Divide dough into three equal 600g portions with the dough scraper.

The Letter Fold: Gently pat one portion of dough into a flat rectangle. Sprinkle a handful of pumpkin seeds across the surface. Fold the top third over toward the centre. Sprinkle more seeds onto the back of that flap. Fold the bottom third completely up over to seal the seeds inside.

The Final Shape: Roll the seeded dough from one end toward the opposite end into a tight round. Cup your hands around it with the sides of your hands placed firmly on the counter and drag it across an un-floured counter to build tight surface tension. Place smooth side down into a bowl of rice flour and coat well. Place floured side down into the banneton (or mixing bowl lined with floured tea towel). Sprinkle more rice flour around edges of the dough to prevent it from sticking as the dough rises. Cover bannetons or mixing bowls with a shower curtain to prevent a skin forming. (See video).

7:30 PM — THE OVERNIGHT HIBERNATION

Place all three shaped bannetons straight back onto the coldest bottom shelf of your fridge overnight.