

Part 2: The Master Three-Loaf Timeline

Mix 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

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.