



## Ingredients

---

- 320g room temperature water
  - 12g fresh yeast
  - 500g white flour
    - 8g salt

# Simple Wheat Loaf

🕒 3h45min (from start to finish)

## Method

---

### Mixing:

1. In a large mixing bowl, start by mixing the water with the yeast until dissolved.
2. Add the flour and salt.
3. Mix with a dough scraper or a wooden spoon, until combined.
4. Transfer to a clean surface.
5. Knead for 8 minutes without adding any extra flour.
6. After eight minutes, make a ball.
7. Return the ball to the bowl.
8. Sprinkle with a touch of flour.
9. Cover with a cloth for the first rest of 1 hour (it might take less or more time depending on your kitchen's temperature. Mine is at around 21°C).



# Simple Wheat Loaf

🕒 3h45min (from start to finish)

## Method

---

### Pre-shape:

- Dust the surface of your dough.
- Transfer it, sticky side up, to a lightly dusted surface.
- Gently, flatten the dough with your fingers.
- Fold it around until you get a nice-looking bouncy ball.
- Cover once again with a cloth. Wait 15 minutes.

### Shape:

- Repeat the previous steps. You will get a strong dough with elastic skin on top!
- Place it on top of a wooden peel of parchment paper.
- Give it a final rest of 1 hour.

### Baking:

- Preheat your oven to 200°C (392°F)
- Boil some water.
- Gently place your dough in the oven.
- Pour the boiling water into a tray underneath the bread-to-be.
- Bake for 35 minutes. (Keep an eye on it if it is the first time you are baking. Different ovens behave very differently.)
- Once done, remove the loaf from the oven.
- Let it cool down for a few minutes.