

Pain Rustique

This bread is prepared in a way that is a bit out of the ordinary -- there's no 'shape' phase. After the bulk fermentation is complete, rectangular bricks of dough are cut and given the final fermentation.

Ingredients

Poolish	oz	grams	bakers percentage
Bread flour	16	454	100
Water	16	454	100
Yeast	0.032	1.0	0.2
Final Dough			
Bread flour	16	454	100
Water	6.1	173	38
Poolish	32	909	
Salt	0.6	17	4
Yeast	0.17	5.0	1.1
Total	54.87	1553	



Poolish: Disperse the yeast in the water, add the flour, and mix until smooth. Cover the bowl with plastic and let stand for 12 to 16 hours.

Mixing: Pain Rustique is mixed with an autolyse. Add the Final Dough flour, water and the ripe poolish to the mixing bowl. Do not add the yeast and salt. Mix until just combined. Cover the bowl with a sheet of plastic and let it rest for 20-30 minutes. Then mix in the yeast and salt and mix until the dough is fairly well developed. The dough should be supple and moderately loose.

Fold the dough twice during the bulk fermentation -- after 25 minutes and then 25 minutes later.

Dividing: Gently divide the dough into even rectangular pieces. I made 3 visually equal loaves. Place scrap pieces of dough on top. Place the divided pieces onto lightly floured baker's linen or parchment, with the floured side of the dough still down, and cover for final fermentation.

Final fermentation: 20 to 25 minutes final fermentation after dividing.

Baking: Turn the dough so that the floured side is up. Slash the dough with one quick stroke. Bake at 460°F (237°C) for 35 minutes, the first half of the time with steam. Vent the steam for the second half of the bake.

<http://refoodrefood.blogspot.co.il/2013/12/pain-rustique.html>

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Occasional options: (a) Use some 100% hydration sourdough in poolish (weigh sourdough; reduce flour by half the mass of the sourdough, reduce water by half the mass of the sourdough – use no more than 100 g sourdough); (b) Use up to 150 g whole wheat, white whole wheat, or spelt in poolish or final dough.

Preparation times	Start time	Duration (h:m)	
Mix poolish	18:00	0:10	
Poolish ripening	18:10	14:00	12-16 h
Initial mix	8:10	0:15	
Autolyse	8:25	0:25	20-30 min
Complete mix	8:50	0:30	
Bulk fermentation 1	9:20	0:25	
Fold 1	9:45	0:05	
Bulk fermentation 2	9:50	0:25	
Fold 2	10:15	0:05	
Bulk fermentation 3	10:20	0:25	
Divide	10:45	0:10	
Final fermentation	10:55	0:25	20-25 min
Bake	11:20	0:35	
Complete	11:55		