

High Moisture Boule

This white flour boule uses a higher moisture level and the Lahey method of a slow room temperature rise to produce a loaf with a very strong gluten structure. The loaf is quite chewy and full of irregular gas pockets. Because the dough is moist and very elastic, shaping of anything but a round loaf is quite difficult. Baking can be accomplished on a stone or in a Dutch oven, whichever you prefer.

Two Loaves	Ingredient	One Loaf
6 cups, 840 g	All-purpose flour, 86%	3 cups, 420 g
1 cup, 136 g	Bread flour, 14%	½ cup, 68g
½ tsp, 2 g	Yeast, 0.2%	¼ tsp 1 g
1 Tbsp, 14 g	Kosher salt, 2%	½ Tbsp, 7 g
3 1/3 cups, 757 g	Water, room temperature, 78%	1 2/3 cups, 378 g

In a large bowl stir together the flours, yeast and salt. Add the room temperature water and stir until well mixed. Cover and allow to rise at room temperature for 16-24 hours.

Place a large piece of parchment paper on a peel or large baking sheet. If baking in a Dutch oven, spray the inside of the Dutch oven with cooking spray.

After the initial rise, divide the dough in half if making two loaves (save one loaf back in a refrigerated container for later use if using the Dutch oven). With each loaf, heavily flour your hands and form the dough into a ball. Now pull and stretch smooth dough from the top surface down toward the bottom and turn the ball slightly. Repeat the process until a smooth round ball is formed. Place the dough on the parchment covered peel, seam side down if baking on a stone, seam side up if baking in a Dutch oven. Cover the loaf lightly with plastic wrap and allow to rise at room temperature for 30-45 minutes.

Preheat the oven to 450 degrees.

Choose one of three baking methods:

To make a baking stone loaf, preheat the baking stone along with a steam pan. If making a Dutch oven loaf, preheat the Dutch oven along with the oven.

Baking on a stone: Remove the plastic wrap and score the loaf. Slide the loaf off the peel onto the baking stone. Turn the oven down to 400 degrees and pour a cup of water into the steam bath. Bake for 45 minutes then remove to a wire rack to cool.

Baking in a Dutch oven: Remove the plastic wrap and using thick potholders, remove the preheated Dutch oven from the oven. Dump the dough into the Dutch oven, flipping it off the parchment paper so the seam side is down. Replace the lid and place the Dutch oven into the oven. Turn the oven down to 400 degrees and bake about 30 minutes then remove the lid. Bake another 15 minutes and remove the Dutch oven to a wire rack to cool.