

ANNA ARVIDS

Le Pain

White bread with pre-risen dough that enhances the taste, and with a stronger flour that increases the volume..

Dough 1

100 g water
100 g special wheat flour
5 g yeast

Dough 2

350 g special wheat flour
250 g water
10 g yeast
200 g the above pre-risen dough
13 g salt

Dough 1: dissolve yeast in 25°C water. Add the flour. Mix the pre-risen dough for 5 minutes at low speed and 5 minutes at medium speed. Leave to rise in a bowl under plastic at room temperature for 2–3 hours. It is also a good idea to make the pre-risen dough the day before and leave it in the fridge overnight.

Dough 2: dissolve the yeast in 25°C water, add the flour and pre-risen dough. Mix for 5 minutes at low speed and 3 minutes at medium speed. Then add salt and mix for 2 minutes. Leave to rise in a bowl under plastic for 30 minutes. Divide the dough into 50 g pieces. Leave to rise on a tray until they are double their original size. Bake at 225°C for approx. 15 minutes.