

SICILIAN BREAD
Contributed by: Rick DeMaria

Bread from Sicily that is very crusty with a soft crumb that can be shaped into many forms.

| | | | Total fermented in poolish | | | |
|--------------------|--------|-----------|----------------------------|-----------|-------------|-----------|
| Total dough weight | | 15.137 kg | Bread flour | 25.00% | | |
| TOTAL FORMULA | | | POOLISH | | FINAL DOUGH | |
| Ingredients | % | Kilograms | % | Kilograms | % | Kilograms |
| High gluten flour | 100.00 | 9.051 | 100.00 | 2.263 | 100.00 | 6.788 |
| Water | 62.50 | 5.657 | 100.00 | 2.263 | 50.00 | 3.394 |
| Salt | 1.88 | 0.170 | | | 2.50 | 0.170 |
| Fresh yeast | 1.86 | 0.168 | 0.63 | 0.014 | 2.50 | 0.154 |
| Diastatic malt | 1.02 | 0.092 | | | 1.35 | 0.092 |
| Poolish | | | | | 66.67 | 4.539 |
| Totals | 167.25 | 15.137 | 200.63 | 4.539 | 223.02 | 15.137 |

*Protein 13%-14%

PROCESS

Preferment Mix
Type of mixer: Polish
Vertical with paddle
Water temperature: 55°F
1st speed: 0:04

Ferment
Time/temperature: 12:00 at 72°F

Final Dough Mix
Type of mixer: Spiral
Mix style: Improved
1st speed: 0:03
2nd speed: 0:03–0:04
Water temperature: 55°F
Dough temperature: 78°F

Ferment
Time/temperature: 0:45–1:00 at 72°F

Shape
Divide: 1lb 3oz
Preshape: Round
Rest: 0:10
Shape: On to cornmeal boards

Proof
Time/temperature: 0:45 at 72°F

Bake
Oven type: Deck
Steam: 2 sec
Time/temperature: 0:25–0:30 at 465°F