



FRESH-MILLED BAKING GUIDE

# Daily Bread

The first loaf I learned to make, and the loaf that started Five Loaves.

PART 01 · GATHER

# Before you begin.

Weigh your ingredients before you begin. With fresh-milled flour, a scale is far more reliable than measuring cups.

2 loaves · about 4 hours · 350°F oven · 190 to 195°F inside

## INGREDIENTS

|       |                                |
|-------|--------------------------------|
| 550 g | Hard red flour                 |
| 300 g | Filtered water                 |
| 110 g | Raw Texas honey                |
| 75 g  | Organic extra virgin olive oil |
| 10 g  | Sea salt                       |
| 10 g  | Sunflower lecithin             |
| 9 g   | Instant yeast                  |
| 1     | Pasture-raised egg             |

**Milling your own?** 550 g of wheat berries becomes the flour.

## TOOLS

A mixer or a large bowl, a digital scale, two matching loaf pans, a spatula, a dough scraper, a towel, a thermometer, and a whisk for the lecithin. It likes to clump.

PART 02 · MAKE THE DOUGH

# Mix & knead.

MIX & REST

01 Warm or cool the water so the dough is near 85°F after mixing.

02 Add in the water, oil, honey, egg and whisk in the lecithin.

03 Add all the flour and mix until no dry streaks are left in the bowl.

04 Cover and rest 30 minutes. That's the autolyse.

THE 30-MINUTE REST

The flour absorbs the water while the bran softens. When you come back, the dough will be easier to mix, stretch, and shape.

KNEAD

05 Add the yeast first, then sprinkle the salt across the dough.

06 Mix 5 to 10 minutes, from shaggy to smooth.

07 Windowpane test: a small piece should stretch thin enough to see through. Tears easily? Mix a couple more minutes.

PART 03 · FINISH THE LOAVES

# Rise, shape & bake.

## RISE & SHAPE

08 Cover and rise about 1 hour, until doubled and airy.

09 Divide evenly on a lightly oiled surface, using the scale so both pieces match.

10 Press the air out and triangle-fold each piece into a tight loaf.

### THE TRIANGLE FOLD

The fold is about tension. A tight surface helps the loaf rise up instead of spreading out.

10A Turn the dough onto a lightly oiled surface.

10B Gently pat it into a rough triangle.

10C Fold the top point toward the center.

10D Fold the left and right sides inward.

10E Roll it up and set it seam-side down.

10F Cup your hands around it and gently tighten.

11 Proof in the pans, covered, until the dough sits two finger-widths above the edge. A cool room can take 1 hour 30 minutes.

## BAKE & COOL

12 Bake at 350°F for 24 to 30 minutes, until 190 to 195°F inside.

13 Cool 10 minutes in the pans, then 30 to 45 minutes out of them before slicing.

PART 04 · FOUR CHECKPOINTS

# Know what ready looks like.

Use the clock as a guide. These cues tell you when the dough is ready for the next step.



## READ THE DOUGH

01

### After mixing

A small piece stretches thin enough to let light through without tearing.

02

### First rise

The dough has doubled, looks fuller, and feels airy.

03

### Final proof

The dough sits about two finger-widths above the pan edge.

04

### After baking

The center reads 190 to 195°F before the loaf comes out.

PART 05 · BAKE WITH ADAM

# Watch Adam make it.

See the full bake, including shaping and the windowpane test.



[youtu.be/HYGvDCPXlys](https://youtu.be/HYGvDCPXlys)

## KEEP IT FRESH

Slice before freezing. Freeze it instead of refrigerating it.

## IF IT GOES SIDEWAYS

**The dough tears during the windowpane test.** Mix a couple more minutes and test again.

**The rise is taking longer.** A cool room slows the dough. Watch its size instead of the clock.

**The loaf spreads.** Build more surface tension during the triangle fold and final tightening.

**The center seems gummy.** Check the finished temperature, then let the loaf cool before slicing.

## QUESTIONS?

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