

Bread Baking 205

Homestead Wife Life

Fresh Milled Artisan Boule Recipe

Makes 2 Medium Artisan Boules

OUR FLOUR BLEND

- 350g Glenn Wheat
- 350g Rouge de Bordeaux Wheat
- 300g Bread Flour

WHAT EACH GRAIN BRINGS

- **Structure Grains** (Glenn, Hard White, Hard Red Spring): dough strength, oven spring, chew, and structure.
- **Flavor Grains** (Rouge de Bordeaux, Red Turkey, Hard Red Wheat): rich aroma, artisan flavor, deeper crust color, and complexity.
- **White Flour Portion** (Bread Flour or High Protein AP Flour): elasticity, lighter crumb, improved scoring, and artisan chew.

ALTERNATIVE GRAIN OPTIONS

- Structure Grain Alternatives: Glenn, Hard White, Hard Red Spring.
- Flavor Grain Alternatives: Rouge de Bordeaux, Red Turkey, Hard Red Wheat.
- White Flour Alternatives: Bread Flour or High Protein All Purpose Flour.

INGREDIENTS

- 1000g total flour
- 720g water to start (hold back 20–30g if needed)

- 20g salt
- 7–8g instant yeast

STEP 1 — MILL THE GRAIN

- Mill wheat berries on a fine setting and combine with bread flour.

STEP 2 — MIX THE DOUGH

- Combine flour, water, and yeast until no dry flour remains.
- The dough will appear shaggy.
- Cover and rest 20–30 minutes.

STEP 3 — ADD SALT

- Add salt after the rest period and mix until incorporated.
- The dough should feel soft, elastic, and slightly tacky.

STEP 4 — STRETCH & FOLDS

- Perform 3 rounds of stretch and folds every 30 minutes.
- The dough should become smoother, stronger, and more elastic.

IMPORTANT HYDRATION NOTE

- Fresh milled flour continues absorbing water during fermentation.
- If the dough feels dry after resting, add a little reserved water.
- If the dough feels loose, do not add additional water.

STEP 5 — BULK FERMENTATION

- Allow the dough to rise until puffy and airy, approximately 50–75% larger.

- Do not wait for full doubling.
- Hot kitchens may ferment much faster.

STEP 6 — DIVIDE THE DOUGH

- Divide into two equal portions and pre-shape lightly.
- Rest 15–20 minutes.

STEP 7 — FINAL SHAPE

- Shape into tight boules by creating surface tension.
- The dough should hold shape without spreading excessively.

STEP 8 — BANNETON

- Dust bannetons well and place shaped dough seam-side UP.

STEP 9 — FINAL RISE FOR SAME-DAY LOAF

- Cover and allow the first loaf to rise at room temperature for 45–75 minutes.
- Because warm kitchens ferment faster, begin checking around 35–45 minutes.
- The dough should feel puffy and spring back slowly when gently poked.
- Do not wait for the loaf to double.

SECOND LOAF FOR COLD FERMENT

- Cover tightly and refrigerate overnight.
- Ideal cold ferment time: 12–18 hours.
- Up to 24 hours usually works well.

BAKING INSTRUCTIONS

- Preheat Dutch oven to 475°F.
- Flip dough onto parchment and score confidently.
- Bake 20 minutes covered.
- Bake 20–25 minutes uncovered until deep golden brown and blistered.
- Internal temperature should reach approximately 205–210°F.

COOLING

- Allow loaves to cool completely before slicing.
- This allows the crumb to set and moisture to redistribute.

FINAL NOTES

- This recipe is designed for strong oven spring, artisan crust, chewy crumb, and approachable handling.
- We are not chasing ultra-high hydration or difficult dough handling.
- We are aiming for confidence, structure, and beautiful artisan bread at home.