

Bread Baking 105 - Overnight Italian Ciabatta

BREAD BAKING 105 - OVERNIGHT ITALIAN CIABATTA

Homestead Wife Life

Yield: 2 loaves or 1 loaf + 4 rolls

Hydration: ~80%

Total Time: ~24 hours (hands-on about 30 minutes)

INGREDIENTS

- Bread flour (12-13% protein): 500 g (4 cups)
- Water (room temperature): 400 g (1 2/3 cups)
- Salt: 10 g (1 3/4 tsp)
- Instant yeast: 1.5 g (1/2 tsp)
- Olive oil (optional): 5 g (1 tsp)

DAY 1 - EVENING (Mix + Bulk Ferment)

7 PM - Mix:

1. Combine flour and yeast.
2. Add water and mix until shaggy. Rest 20 minutes (autolyse).
3. Add salt and olive oil. Mix until hydrated and sticky.

7:30-10 PM - Stretch & Fold:

Do 3 sets every 30 minutes. Dough should become glossy and elastic.

10 PM - Cold Ferment:

Lightly oil bowl, cover, and refrigerate 12-16 hours.

Dough will double slowly and develop deep flavor.

DAY 2 - MORNING (Shape + Bake)

9 AM - Remove from fridge and let warm 1-2 hours until puffy.

11 AM - Divide & Shape:

Flour your counter well. Turn dough out gently and cut into rectangles.

Handle lightly - do not degas. One half becomes loaves, one half rolls.

11:30 AM - Proof 45 minutes under a floured towel.

12:15 PM - Bake:

- Preheat baking stone to 475 F for 30 minutes.
- Slide dough on parchment onto stone.
- Add a pan of boiling water for steam.
- Bake 25-28 minutes (loaf) or 20 minutes (rolls).
- Vent the oven for the final 5 minutes for a crisp crust.

1 PM - Cool completely before slicing.

TIPS

- Want more holes? Raise hydration to 82% next time.
- Want thinner crust? Vent oven earlier and mist dough mid-bake.
- Want sweeter flavor? Add 1/2 tsp honey to the dough.

This method produces classic, airy Italian ciabatta with a thin, crisp crust and beautiful open crumb - perfect for sandwiches, soups, and dipping.