

Spice & Zest

RELISH *the* HEALTHY LIFE

SAMPLE EVENING BAKE

SAMPLE TIME SCHEDULE FOR A QUICK SAME DAY BAKE, PROVIDING THAT YOU ARE ABLE TO ATTEND THE DOUGH DURING THE DAY

STEP	ACTION	TIME	INSTRUCTION
FEED STARTER	FEED STARTER	7:00 AM	YOU CAN ALTER THE FEEDING TIME BY USING WARMER WATER TO SPEED IT UP AND COLDER WATER TO SLOW IT DOWN
#1. FORM DOUGH + AUTOLYSE	FORM DOUGH	12:00 PM	USING THE RECIPE PROVIDED. SAVE 30GR WATER TO USE WHEN ADDING THE SALT
	AUTOLYSE BEGINS	12:05 PM	
#2. ADD SALT & KNEAD	AUTOLYSE ENDS - ADD SALT	12:35 PM	
	& KNEAD FOR	1-2 MINUTES	
#3. BULK FERMENTATION + STRETCH & FOLD	BULK FERMENTATION BEGINS	12:40 PM	
	STRETCH & FOLD 1	1:20 PM	TO SKIP THE STRETCH & FOLD'S SIMPLY KNEAD FOR AN EXTRA 3-5 MINUTES IN STEP 2. NOTE: YOU CAN SHORTEN THE FERMENTATION TIME BY USING WARMER WATER WHEN FORMING THE DOUGH
	STRETCH & FOLD 2	2:00 PM	
	STRETCH & FOLD 3	2:40 PM	
	STRETCH & FOLD 4	3:20 PM	
	STRETCH & FOLD 5	4:00 PM	
	BULK FERMENTATION ENDS	4:50 PM	
#4. BENCH REST + SHAPING	BENCH REST BEGINS	4:50 PM	
	BENCH REST ENDS - SHAPE	5:10 PM	
#5. FINAL RISE	FINAL RISE BEGINS	5:15 PM	
	FINAL RISE ENDS	7:15 PM	
OPTIONAL - COLD FERMENT	INSTEAD OF FINAL RISE AT ROOM TEMPARTURE. YOU MAY PLACE THE SHAPED BREAD IN THE FRIDGE FOR UPTO 72 HOURS. THIS IS ALSO KNOWN AS A COLD FERMENTATION		
#6. SCORE + PREPARING OVEN	PRE HEAT OVEN	6:45 PM	
	SCORE	7:15 PM	
#7. BAKING	BAKE AT 500 DEGREES FOR 15 MIN	7:20 PM	
	REMOVE COVER OR ICE TRAY. LOWER OVEN TO 450 DEGREES	7:35 PM	
	REMOVE BREAD FROM OVEN	8:00 PM	

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SAMPLE MORNING BAKE SAMPLE TIME SCHEDULE FOR A BUSY MOM WHO IS NOT AT HOME DURING THE DAY

		ACTION	TIME	INSTRUCTION
		FEED STARTER	9:00 AM	USE COLD WATER WHEN FEEDING THE STARTER IN ORDER TO SLOW DOWN THE PROCESS
#1. FORM DOUGH + AUTOLYSE		FORM DOUGH	5:30 PM	USE LUKEWARM WATER. IN ORDER TO SHORTEN THE BULK FERMENTATION TIME
		AUTOLYSE BEGINS	5:35 PM	
#2. ADD SALT & KNEAD		AUTOLYSE ENDS - ADD SALT	6:05 PM	
		& KNEAD FOR	1-2 MINUTES	
#3. BULK FERMENTATION + STRETCH & FOLD		BULK FERMENTATION BEGINS	6:10 PM	
		STRETCH & FOLD 1	6:45 PM	TO SKIP THE STRETCH & FOLDS SIMPLY KNEAD FOR AN EXTRA 3-5 MINUTES IN STEP 2
		STRETCH & FOLD 2	7:15 PM	
		STRETCH & FOLD 3	7:45 PM	
		STRETCH & FOLD 4	8:15 PM	
		STRETCH & FOLD 5	9:00 PM	
		BULK FERMENTATION ENDS	9:30 PM	
#4. BENCH REST + SHAPING		BENCH REST BEGINS	9:30 PM	
		BENCH REST ENDS - SHAPE	9:50 PM	
#5. FINAL RISE		FINAL RISE BEGINS	10:00 PM	FOR FINAL RISE, PLACE SHAPED BREAD IN THE FRIDGE OVERNIGHT. COVERED WITH A DISH TOWEL
		FINAL RISE ENDS	8:15 AM	
OPTIONAL - COLD FERMENT		INSTEAD OF FINAL RISE AT ROOM TEMPARTURE, YOU MAY PLACE THE SHAPED BREAD IN THE FRIDGE FOR UPTO 72 HOURS. THIS IS ALSO KNOWN AS A COLD FERMENTATION		
#6. SCORE + PREPARING OVEN		PRE HEAT OVEN	7:45 AM	
		SCORE	8:15 AM	
#7. BAKING		BAKE AT 500 DEGREES FOR 15 MIN	8:20 AM	
		REMOVE COVER OR ICE TRAY. LOWER OVEN TO 450 DEGREES	8:35 AM	
		REMOVE BREAD FROM OVEN	9:00 AM	

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