

Just Bread

Recipe shared by Martin Philip & King Arthur Flour

For the home baking recipe with full directions, see [the King Arthur website](#).

Yield: Total dough weight 9 kg

Total Ingredients	Quantity	% of total flour weight
White whole wheat flour	3.596 kg	75%
All-purpose flour	1.199 kg	25%
Water	3.596 kg	75%
Salt	0.096 kg	2.0%
Fresh yeast	0.024 kg	0.5%
Sourdough culture	0.010 kg	0.2%
Honey	0.192 kg	4.0%
Safflower oil	0.288 kg	6.0%

Stiff Levain		
White whole wheat flour	0.479 kg	100%
Water	0.288 kg	60%
Sourdough culture	0.010 kg	2.0%

Final Dough	
White whole wheat flour	3.117 kg
All-purpose flour	1.199 kg
Water	3.308 kg
Salt	0.096 kg
Fresh yeast	0.024 kg
Sourdough culture	0.192 kg
Honey	0.288 kg
Safflower oil	0.288 kg
Stiff Levain	0.777 kg

Preferments:

Spiral mix

12-14hrs fermentation

Desired dough temperature: 75F

Final Dough:

Spiral mix, mix style: improved

1st speed: 3

2nd speed: 6

Dough temperature: 75F

Fermentation:

90 minutes, fold at 45

Process:

Divide: 0.8

Rest: 15

Final shape: Tube

Proof:

Final proof – floor: 75 minutes or until the loaf is well above the pan

Bake:

Rack oven, 2.5L steam

Total bake: 45

Oven temperature: 210C for 5, 190C for 40

Bake 10 minutes longer if climate is hot and humid

Cool overnight – slice the next day