

# Ciabatta

Makes 4 loaves.



## INGREDIENTS

- 385g Bread Flour
- 10g Fine Sea Salt
- 4g Instant Yeast
- 288g Water
- 38g Olive Oil

## SOURDOUGH ALTERNATIVE (Substitute for Yeast):

- 150g Mature Starter
- 2g Instant Yeast

For the sourdough version, let the dough rest after the 3rd fold for 2 hours - 12 hours. For >3 hours, let it proof in the refrigerator and let sit at room temperature for 2 hours before shaping.



Tug and pull the dough

## Ingredients

1. In a large metal bowl, combine the flour, salt and yeast, before adding in the water and olive oil.
2. Use a spatula to fold the ingredients until thoroughly incorporated.
3. Cover the dough with cling wrap and let rest for 45 mins.

## Folds

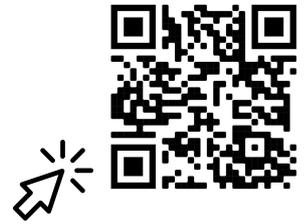
4. Perform folds by first forming the dough into a rough square.
5. Next, tug one end of the square and stretch it up (without breaking it).
6. Last, fold it over the rest of the dough. Repeat for the other 3 sides.
7. After the 45 min rest, perform your first fold.
8. Let rest for another 45 mins and perform your second fold.
9. Let rest for 30 mins and perform your third fold.
10. Let the dough rest for 1 hour.

## Shape

11. On a well-floured surface, gently tug the dough into a rectangle. Try to preserve the air bubbles.

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Cut the dough into 4 pieces

12. Cut the dough into 4 equal pieces.
13. Shape each individual piece by using a bench scraper to push the ends of the dough under its own mass.
14. Transfer to a well-floured baking parchment on your baking tray.
15. Cover with cling wrap and let rest for 1 hour.



Push the ends of the dough under

## Bake

16. Dust the top of the bread with bread flour.
17. Bake at 210°C for 17 mins.
18. After baking, let the bread cool on a wire rack for 15 mins before using a serrated knife to cut it.