

Ciabatta (from Kenwood)

Makes 2 loaves

Ingredients

For the starter:

- Fresh yeast 7g
- Lukewarm water 200ml
- Strong plain white flour 175g

For the dough:

- Fresh yeast 7g
- Milk 2 tbsp
- Lukewarm water 200ml
- Olive oil 2 tbsp
- Strong plain white flour 325g
- Salt 1½ tsp
- Flour, to sprinkle



Preparation Method

1. Cream the yeast for the starter with a little of the water. Place the flour in the Kenwood Bowl. Add the yeast mixture and remaining water. Using the K beater on minimum speed, gradually mix to form a thick batter. Remove the Kenwood Bowl from the machine, cover with lightly oiled clear film and leave to rise in a warm place for about 12 hours or overnight, or until dough has risen and is just starting to collapse.
2. Mix the yeast for the dough with the milk. Using the Dough Hook on minimum speed mix into the starter with the water and olive oil. Increase to speed 1. Gradually add 325g flour and the salt and continue mixing to form a very soft dough, impossible to knead on a work surface. Knead for 5-6 minutes or more until the dough becomes springy and starts to pull away from the sides of the bowl. Add the remaining flour if necessary.
3. Knead for 1 minute on minimum and 4 minutes on speed 1, until smooth and elastic. Then take the bowl off the machine, cover with oiled clear film and leave to prove in a warm, draught-free place for about an hour or until the dough has doubled in size. Sprinkle two baking sheets with flour.
4. Using a dough scraper or spoon, divide the dough in half and tip one portion on to a prepared baking sheet, trying to avoid knocking the air out of the dough in the process. Using floured hands shape into a roughly rectangular loaf about 2.5cm thick, pulling and stretching as required. Neaten the loaf by running floured fingers down each side and gently tucking any mis-shapen dough underneath.
5. Repeat with the remaining dough. Sprinkle both loaves with flour and leave to rise in a warm place for about 20 minutes. The loaves will spread as well as rise. Meanwhile preheat the oven to 220°C/Fan 200°C/Gas 7. Bake for 25-30 minutes, or until risen and light golden and the bread sounds hollow when tapped on the base. Cool on a wire rack. Serve warm, with olive oil for dipping.