

Olive Oil Dough Loaf

Ingredients

For first ferment

- 100g strong flour
- 2g sea salt
- ¾tspn extra virgin olive oil
- ½tspn milk
- 70ml water
- 2g fresh yeast

For the bread

- 600g strong flour
- 13g fresh yeast (7.5g dried yeast)
- 400ml water
- 20ml extra virgin olive oil
- 20ml milk
- 15g salt
- 180g ferment



Method

Ferment

1. Put all the ingredients in the bowl of the mixer on low speed for 2 minutes.
2. Increase the speed to high and continue mixing for 5 minutes, or until the dough is smooth and elastic.
3. Transfer to a container that has been sprayed with olive oil, cover with plastic wrap and rest overnight in the refrigerator before using.

Bread

1. Put all the ingredients, except the ferment, into the bowl of the mixer fitted with a dough hook. Mix on low speed for 2 minutes, then increase the speed to high and continue mixing for 5 minutes. Break up the ferment and scatter it into the bowl then continue mixing on low for 1 minute and then on high for 5 minutes.
2. Place the dough in olive oil greased container, cover with plastic wrap and set aside to prove for 1½ hours, knocking back the dough every half hour (twice) during this time.
 - a. To knock back, turn it out onto a lightly floured surface and press out into a rectangle about 2.5cm thick. Use your hands to fold one third back on itself, then repeat with the other third. Turn the dough through 90° and fold it over again into thirds. Place it back into the container, cover and continue to prove.
3. Turn the dough out onto a lightly floured surface. Press the dough evenly into a 20cm square block then use a divider to cut the dough into halves (if required). Trim about 200g off the loaf and place this into a container to use as ferment for future dough.
4. Place the loaf(s) on baking trays lined with baking paper. Dust with a little flour and set aside in a warm, humid place to prove for about 40-60 minutes – the loaves should have risen by two-thirds and should bounce back when pushed.
5. Preheat the oven to its highest temperature. Place the loaves in the oven and spray the oven with water. Bake for 20 minutes, then turn the loaves around and baked for a further 10 minutes, watching carefully to make sure that the loaves do not burn. Baking should not take longer than 40 minutes in total.

Notes

Makes two loaves with enough left-over dough to use as ferment for the next mix.