



CHEF HW'S CIABATTA BREAD

TOTAL TIME	4 HR.
COOK	3 HRS.
YIELD	1 BIG LOAF
LEVEL	EASY

INGREDIENTS

700g All-purpose flour
1 packet Instant dried yeast
475ml Luke warm Water
15g Salt
1 tbsp. sugar
2 tbsp. Extra virgin olive oil

METHOD

DOUGH

Put all the ingredients into a mixer and with the dough hook mix the dough until the dough comes away from the bowl. This should take about 8 min. Next, lightly grease a big bowl with olive oil, put the dough in the bowl and cover with cling film. Put the bowl in a warm place so that fermentation can start.

Let the dough rise till double the volume. Remove the cling film. Using a wet hand, scrape a section of the dough (approximately $\frac{1}{4}$), lift and stretch it, then fold into the centre of the bowl. Repeat 3 more times, $\frac{1}{4}$ at the time. Cover with cling film again and let proof till double the size. Repeat the stretch and fold process again. This should be done 3 times in total.

After the 3rd proof, tip the dough on a lightly floured surface, be careful not to over work the dough and let too many bubbles escape. With the tips of your fingers form a loaf shape. Transfer to a lightly floured baking tray and proof for another 20 min before baking.

Preheat the oven to 200C

Just before you put the bread into the oven, take a sharp sml knife and cut 3 – 4 shallow slashes across the bread. Now put the loaf in the oven, drop 4 blocks of ice into the bottom of the oven to create a gentle teaming effect. Turn down the oven to 180C and bake till golden brown about 20 – 30 min.

