

Whole Wheat Pain de Mie Recipe (Make a day ahead).

Measuring by weight is far more accurate than measuring by volume. If you are serious about baking and want to produce consistently excellent products, use a scale.

Makes one 1.5 lbs. (690g) Pain de Mie / 9x4x4 inches Pullman Loaf Pan – Recipe for 70% hydration / 50% Whole Wheat / 50% Bread Flour.

1.2 cups (280ml) tap or spring water at 74°F (25°C) / 70% hydration.

1 packet (6g) RapidRise yeast, instant yeast or (12g) fresh yeast

1.3 cups (200g) whole wheat flour

1.3 cups (200g) unbleached bread flour (King Arthur)

1.5 tsp (8g) salt

1 Tbsp (15g) unsalted butter, softened.

Flour for dusting.

Method (Using a Magic Mill Mixer & Others).

As for bread kneading goes and for best results, add liquid first. Set the speed control to the two o'clock position or low speed if using another mixer using the hook attachment, then add yeast, flour at once, salt and butter into the bowl. Continue mixing for 5 minutes until the dough has the smooth elastic quality that begins to pull away from the side of the bowl. Increase the speed to medium and continue mixing for another 5 minutes. Stop mixer and cover with a wet towel and let rise for an hour or until double in size. Flour dough and transfer dough on a lightly floured surface. Flour your hands and punch down the dough to remove some of the gas bubbles formed by the yeast during this first fermentation and shape dough into a round. Cover and let rest for 20 minutes or more. Flip over the round (try not to use too much flour) and deflate it. Fold both edges over on itself first to form a perfect rectangle. Fold the bottom third of the dough over on itself like folding a letter then fold the top of the dough down so that it overlaps the other layers. Deflate again and continue folding from the top to bottom sealing the dough as you go using the heel of your favorite hand. Place the loaf inside a greased pullman loaf pan. Slide the greased lid in, leaving one-third open to check the proofing. Let proof for about 45 minutes or until the loaf starts to peak over the rim of the pan. Close the lid and bake.

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Baking

Position rack in the middle of the oven with an upside-down baking tray or a pizza stone to create more thermal mass. Preheat oven to 450°F (230°C). Lower temperature to 425°F (220°C) if using a convection oven. Place the pain de mie onto the hot baking tray or pizza stone and bake for 30 minutes. Remove the cover and bake for another 10 minutes. Unmold loaf right after baking and let cool completely for 12 hours on the counter or refrigerate for 24 hours before slicing. Do not slice while still warm. This whole wheat pain de mie can be refrigerated for 7 days; wrapped in plastic or frozen for weeks.

Whole Wheat Pain de Mie Bread Recipe

For professional bakers only: Desired Dough Temperature (DDT): 159°F (70°C).

One of the most important skills a baker should learn is the ability to accurately control dough temperature. The benefits are clear and immediate: more consistency in fermentation, in bread flavor and color. To make bread, the ideal temperature of your kitchen should be between 71°F and 75°F (21°/24°C).

Follow this useful example and you will get there.

1. Air temperature: 70°F (21°C)
2. Flour temperature: 70°F (21°C)
3. Water temperature: 77°F (25°C)
4. The "friction factor" of mixer \approx 35.5°F (2.5°C) / on low speed sitting for 5 minutes and 5 minutes more on medium speed.

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