

## BASIC DOUGH / BREAD MAKING

### A FEW GOLDEN RULES TO FOLLOW

- A Never let yeast come into direct contact with salt, sugar or spices.
- B Always disperse skimmed milk powder into water rather than adding directly into the flour.
- C Don't use freezing cold or boiling hot water, TEPID only.
- D Ensure scales balance / zero.
- E If adding fruit / nuts always add at the **knock back** stage
- F At all times when you are not working the dough ensure that it is covered with cling film or a damp t/towel

### GENERIC DOUGH MAKING METHOD BY HAND

- 1 Disperse the yeast and skimmed milk powder into the tepid water
- 2 Place the flour on a clean work surface. Make a ring with the flour that has a hole big enough to hold the water
- 3 Pour the tepid water, yeast and skimmed milk powder into the hole in the centre of the flour
- 4 On the outside ring of the flour place the fat, salt and sugar
- 5 Mixing – using your fingers slowly incorporate the flour into the water until you have a sticky mass of dough that won't run off the edge of the work surface. With both hands incorporate the fat, salt and sugar and knead dough for approx. 15/20 minutes until you have got soft, smooth clear silky dough
- 6 Once the dough is mixed allow the dough to **rest / bulk ferment** in a plastic bowl covered with cling film for approx. 40 minutes. Remove the dough from the bowl and knead the dough again for 2 minutes this is known as the **knock back** stage & this is when you should add fruit / nuts if required. Place the dough back in the plastic bowl covered with cling film and allow a further 20 minutes for the dough to rest / bulk ferment.
- 7 **Scale / divide** the dough into the required weight as specified on your recipe
- 8 **Hand up** – This basically means shape the dough pieces into tight round balls. Allow the dough balls to rest / intermediate prove for 10 minutes. Ensure the dough is covered with cling film.
- 9 **Final mould** – at this stage process / shape the dough into the required shape and place the shaped dough into either a greased tin or a baking tray
- 10 **Pre bake finish** – if required this is the stage where you would usually glaze dough with egg and decorate with seeds etc
- 11 **Prove** - Cover the dough piece with either cling film or a damp T/towel and allow the dough to prove / double in size for approx 20/30 minutes
- 12 **Bake** – Gently place dough into a pre-set oven and bake as specified on the recipe
- 13 **Cool** – Once dough / bread is baked remove from tins / trays and allow to cool on a cooling wire
- 14 **Post bake finish** - At this stage this is when you would either glaze or decorate the product you have made