

# Baking Basics

## CIABATTA

### Starter

200g Flour T55 or T65  
150ml water  
2g dried yeast

### Dough

200g Flour T55 or T65  
150ml water  
1 tsp salt  
3g yeast  
50ml Olive oil

### Method

- To make our starter pour water into a bowl and stir in 2g yeast & leave for 10 mins. Stir in flour to make dough ball. Cover with cling film & leave over night.
- Add 150ml water & 3g yeast to starter & leave for 10mins. Then stir in the flour & salt until dough ball is formed. Then gently knead for 5mins. Cover in bowl for 20 mins.
- Stretch & knock back dough 3 times over 20min intervals.
- Oil the bowl & push the dough into it, pour over more olive oil then leave to rest for an hour
- Turn out dough onto a floured surface, try and avoid knocking air out of the dough. Take your scraper and divide the dough into quarters. Take each 1/4 gently & fold over once trying to keep as much air in as possible rest in a floured tea towel for 20 mins.
- Preheat oven 220°C.
- To create steam in your oven, place boiling water in a baking pan into your oven. This will create good steam to crust your bread.
- When ciabatta has doubled in size lift each piece & stretch gently & lay onto a baking tray, repeat with the rest..
- Bake for 15-20 minutes, then turn tray around half way through the bake.
- Bake until golden & hollow sound on the bottom.