

“Best Bread Ever” by Charles van Over

bread flour	500 g	or	1 lb	or	3 1/2 c
sea salt	2 t		2 t		2 t
instant yeast	1 t		1 t		1 t
water	350 ml		10 oz		1 1/4 c

- Put flour, salt, yeast in Cuisinart bowl; take temp, subtract from 130° and adjust water temp to result in 130° total.
- Drizzle in water slowly; when a ball, process 45 seconds.
- Dough should be 75 – 80° – process 5 seconds more to raise temp, if needed.
- Ferment 1 1/2 – 2 hours in gallon food bag, then retard in fridge overnight; ready-to-bake 1 1/2 – 2 hours from removal from fridge – shape right out of the fridge, says van Over.
- Proof at room temperature 2 hours (necessary dough temp of 60 – 62° may take 2 1/2 hours from fridge).
- Preheat oven to 475°.
- Slash and then bake at 475° for 15 minutes, reduce to 425° to finish, with steam every 5 minutes 3 times. Rotate loaves 180° after 15 minutes. Interior should be 205° – 210°.
- Typical schedules (at least overnight gives best flavor – 2–5 days in fridge is fine, too):



fast

		for lunch	for dinner
ferment	120 min	9 – 10:30 am	3 – 4:30 pm
retard	0		
proof	30 – 45 min	10:30 – 11:15 am	4:30 – 5:15 pm
oven preheat	45 minutes	10:30 am	4:30 pm
bake	20–40 min	11:15 - noon	5:15 – 5:55 pm

same day for dinner

ferment	120 min		8:30 – 10 am
retard	4 hours fridge		10 – 2 pm
proof	2 1/2 hrs		2 – 4:30 pm
oven preheat	45 minutes		3:45 pm
bake	20–40 min		4:30 – 5:10 pm

overnight

day or night before:

ferment	120 min		
retard	overnight fridge		
baking day:		for lunch	for dinner
proof	2 1/2 hrs	9 – 11:30 am	2 – 4:30 pm
oven preheat	45 minutes	10:45 am	3:45 pm
bake	20–40 min	11:30 – 12:10 pm	4:30 – 5:10 pm