

# White Bread



🍷 For 1 loaf of 1,100 Kg

## Ingredients

200 gr of sourdough (active)  
600 gr of flour "0"  
350 gr of water  
1 teaspoon honey  
1 teaspoon salt

## Method

The night before, refresh the sourdough, so that it wake up. The next day take 200 gr of sourdough and put in a large bowl, add 350 gr of warm water, a teaspoon of honey and, with a fork, dissolve the yeast well until it's without lumps. Add the flour and a teaspoon of salt. Begin mixing with a fork until the flour will have absorbed all the water, at this point, put everything on pastry board and start working the dough with the knuckles or with the thumbs, than beat the dough vigorously on the pastry board, always keeping it in one or in both hands, by doing stretches and became elastic, fold in on itself, turn 90° and repeat the operation until the dough will be smooth (it takes about 10-15 minutes). Form a ball and then cut on a cross, cover with a damp cloth and let rise for 3 hours. After this time, crush the dough to form more or less a rectangle, at this point, take one third of the overall rectangle and bend the two sides, left and right, one over the other, turn of 90 degrees and repeat the operation. Cover with the cloth and let rest for one hour. Take over the dough and form a long loaf, make a cut vertically, let rest on a baking tray lined with baking paper, cover it again with the cloth and allow to rise for another 3-4 hours. Heat the oven at a temperature of 250°, put inside a saucepan with water and bake the bread. Bake for 20 minutes at 250°, then lower the oven to 200° and continue cooking for another 25 - 30 minutes. Remove from the oven and let cool on a grid.