



## INGREDIENTS:

4 ½ Cups (20 Oz / 567 G)  
Unbleached Bread Flour

1 ¾ Teaspoons (0.4 Oz/11 G) Salt

1 ¼ Teaspoon (0.14 Oz / 4 G)  
Instant Yeast

2 Cups (16 Oz / 454 G) Chilled  
Water (About 55 Degrees F)

1 Tablespoon (0.5 Oz / 14 G)

Olive Oil Plus More For The Pan

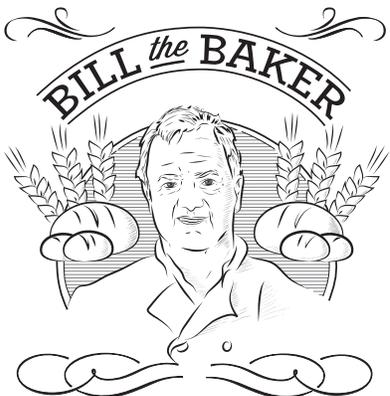
## DIRECTIONS:

### Do Ahead – Can Be Done up to 4 Days Ahead of Baking

1. Combine the flour, salt, yeast, and water in a mixing bowl. If using a mixer, use the paddle attachment and mix on the lowest speed for 1 minute. If mixing by hand, use a large spoon and stir for about 1 minute, until well blended. The dough should be coarse and wet. Let the dough rest for 5 minutes to fully hydrate the flour.
2. Drizzle the olive oil over the dough, and then resume mixing on medium-low speed using the paddle attachment, or by hand using a large spoon for 1 minute. The dough should become smoother but will still be very soft, sticky, and wet. Use a wet bowl scraper or spatula to transfer the dough to clean, lightly oiled bowl. Cover the bowl with the plastic wrap and let the dough rest at room temperature for 10 minutes.
3. Transfer the dough to a lightly oiled work surface. With wet or oiled hands, reach under the front end of the dough, stretch it out, and then fold it back onto the top of the dough. Do this from the back end
4. After the final stretch and fold, return the dough to the oiled bowl and immediately cover the bowl tightly and refrigerate overnight or for up to 4 days.

and then from each side, then flip the dough over and tuck it into a ball. The dough should be significantly firmer, though still very soft and fragile. Place the dough back in the bowl, cover, and let sit at room temperature for 10 minutes. Repeat the entire stretch and fold process three more times, completing all repetitions within 30-40 minutes. (You can also do the stretch and folds in the bowl)

**COOKING  
SKILLS  
ACADEMY**





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## DIRECTIONS:

### On Baking Day

- Remove the dough from the refrigerator about 1 hour before you plan to bake. Place a pizza stone in the oven on the middle rack and place a cast iron pan on the bottom of the oven. Preheat the oven to 500 degrees for one hour. After the dough has been out of the refrigerator for one hour generously flour your work surface. Remove the dough from the bowl onto the floured surface degassing the dough as little as possible. Cut the dough in half and put one half to the side for now, covering it with plastic wrap. Using floured hands shape the other half into a rectangle measuring 6 x 10 inches degassing the dough as little as possible. Cut the rectangle into three strips each measuring 10 inches in length.
- Put a sheet of parchment paper onto the surface of a cookie sheet. The cookie sheet is going to be used to transfer the parchment paper onto the pizza stone when the bread gets loaded into the oven. Sprinkle semolina on the parchment paper in three strips measuring 10 inches in length leaving at least 3 inches between each strip. Place the three strips of cut dough on the parchment paper into the strips of semolina.
- Bring water to a boil and pour ½ cup of boiling water into a measuring cup. Open the oven door when ready to load the dough and cover the glass in the oven door with a bath towel. Use the cookie sheet to slide the parchment paper on to the pizza stone. Using your hands that are protected with a long oven gloves, pour the boiling water into the cast iron pan on the bottom of the oven. Remove the bath towel from the oven door and immediately close the door and lower the temperature to 475 degrees.
- Bake the bread for 8 minutes and then rotate the parchment paper and bread 180 degrees on the pizza stone. Close the door and bake for an additional 8 minutes. If the crust is not a gold to brown in color, bake an additional one to two minutes.
- Remove the loaves from the oven and cool on a wire rack.
- Return the oven temperature to 500 degrees. Shape the remaining dough into a rectangle measuring 6 x 10 inches then cut into 3 strips. Repeat the baking process above for the last three loaves. Don't forget to use the towel to cover the glass in the oven door before adding the boiling water and then reduce the oven temperature to 475 degrees.

**COOKING  
SKILLS  
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