



WHEY BOULE WITH A BIGA

Biga ingredients

250g strong white flour
170g cool whey
0.3g dried yeast

Remaining ingredients

210g warm whey (40°C)
2g dried yeast
150g strong white flour
100g strong wholemeal flour
10g salt

Method

Mix the biga ingredients in a large bowl **the evening before** so that the mixture will have 12 to 14 hours fermentation by the time you are ready to continue next day. Start by dissolving the yeast in a little of the warm water. After a few minutes wash it into the flour with the remaining water. Cover and leave at room temperature hopefully 20-22°C.

Now add the remaining flours plus warm water to the biga and mix by squishing between your fingers, wet your hands first so the dough doesn't stick.

The dough is going to prove now for 2 to 3 hours. At the start of this time give the dough 3 folds at 30 minute intervals. Make the folds by going round the dough (in the bowl) pulling the dough up and out as far as it will go without tearing then folding it back into the middle.

At the end of the proving, ease the dough out onto a lightly floured surface. Go round the dough pulling an edge gently away from the centre then folding it lightly back into the centre. Do this till you have a neat high mound of dough then turn it over and tuck the bottom edge in using the edge of your hands - again best if you see this done. Lay the dough, pretty side down in a well floured proving basket or bowl lined with a well floured tea towel. Let it prove for about 40 minutes in a warm and moist place (inside a plastic bag misted with water).

Well in advance heat the oven to 240/250°C with the casserole plus lid. Gently tip the dough onto floured baking parchment. Take the (VERY HOT) casserole out of the oven, pick up the dough using the edge of the baking paper on either side and ease it into the pot. Replace the casserole lid

Bake at 240°C for 40 minutes. Remove the lid and bake for another 20 minutes.