

Ciabatta Bread Recipe

Makes 1 lb. (450g) Baked Ciabatta – Recipe for 80% hydration ciabatta – avoid kneading this recipe by hand.

For professional bakers only: Desired Dough Temperature (DDT): 155°F (68°C).

One of the most important skills a baker should learn is the ability to accurately control dough temperature. The benefits are clear and immediate: more consistency in fermentation, in bread flavor and color. To make bread, the ideal temperature of your kitchen should be between 71°F and 75°F (21°/24°C).

In general, wheat-based doughs should be between 75°F and 78°F (24°/26°C) at the end of mixing time. Never add sweetener to any bread dough; this will accelerate the fermentation process which goes to the opposite way for what bread should be about: time to develop flavors on its own.

Follow this useful example and you will get there.

1. Air temperature: 70°F (21°C)
2. Flour temperature: 70°F (21°C)
3. Water temperature: 76°F (26°C)
4. The "friction factor" of mixer \approx 35.5°F (2.5°C) / on medium low speed sitting for about 12 minutes.

The Magic Mill DLX Assistent can knead up to 7 lbs. (3150g) of flour.

The Magic Mill DLX Assistent mixing process: For 2 to 5 cups (300g / 750g) of flour, the roller should be approximately 1/2 » (1.3cm) from the rim of the bowl. For 8 cups (1200g) of flour, the roller should be approximately 1" (2.5cm) from the rim. For 5 lbs. (2250g) of flour, the roller should be approximately 1 1/2" (3.8cm) from the rim of the bowl. For 6 lbs. (2700g) of flour, the roller should be approximately 2 inches (5cm) from the rim.

Ciabatta Bread Recipe (Make a day ahead).

Measuring by weight is far more accurate than measuring by volume. If you are serious about baking and want to produce consistently excellent products, use a scale.

0.9 cup (240ml) tap or spring water at 74°F (25°C) / 80% hydration.

1 packet (6g) RapidRise yeast, instant yeast or (10g) fresh yeast

2 cups (300g) unbleached bread flour (King Arthur)

1 tsp (5g) salt

Flour and fine semolina or cornmeal for dusting.

This ciabatta recipe does not contain olive oil but you can add 1 Tbsp (15ml) olive oil and remove 1 Tbsp (15ml) water from the recipe.

Method (Using a Magic Mill Mixer & Others).

As for bread kneading goes and for best results, add liquid first. Set the speed control to the two o'clock position or low speed if using another mixer using the hook attachment, then add yeast, flour at once and salt into the bowl. Continue mixing until the dough has the smooth elastic quality that begins to pull away from the side of the bowl. Due to its high hydration, the dough will remain soft while kneading, maintain the speed control in the two o'clock position or medium speed if using another mixer and let the mixer do its work. Do not move speed up, it will not hasten the process or make it better. It should take about 12 minutes. Transfer dough into a greased plastic container (lightly grease the surface of the dough as well before covering). Cover and let rise for an hour or until double in size then refrigerate; it will continue to rise. After a few hours or before going to bed, punch down the dough over a floured work surface to remove some of the gas bubbles formed by the yeast during this first fermentation and refrigerate overnight or 12 hours; covered. The day after, flip dough over a floured work surface and flatten it gently and shape into a rectangle without folding it. Dust generously an upside down baking tray or baker's couche with a mix of flour and fine semolina or cornmeal. Let proof bread for 2 hours; covered.

Baking

Position rack in the lower third of conventional oven or on baking setting only with an upside-down baking tray or a pizza stone to create more thermal mass. Preheat oven to 450°F (230°C) or using your Traeger wood pellet grills (heat up according to the direction / 450°F (230°C). Any wood pellets work for this recipe. Carefully slide bread onto the hot baking tray or pizza stone and bake for about 35 minutes.

Steam (optional). To get the most volume from your bread, you need to slow down the formation of the crust the slower the crust forms, the more time the dough has to expand by adding steam to the oven. To do so, place a cast-iron pan or griddle on the floor of the oven when you preheat it. As soon as you put the bread in the oven, toss a few ice cubes into the preheated cast-iron pan and immediately close the door. If using Traeger grill; throw a few ice cubes around the pizza stone or place a small ovenproof container with 2 cups water. Remove after 15 minutes of baking.