

Pizza in Teglia



Difficulty 難易度	Experienced 進階
Qty 麵包數量	1
Technique 製作特點	Poolish, Cold fermentation 液種、低溫發酵
Kneading 搓揉方式	Machine kneading 機搓
Day 1 第1天	10 mins + 30 mins waiting time 等待時間
Day 2 第2天	40 mins + 120 mins waiting time 等待時間
Day 3 第3天	10 mins + 120-150 mins waiting time 等待時間 10 mins baking time 烤焗時間

液種



Water
水
275g
(61%)

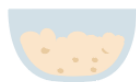


Fresh Yeast
新鮮酵母
3g
(0.7%)



Bread Flour
意大利高筋麵粉 / 特高筋麵粉
(Manityla, Type 0, Ash 0.65%, W=330-350,
Protein 14.5%)
275g (61%)

主麵糰



All Poolish
液種
~530-540g



Bread Flour
特高筋麵粉
(Nissin 日清
Superking)
(Protein 13.8%,
Ash 0.42%)
175g (39%)



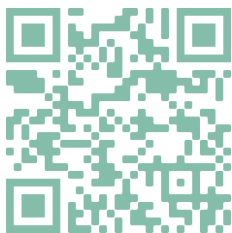
Salt
鹽
11g
(2.4%)



Malt Powder
麥芽粉
2.3g
(0.5%)



Ice Water
冰水
90g (20%)



BREAD CLOUD
studio



Day 1 - Polish

製作第1天- 製作液種

00:40 01 Add fresh yeast to water, mix well. Add flour, mix well. (Temperature of both water & mixture are 20-21°C)
將酵母加進水·拌勻·加入意大利麵粉·拌勻(水溫及拌好理想溫度均約 20-21°C)

01:50 02 Cover with cling wrap, let proof at 20-21°C for 18-20 hours till bubbles seen
蓋好·放置約20-21°C 約18-20小時至出現氣泡。

01:55 **Alternative 另一辦法:**

If ambient temperature is above 20-21°C, water with higher temperature at ~25°C can be used, so final mixture temperature will be at ~25°. Put at ~25°C for ~4-5 hrs till bubbles seen. Then put into fridge 4-7°C for another 18-24 hours.

如室溫超過20-21°C·水溫可高一點約為25°C, 拌好理想溫度均約為25°C。先放置於25°C 約4-5小時至出現氣泡·再放入雪櫃(約4-7°C) 進行發酵約18-24小時。

Day 2 Dough kneading – 第2天- 攪拌麵糰

02:15 03 Add ingredients to kitchen machine 將材料依次放入廚師機:

Time 實際搓揉時間	Ingredient 材料	Speed 速度
~0 -1 st min	Add all polish, flour, sugar, salt & malt powder 加入全部液種、麵粉、鹽、麥芽粉	Low → Medium high 低速→中高速 #1,2,3
~1-7 th min		Medium high 中高速 #3
~7-23 rd min	Slowly add in 90g ice water (0-2°C), 逐少加入90g冰水(0-2°C)	Medium high 中高速 #3
	Just add in ~2-4g each time, slowly add in only when absorbed 每次只加約2-4g水·待吸收好才再加入	
	Reference: At 16 th min, only half of the water is added 參考: 於第16分鐘·只加入了約一半的水	
~23-25 th min		Medium high 中高速 #3

Total kneading time : 23 mins, Ideal dough temperature : 21-23°C
總時間約23分鐘·按麵糰情況及手搓技巧作調整。理想麵糰溫度約為21-23°C

- 04:05 04 Fermentation at room temperature (23-25°C), do 3 times of rabat in the following 100-120 mins.
放於室溫(23-25°C) · 發酵約100-120分鐘內 · 共做3次翻麵。
- 04:10 i) 1st rabat. Wet hands & worktable, take out dough. Fold dough from edges towards centre. Cover & let proof at room temp (23-25°C) for 50-60 mins.
做第1次翻麵 (Rabat): 弄濕雙手及工作台 · 取出麵糰 · 把麵團順上、下、左、右向中心摺入 · 放入發酵容器蓋好 · 於室溫(23-25°C) 靜置發酵約50-60分鐘。
- 06:00 ii) 2nd rabat. Wet hands & worktable, take out dough. Fold dough from edges towards centre. Cover & let proof at room temp (23-25°C) for 50-60 mins.
做第2次翻麵 (Rabat): 弄濕雙手及工作台 · 取出麵糰 · 把麵團順上、下、左、右向中心摺入 · 放入發酵容器蓋好 · 於室溫(23-25°C) 靜置發酵約50-60分鐘。
- 07:40 iii) 3rd rabat. Wet hands & worktable, take out dough. Fold dough from edges towards centre. Cover & chill at fridge (2-4°C) for 22-24 hrs.
做最後一次翻麵 (Rabat): 弄濕雙手及工作台 · 取出麵糰 · 把麵團順上、下、左、右向中心摺入 · 放入發酵容器蓋好 · 放入雪櫃(約2-4°C) 約22-24小時。

Day 3 Shaping – 第3天- 造型

- 08:35 05 Take out dough from fridge, dust ~5g of bread flour into a big bowl. Pour the dough into the big bowl with wet inner part face up.
從雪櫃取出麵糰 · 在一大碗內灑入約5g高筋麵粉 · 反轉倒入大碗內 · 底部濕麵糰向上。
- 09:10 06 Fold the edge of the dough into wet inner part with wet hands to make the dough tighten up. It is easier to manage sticky dough with wet hands.
雙手沾少少水 · 沿麵糰邊向中心摺入 · 直至麵糰收緊緻 · 雙手沾水可更易處理麵糰 · 不至黏手。
- 09:35 07 Dust flour on a flat baking tray. Move the dough from big bowl to flat tray, with seam side facing up.
在平盤灑上高筋麵粉 · 麵糰維持底部向上 · 從大碗放到平盤上。
- 09:55 08 Cover well, let proof at room temperature (23-25°C) for 2-2.5 hrs with humidity at 80-90%
蓋好 · 於室溫(23-25°C) 進行最後發酵約2-2.5小時 · 濕度80-90%。
- 10:15 09 Preheat oven to 260°C conventional mode (non-fan) with baking stone, at round 1 hr before final fermentation finishes. (or preheat to the highest possible oven temperature ~250°C)
完成發酵約1小時前 · 連同石板 · 預熱焗爐 至260°C上下火(或焗爐的最高溫度如250°C)。
- 10:45 10 Fold a paper tray with baking paper (~33x37cm)
用牛油紙摺好紙盤 (~33x37cm)

- 12:00 11 When final fermentation finishes, squeeze some olive oil to both the dough & paper tray. Flip the dough into the tray. Squeeze some more olive oil to the top of the dough.
完成最後發酵後，於麵糰、紙盤上橄欖油，把麵糰反轉倒入紙盤內，再在麵糰上橄欖油。
- 12:40 12 Stretch & enlarge the dough to fit into the tray. Press and slight stretch the whole dough with finger tips.
用手把麵糰拉大，再用手指把麵糰推開推平均。
- 13:05 13 Add some sea salt flakes on top.
在表面灑上海鹽片。
- 13:15 14 Bake for ~10-13mins at 260°C.
放入已預熱至260°C的焗爐焗約10-13分鐘。
- 15 **CAUTION:** ***Be very careful when taking out the dough, avoid hot oil leakage. Take out very slowly and carefully~~~
小心留意: ***焗好取出時，要小心熱油，慢慢小心拉出~~~