

RYE MICHE
Jeffrey Hamelman

Pre-fermented flour = 35%

DOUGH YIELD: 3.300 Kg

Sourdough

Whole rye	0.642 Kg	100.0 %
Water	0.533 Kg	83.0 %
Rye Culture	0.064 Kg	10.0 %
TOTAL	1.238 Kg	193.0 %

OVERALL FORMULA

Whole rye	0.917 Kg	50.0 %
Medium rye	0.917 Kg	50.0 %
Water	1.430 Kg	78.0 %
Salt	0.037 Kg	2.0 %
Total	3.300 Kg	180.0 %

FINAL DOUGH

Whole rye	0.275 Kg
Medium rye	0.917 Kg
Water	0.897 Kg
Salt	0.037 Kg
Sourdough	1.174 Kg
Total	3.300 Kg

Method:

Approximately 16 hours before the mix, disperse the sourdough culture into the water, add the rye flour and mix till smooth. Cover with plastic and leave at room temperature to ripen.

Mix the final dough by adding all the ingredients to the mixer. Mix on first speed for about 12 minutes. There will be no gluten development. The dough can also be mixed by hand.

Desired dough temperature: 82F to 84F.

Bulk fermentation 30 minutes.

Scale 1.2 Kg miche. Shape round and place into bannetons with seams down.

Final proof: 50 to 60 minutes.

Bake: Steam the oven and bake at 500F (260C) 10 minutes, 440F (232C) about 55 to 60 minutes.

Cover with linen when cool, rest 24 hours before eating.

Conversions:

Whole Rye flour:	105 g = 1 cup
Medium Rye flour:	125 g = 1 cup
Water:	227 g = 1 cup
Salt:	17 g = 1 Tablespoon

1 oz = 28.35 g
1 lb = 454 g