

# OVERNIGHT

# WHITE

## Makes 1 loaf

### For the Polish

100g strong white flour  
100g warm water (30°C)  
1g quick yeast

### For the main dough

410g strong white flour (more for dusting)  
265g warm water (30°C)  
1g yeast  
10g salt

### Stage 1 :

In the morning, mix the Polish ingredients together to form a smooth batter. Leave to prove for 4-8 hours (you can be pretty flexible here).

### Stage 2 :

1. Mix the polish with the remaining flour, water, yeast and salt and knead for a good 5 minutes (on the work surface is best here). The dough can be sticky, so use a dough scraper, and keep the faith, the dough will come together.
2. Return dough to a bowl and cover, then leave to ferment for a minimum of 8 hours (up to 12-14 hours if in a cool place).
3. Take dough out of the bowl and shape into ball and leave to rest for a few minutes. Flatten the dough and fold into thirds, before rolling up like a Swiss roll. Tuck the ends of the loaf under to form a loaf, and place in a tin. Leave to prove for 1-2 hours in a relatively warm place, the loaf will almost double in size.
4. Bake hot (220°C +) for 10 minutes, followed by a further 35 minutes at 190°C (25 mins for a smaller loaf).
5. Take out of oven and cool totally before slicing and eating.

You can adapt the flour mix for this loaf, though the more wholemeal you add the heavier your loaf. The timings are approximate, and this dough is very forgiving. By using a very small amount of yeast, you are using time to help you get a good rise, so if you leave it for a few extra minutes for any of the stages it won't matter.