

## Sourdough Italian Pear Bread

**SOUR DOUGH STARTER** must be removed from the refrigerator and refreshed as needed for 24 to 48 hours before use, depending on flavor desired. The last feeding before use should be medium bread flour with a pinch of rye flour and water, mixed to a semi- thick consistency, one that is stiff to mix with a wooden spoon. After the last feeding, starter must rest at room temperature 2 to 3 hours before use.

### Method

Ingredients				Bakers %
Starter	1.25 lbs	567 grams	100%	2 1/2C
Water	0.50 lb.	217 grams	40%	1 cup
Dri-malt	0.04 lb	18.1 grams	3.2%	1 1/2T
Dired Orange Peel	0.005 lb.	2 grams	4%	1 tsp.
Brown Sugar	0.06 lb	27 grams	4.7 %	2T

Place ingredients in the bowl of a mixer fitted with a dough hook. **Mix by breaking up starter , dri-malt, seasonings and water into a froth, using one hand.**

Add the following:

Ingredients				Bakers %
Bread Flour (medium)	1.25 lbs	570 grams	100%	4C
Butter	0.20 lb.	90 grams	16%	2 Tbs (less than a quarter lb.)

Mix 5 minutes, starting on low speed, as soon as the flour is incorporated, **switch to medium speed.**

Dried pears, boiled in 0.50 lb. (1 cup) simple syrup with a <u>half lemon</u> and <u>1/4 teaspoon of nutmeg and cinnamon</u> for 4 minutes, drained, rough chop fruit in 1/2 inch pieces, and cooled, reserved for use	0.40 lb.	181 grams	32%	1 1/4C
Salt	0.02 lb.	9 grams	1.6%	1 tsp.
<b>Total</b>	<b>3.70 lbs.</b>	<b>1678 grams</b>		

- Mix for an additional **4 minutes**, check for good gluten structure. If dough sticks to bottom of bowl, go to “bowl clean-up” for good gluten structure.
- Pull dough from bowl with a little olive oil down the side of bowl while mixer is in final motion, to help release the dough from bowl more easily. Place in covered container for 2 hours or until double in bulk.
- Gently fold dough over on itself to de-gas and return to well oiled bucket. Let dough rise for an additional 20 minutes.
- Divide dough into desired weights. Usual dough weight for Sourdough loaf is:
  - 1.50 lb for a small loaf
  - 2.50 lbs for a large loaf
- Round dough. Cover and let rest for 30 minutes. Mold dough gently into desired shape, (do not de-gas). Egg wash loaves with egg white water mixture. Sprinkle with pearl sugar.
- If a stronger flavor is desired, place in proof box for 2 hours then retard loaves, cover, place in refrigerator for 4 to 6 hours. Remove from refrigerator. Let loaves rest in room temperature proof box 1 hour before baking.
- If no retarding is being used: Place molded loaves in proofing cabinet (with no moisture or heat) for 1 1/2 to 3 hours. Large bubbles should be visible near the surface of the dough when ready for the oven. Remove from proof box.
- Dock loaves with a lame, docking knife or single edge razor blade. This allows for the further expansion of the

loaf in the first 18 seconds of oven time. Make cuts (holding implement on a 45° angle to the dough) clean and deep for maximum expansion.

- Bake in pre-heated 475° F (246° C) oven. Using some humidification method, minimally spray loaves with water. Too much water will remove sugar decoration. Close oven door and after 5 minutes lower heat to 400° F (204° C). Bake until dark golden brown. Internal temperature of finished baked loaf is 180 degrees F and should not exceed 220 degrees F.
- **When loaves are done, turn off oven, leaving oven door open, for 10 minutes to harden-off the crust.** Remove from oven, place on cooling rack, for good air circulation until loaves come to room temperature. Do not place bread in area with strong air circulation such as a fan.