

# Basic Lean Dough Recipe

## Ingredients:

- 3 ½ cups (420 g) bread flour
  - ½ teaspoon instant yeast
  - 1 ¼ teaspoons fine sea salt
  - 1 ⅓ cups (320 ml) water, room temperature
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## Instructions:

### 1. Prepare the Dough:

In a large mixing bowl, whisk together the bread flour, instant yeast, and sea salt.

Add the water and stir with a wooden spoon or dough whisk until a shaggy, sticky dough forms. Ensure no dry flour remains. Use your hands to work in any of the flour that hasn't been incorporated. Optional: do a series of stretch and folds every 30 minutes or so during the rise to help with building strength in the dough and making for a taller loaf.

### 2. First Rise (Bulk Fermentation):

Cover the bowl tightly with plastic wrap or a clean kitchen towel. Allow the dough to rise at room temperature until doubled in size, about **3 hours**.

*Optional for improved flavor:* After the initial rise, re-cover the dough and refrigerate overnight or up to **3 days**. When ready to bake, proceed with shaping straight from the refrigerator (no need to bring to room temperature).

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