

Bake for Family Fun Month

Bread Making Using the Sponge and Dough Method

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You would need:

- Oven
- Bread pans
- Hobart bread mixer, bowl, and dough hook
- 1 quart bowls
- Scale
- Dough cutter
- Rolling pin - for sheeting the dough

Ingredients:

The Sponge and Dough Method for making bread involves two major steps:

1. Make the sponge – which has just flour, water, and yeast. The sponge is usually made the night before to allow it to ferment overnight.
2. Make the dough – consists of other ingredients like sugar, salt, milk and shortening to add flavor and texture to the bread

For the sponge, you need:

- 5 cups of bread flour
- 1 $\frac{3}{4}$ cup of water
- 1 Tbsp of instant yeast

For the dough, you need:

- 3 $\frac{1}{3}$ cups of bread flour,
- 1 cup of water
- $\frac{1}{3}$ cup of sugar
- $\frac{1}{2}$ cup of all-vegetable shortening
- 1 Tbsp of salt
- 1 Tbsp of milk powder

Directions:

1. To begin making bread using the sponge and dough method, the sponge is made first. The ingredients for sponge are added to the mixing bowl of the mixer and mixed at low speed for a min and continued to mix on medium speed for 3 minutes.
2. The sponge is transferred to a bowl and covered with a blanket, or it can be left inside the oven overnight with **just the light on**. This additional time allows the yeast to ferment the sugar in flour and releases carbon-dioxide (causing the dough to rise by twice/thrice its size overnight) and, alcohol which adds flavor and texture to the bread once it is baked.

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3. The next day, you can start making the dough and will notice the sponge expanded, soft and fluffy.
4. The dough ingredients are added to the mixing bowl and mixed on low speed for 30 seconds.
5. The proofed sponge from overnight is added to the above mixture and mixed for a minute on low speed and continued to mix on medium speed for 3-4 min.
6. The formed dough is then placed on the counter and covered with a bowl for 10 min.
7. Uncover the dough and let it sit on the counter for another 10 min.
8. After 20 min of total bench time, cut 500g of dough balls using a dough cutter (roughly the size of your palm). You would get approximately three dough balls from the dough made to make three loaves of bread.
9. Allow the three dough balls to rest in an uncovered plastic bin for 15 min.
10. Place a dough ball on a floured counter/cutting board and slightly flatten it with your palm. Run the rolling pin on the flattened dough twice forward and twice backward to sheet it.
11. Roll the sheeted dough such that it sits in the bread pan with enough room for it to expand. The bread pan is greased with shortening before placing the rolled dough.
12. The rolled dough is proofed one last time before it is baked. The bread pan with the rolled dough is allowed to sit on the counter till the dough rises slightly above the top of the bread pan.
13. Repeat the same for the other two dough balls.
14. Once the dough has risen high enough above the bread pan, bake it in the oven at 425°F for 20 min.
15. Remove the breads from the pans immediately after baking and place the loaves on a cooling rack or screen.