

PAIN DE PROVENCE

(adapted from Floyd – The Fresh Loaf Forum)

for the *poolish* (made 8 to 18 hours before the final dough):

1 cup bread flour

1 cup water

1/2 teaspoon instant yeast

for the dough:

All the *poolish* made the day before

2 cups bread flour

1/2 cup *Herbes de Provence*

1 + 1/2 teaspoon instant yeast

1 teaspoon salt

1/4 cup orange liqueur such as Grand Marnier (*I substituted orange juice*)

1/4-1/2 cup water

The night before baking, make the *poolish* by mixing together 1 cup of flour, 1 cup of water, and 1/2 teaspoon of yeast to make a batter. Cover the container with plastic wrap and set aside for 8 to 18 hours until you are ready to make the final dough.

To make the dough, combine the remaining flour with the remaining yeast, salt, and herbs. Add the *poolish*, the liqueur, and 1/4 cup of the additional water. Mix the ingredients, and, if necessary, add more water or flour until the proper consistency is reached .

Mix by gentle kneading, and leave it undisturbed for 20 minutes in a lightly greased bowl. Do three more cycles of gentle kneading (or folding) every 30 minutes. At the end of the last kneading (a little less than 2 hrs of bulk fermentation), let the dough rise undisturbed for a full hour.

Remove the dough from the bowl and shape it into a ball or long loaf. Cover the loaf with a damp towel and allow it to rise again until doubled in size, which takes between 60 and 90 more minutes.

While the loaf is in its final rise, preheat the oven to 450F, with a baking stone inside, if you will be using it. Just prior to placing the loaf in the oven, score the top of it with a sharp knife or razor blade.

Place the loaf in the oven and bake for 20 minutes at 450, then rotate it 180 degrees and reduce the oven temperature to 375 and baked it another 25 minutes. The internal temperature of the loaf should be around 200F.

Remove from the oven and allow to cool for at least a half an hour before serving.