



# Christina's Bread Bakes

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## TWELVE SECRETS TO GREAT BREAD

Mixing, shaping, and baking bread is a scientific process.

As such, follow these twelve steps for the best results.

. For a more in depth discussion visit <https://breadbakes.com/12-steps-of-producing-yeast-breads/>

1. **SCALING INGREDIENTS:** Use a scale to weigh/measure all ingredients in separate bowls.
2. **MIXING:** Mix ingredients together per recipe instructions (sequence, method, time, etc. all important, so follow recipe closely).
3. **BULK FERMENTATION( first rise):** Cover & set dough aside to increase in volume, usually double.
4. **FOLDING (sometimes called punching):** Fold dough to increase pockets to hold carbon dioxide (creates structure).
5. **DIVIDING:** Portion dough according to recipe instructions (i.e. half for two loaves, 12 pieces for buns, etc.).
6. **PRE-SHAPING/ROUNDING:** Loosely form dough pieces into a preliminary shape.
7. **BENCH PROOFING/RESTING:** Rest the loosely formed dough on the counter under a towel/plastic wrap for 10 minutes.
8. **MAKEUP & PANNING:** Final shaping, tightening, tucking of edges, and placing the dough in/on a pan or in a banneton.
9. **PROOFING (second rise):** Cover formed dough with plastic wrap and set aside to double.
10. **BAKING:** Follow preheat instructions, bake to time/temperature, look for golden brown to dark brown crust that sounds hollow when tapped.
11. **COOLING:** Remove bread from pan immediately and place on a cooling rack; cool 20-30 minutes before cutting.
12. **STORING:** Store cooled bread on countertop, loosely wrapped or wrap tightly & freeze; reheat after thawing at 375 F for 10 minutes.

**Interested in Sourdough Bread?** [The Sourdough Tutor](#) e-book is now available for purchase! Includes step-by-step instructions. From starter to first bake, it will get you started on your sourdough journey.

**WWW.BREADBAKES.COM**

*Great Bread for All, Bake One Share One.*