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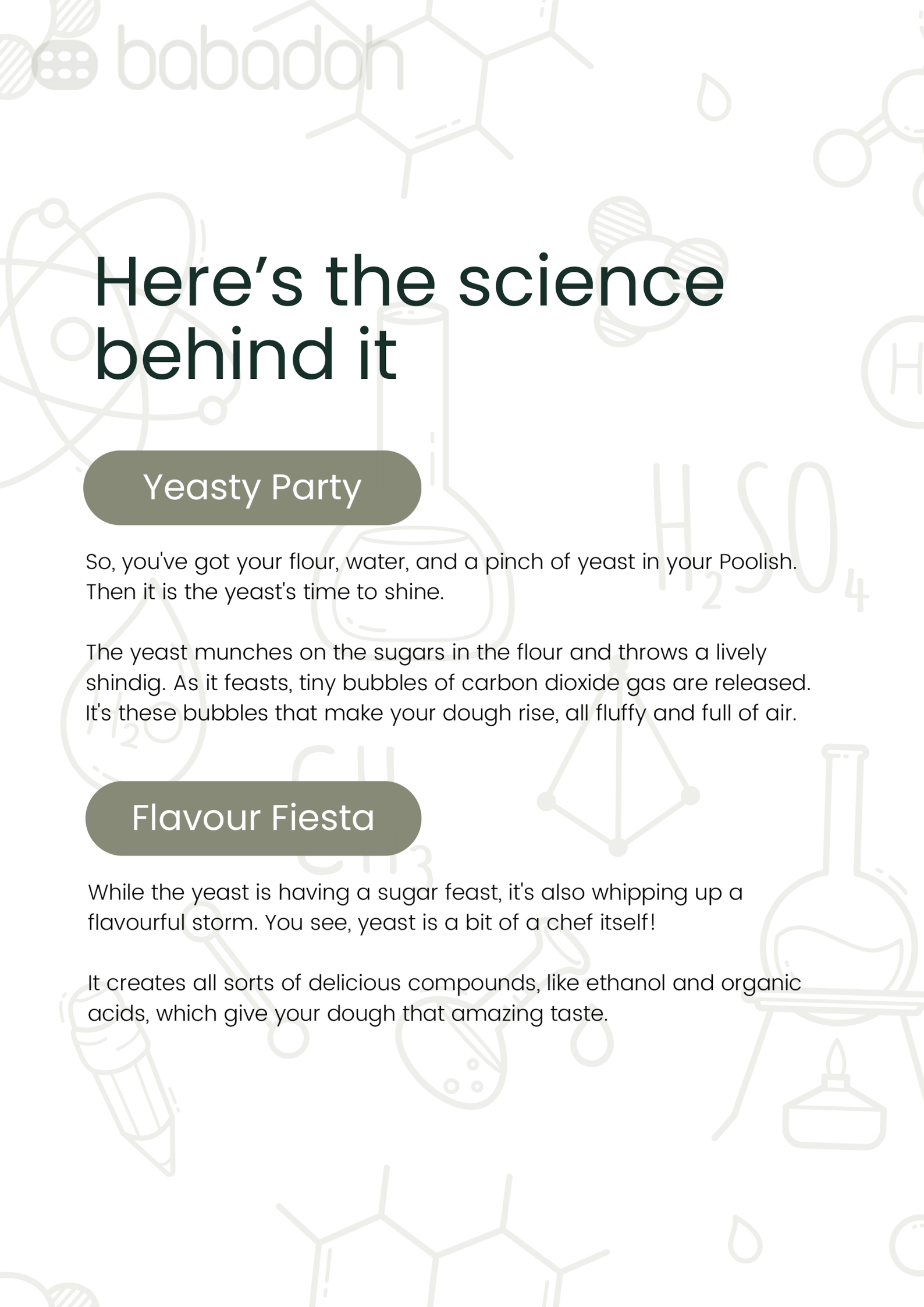
Beginner's Guide Making Poolish

So, what is Poolish?

Ever fancy a go at making Poolish? It appears to be gaining popularity among those of us who like a bit more flavour and texture in our crusts. But what exactly is it?

Poolish is a type of preferment, which is a mixture of equal parts of flour and water and a small amount of yeast. The mixture is allowed to ferment for a period of time, and then incorporated into a final dough, adding flavour, complexity and a lighter texture.

So, in simple terms, Poolish is like a dough party starter. It gets the yeast, gluten, and enzymes mingling, resulting in a dough that's tastier, fluffier, and just plain awesome. It's the secret ingredient that takes your pizza from 'good' to 'amazing'.



Here's the science behind it

Yeasty Party

So, you've got your flour, water, and a pinch of yeast in your Polish. Then it is the yeast's time to shine.

The yeast munches on the sugars in the flour and throws a lively shindig. As it feasts, tiny bubbles of carbon dioxide gas are released. It's these bubbles that make your dough rise, all fluffy and full of air.

Flavour Fiesta

While the yeast is having a sugar feast, it's also whipping up a flavourful storm. You see, yeast is a bit of a chef itself!

It creates all sorts of delicious compounds, like ethanol and organic acids, which give your dough that amazing taste.

And a bit more science

Gluten Magic

Gluten, stretchy proteins formed when water is added to flour, also get in on the action. They start forming a stretchy network, even before you mix up the final dough.

This gluten development gives your dough elasticity and helps it hold its shape.

Enzyme Action

Flour has some enzymes of its own, and these become super active during this fermentation fiesta. The enzymes break down starches into simpler sugars, which are like snacks for the yeast. Yum!

Dough Delight

Poolish has a bit more water than your final dough. This extra hydration makes your dough more relaxed and easier to handle.



Polish guide step by step

1

Gather your ingredients

To create 200g of Polish, enough for 6-10 pizzas, you'll need:

100g "00" flour

100g lukewarm water

3g active dry yeast

2

Mix it up

Add your flour and lukewarm water to a clean bowl or Babadoh. Stir until the mixture is smooth and all the flour is hydrated.

3

Add a pinch of yeast

Sprinkle the yeast over the mixture. There's no need to dissolve it in water, just let it sit on top.

4

Mix again and cover

Stir the yeast into the mixture until it's well incorporated. Cover the bowl with plastic wrap or the Babadoh lid.



Step by step continued

5

Fermentation time

Put your Poolish in the fridge and leave for 12 to 16 hours. This extended fermentation period allows the Poolish to develop a unique flavour profile and become bubbly.

6

Check for readiness

Your Poolish is ready when it has grown to about double in size, is full of bubbles, and has a slightly tangy aroma. It should be visibly active.

7

Use in a pizza dough

Add the Poolish to your pizza dough recipe. Remember to adjust the amount of flour and water in your main dough recipe to account for the Poolish. You may also need to reduce the amount of yeast in your recipe to prevent over-fermentation.

8

Enjoy your delicious pizza

Now that your pizza dough has the extra flavour and texture boost from the Poolish, stretch out your dough, add your favourite toppings, bake, and savour the incredible homemade pizza you've created!

