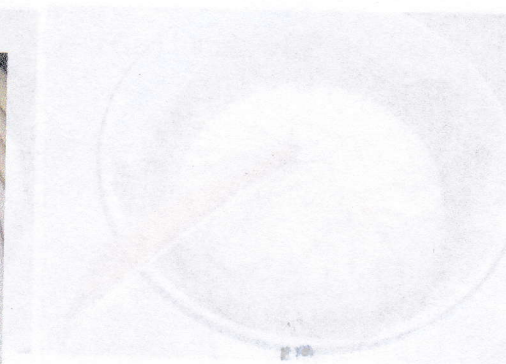


And ensure that you sprinkle some rice flour all over the top of the dough too to stop it from sticking to the parchment paper.



over night
Cover it again with a plastic bag/shower cap, and put it in the fridge for an absolute minimum of 3 hours, up to 24 hours, the longer you leave it, the more the flavour & stability will grow. I usually leave mine for 10 hours. This means you can leave it there all day whilst you're at work, or out for the day, and bake it on your return.

This is the 'final proof'.

Day 3
next morning
*My fridge temperature is set to 4C/40F, if you fridge is colder than this you might be able to leave it for less time, you may need to test for your fridge temperature to be sure.

After this time, preheat the oven to 230C/450F (or 220C/430F if it's fan assisted). Remove the dough, in the banneton, from of the fridge once the oven is ready ***see below***

Once the oven is up to temperature, line your enamel roaster with a sheet of parchment baking paper.

Place the tin over the top of the banneton, then invert it/turn it all over together to turn the dough into the pot.

cast iron cauldron
***Please note: you do NOT need to preheat the pot.** If you are using a cast iron Dutch oven, you still don't need to preheat the pot. Bake as per below and if when you lift the lid, the loaf seems a bit pale or blonde, put it back in the oven for 5-10 mins to brown.