



## HOW TO PROOF BREADS WITHOUT A PROOFER

Proofing a bread means to let it rise due to the working of yeast, which produces gases and pushes the dough up. This process needs time and a warm and humid environment to happen, which a proofer can provide very easily. But not everyone has proofer with them, so we have to replicate the environmental conditions.

To proof bread in the oven, place a baking tray on the bottom rack of the oven and fill it with hot boiling water. Place your dough bowl in the middle and shut the door of the oven. The steam and heat from the boiling water will create a warm and steamy environment for the dough to rise.

In case you have a warm kitchen or you're baking bread during summers, in that case you can simply let the dough rise at room temperature.

