



## UNDERSTANDING OVERNIGHT RETARDATION

There are some days when you don't have an entire day to spend on making bread and you might want to bake it the next day fresh for your Sunday brunch. And for such situations, we follow the overnight retardation process.

With the overnight retardation method, you simply mix the dough according to the recipe and then transfer the dough in an airtight box with enough space for dough expansion. We then place the box in a fridge where the dough receives low temperature that decreases the rate at which the dough rises (in simple words the dough ferments at a very low speed than compared to how it rises at room temperature)

The slow fermentation provides greater flexibility and gives a more profound flavor to the bread.

So after spending a whole night in the fridge, the next morning, all you have to do is take out the dough from the fridge an hour before shaping it so that the dough comes to room temperature. We will then do the ripe test, and as soon as the dough is ripe, we will shape the dough as desired and then let it proof before finally baking.

Some bakers follow the overnight retardation method with bread that have fermented at room temperature and then they shape it and keep it in the fridge for the night, The next day Before baking the refrigerated bread, they remove it from the fridge and let it sit on the counter for an hour to allow it to warm up to room temperature and then bake it.