



TIME GUIDE FOR PROOFING

While developing a bread recipe, climate and temperature play a vital role. It is important to understand how one can modify the recipes and proofing time according to the place you are living in. For instance, while living in India many times bakers face issues with European bread recipes, as the proofing time mentioned is mostly according to their weather conditions therefore those recipes fail to explain the changes that will suit your country's climate, humidity and temperature.

By following the exact proofing time mentioned in European recipes, many times we end up with an over proofed dough, as the weather conditions in India are mostly very humid and hot compared to the ones in Europe.

Correct proofing is very crucial in bread making as it determines the bread's shelf life, as well as the flavour and appearance of the bread.

For example if our standard recipes says 10-15 min for proofing on normal day , during a hot and humid day this time will change to 10 min, while on a cold day that time will simply increase to 30-35 min.

The proofing time that we have mentioned in the recipes is according to normal summer days, by going through the table provided below, you will be able to understand how proofing time will change along with the change in the weather.

Apart from proofing time, hydration of the dough can also vary and that's why in most of the recipes we have provided a range for the quantity of water. While adding water, always start with the least mentioned quantity and then slowly increase as per the available range. Make sure not to add more that the given range. The change in water quantity is also related to weather conditions. During hot summer days mostly the recipe requires more water therefore we end up adding the highest mentioned quantity from the range, while during winters you can end ups with a nicely hydrated dough without the use of too much water.

Time prescribed by Standard Recipe	What to do in Hot and humid climate	What to do in Hot and dry climate	What to do in cold and high altitude
10-15 minutes	10 minutes	15 minutes	25-30 minutes
30-45 minutes	30 minutes	45 minutes	60-90 minutes
2-3 hours	2 hours	3 hours	4 hours
6-8 hours	6 hours	8-10 hours	12-14 hours
	NOTE: Keep the dough covered with plastic wrap or a big bowl. If you can't use the dough immediately, store it in the fridge.	NOTE: Keep the dough covered with a damp cloth or plastic wrap.	NOTE: Keep the dough covered with plastic wrap in a warm spot such as an oven or a kitchen cabinet.