

# WHY MY BREAD IS TOUGH AND HARD?

Top Tips by Gareth

## 1. THE DOUGH DID NOT CONTAIN ENOUGH WATER

Having a dry dough means the flour will not be hydrated properly and gluten doesn't form that good. Add more water to the recipe to create a better hydrated dough

## 2. THE FINAL PROOF TIME WAS TOO SHORT

It could be that your dough wasn't left to rise properly so it was not ready to go in to the oven. Allow the dough to proof for a longer time

## 3. THE KNEADING OR REST TIME WAS NOT SUFFICIENT

The dough is under developed, increase fermentation time or change kneading technique. A good kneading technique is the most likely cure of hard bread.

## 4. THE DOUGH TEMPERATURE WAS TOO WARM WHEN MIXING

Warm dough gets sticky and is hard to knead. Reduce the temperature of the water by adding ice or chilling the water to allow the dough to be kneaded for longer.

## 5. SALT WAS NOT USED

Salt is important in bread making, despite the option to remove it for health reasons, The dough does not have enough strength to support its structure, add salt.

## 6. THE BREAD DID NOT GET AN OVEN SPRING

If the bread does not spring up in the oven, then it won't rise. This causes a harder, denser bread. Use a preheated baking stone and add steam when baking

The secrets of oven spring

Adding water to an oven to create steam

How long does it take to learn bread baking?