

ingredient variation

## PAN DE CRISTAL



There is no mistaking a properly made loaf of *pan de cristal* (aka glass bread): the crumb structure of this traditional high-hydration Spanish bread has such open alveoli that a slice can seem to be mostly crust. The crust shatters almost like glass, hence the name. Split in

half, this bread is ideal for the brilliantly simple *pan con tomate*—the open crumb maximizes the amount of fresh tomato the bread can hold. This dough uses no preferment.

<b>TOTAL TIME</b> Active 10 min Inactive 7 h 34 min	<b>DDT</b> 24–26°C/ 75–78°F	<b>DIFFICULTY</b> Easy: mixing Advanced: dough handling Advanced: baking	<b>Ovens</b> ★Deck Home Combi Convection Pizza	<b>YIELD/SHAPES</b> 1 lg loaf 2 med loaves 4 sm loaves 20 rolls
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	INGREDIENTS	WEIGHT	VOLUME	%
①	Water	45 g	¼ cup	8.82
	Fine salt	10 g	2 tsp	1.96
②	Water	410 g	1¾ cups	80.39
	Instant dry yeast	2 g	¾ tsp	0.39
③	Bread flour	510 g	3¾ cups	100
④	Shortening, melted but cool	25 g	2 Tbsp + 1 tsp	4.9
	<b>Yield</b>	~1.00 kg		

For salt, flours, substitutions, and other notes, see pages viii–xi.

	INGREDIENTS	WEIGHT	%
	Flour	510 g	100
	Water	455 g	89.22
	Fat	25 g	4.9
	Salt	10 g	1.96
	Yeast	2 g	0.39

Consume within 1 d, or freeze for up to 2 mo.

## GENERAL DIRECTIONS

	PROCEDURE	NOTES	TIME active/inactive
MIX	by hand*	stir together ①, and set aside; combine ② in a bowl, and stir to dissolve; add ③, and mix to a shaggy mass; autolyse 20–30 min; add ① and ④, and mix until homogeneous; transfer to a lightly oiled tub or bowl, and cover well with a lid or plastic wrap	see Hand Mixing, page 3-116 5 min / 20–30 min
	by machine*	stir together ①, and set aside; combine ② in mixer's bowl, and stir to dissolve yeast; add ③, and mix on low speed to a shaggy mass; autolyse 20–30 min; mix on medium speed to medium gluten development; add ①, and mix on low speed until fully incorporated; add ④, and mix on low speed until fully incorporated; transfer to a lightly oiled tub or bowl, and cover well with a lid or plastic wrap; see Machine Mixing options, page 157	43–54 min
BULK FERMENT	by hand*	4 h total; 6 folds (1 fold every 30 min after the first hour), 30 min rest after final fold; check for full gluten development using the windowpane test	5 min / 4 h
	by machine*	2½ h total; 2 folds (1 fold every hour after the first hour), 30 min rest after final fold; check for full gluten development using the windowpane test	5 min / 2½ h
DIVIDE/SHAPE	divide	lg loaf    med loaf    sm loaf    roll do not divide    500 g    250 g    50 g	see dividing and shaping instructions below 0–5 min
	shape	loaf    loaf    loaf    roll	
FINAL PROOF	27°C / 80°F 65% RH	1½–2½ h    1–2 h    45 min–1 h    30–45 min	see Final Proofing Methods, page 3-212, and Calling Proof, page 3-220 30 min–3½ h
	21°C / 70°F	2½–3½ h    1½–2½ h    1–1½ h    45 min–1 h	
BAKE	see Ciabatta Baking Times and Temperatures, page 159		17–40 min
TOTAL TIME	*Choose by hand or machine		by hand 15 min / 8 h 40 min by machine 10 min / 7 h 34 min

Because this dough contains yeast, we suggest refrigerating it for the duration of bulk fermentation if you are hand-mixing it. To avoid overproofing, pull the dough out only to fold it. Additional folds and rests may be necessary when mixing dough by hand to achieve fully developed gluten; this is especially true when mixing very wet doughs such as ciabatta.

Divide into squares or rectangles at desired weight (see How to Divide Your Dough, page 3-136) or leave whole; transfer the dough to a wooden board or the back of a sheet pan covered with a well-floured couche or clean kitchen towel (this cradles the dough).

This Spanish bread has one of the highest hydrations you will find in this book, at just under 90%. Because of this, it is especially hard to work with. If making this dough by machine, we recommend the double-hydration method so the gluten can develop faster (very wet doughs take a very long time to mix).