

9.5: Using Salt in Fermented Doughs

The average amount of salt to use in dough is about 1.75% to 2.25% based on the flour used. Some authorities recommend that the amount of salt used should be based on the actual quantity of water used in making the dough, namely about 30 g per L (1 oz. per qt.) of water.

During the hot summer months, many bakers find it advantageous to use slightly more salt than in the winter as a safeguard against the development of any undesirable changes in the dough fermentation. Salt should never be dissolved in the same water in which yeast is dissolved. It is an antiseptic and dehydrates yeast cells and can even kill part of them, which means that less power is in the dough and a longer fermentation is needed. In bread made by the sponge dough method and in liquid fermentation systems, a small amount of salt included in the first stage strengthens the gluten.

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