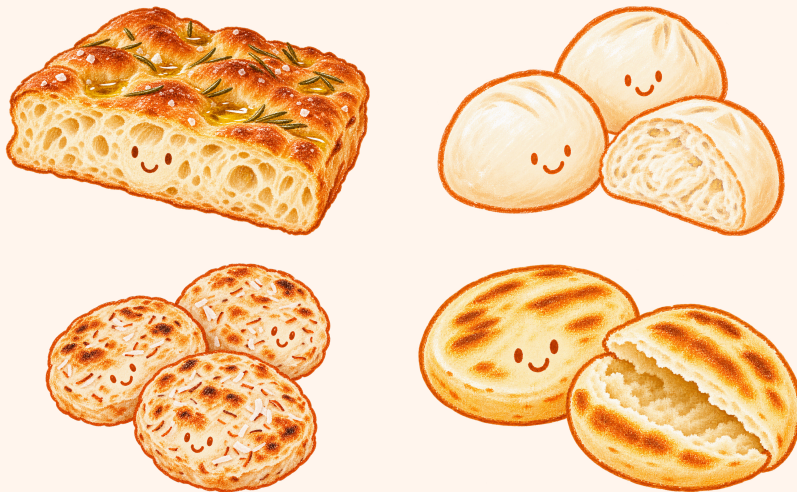


TOASTY PANETTERIA

The Toasty Book of Bread

TL;DR

Pick a bread. Put the kettle on.



Eight breads. A few useful tricks. Your next bake.

Austin Welsh-Graham ■ Toasty Panetteria book series
Pocket guide ■ 1.0.4

PICK YOUR NEXT BAKE

What's for bread?

Start with the time you have. Tap a bread to jump to its recipe.

Under an hour, give or take

Arepas ■ 50 min ■ p. 12

Pol roti ■ 1 hour ■ p. 10

Damper ■ 1 hour ■ p. 13

A slower afternoon

Mantou ■ 1½–2 hours ■ p. 11

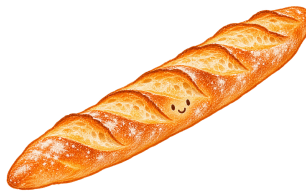
Khobz ■ 2 hours ■ p. 9

Pita ■ 3 hours ■ p. 8

Focaccia ■ 3–4 hours ■ p. 6

A weekend rhythm

Finnish rye ■ overnight leaven, next-day bake, overnight cooling ■ p. 7

**A tiny toolkit**

Scale ■ bowl ■ scraper ■ clean cover ■ recipe's cooking equipment.

These eight formulas come from the first edition. The long histories live in the complete book. Here, we're getting flour on the bench.

THREE QUESTIONS BEFORE MIXING

Know your dough

1 / What's in the bag?**Read the flour.**

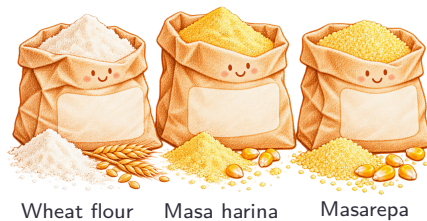
Masarepa $\neq$ masa harina.
Fresh grated coconut $\neq$ coconut flour.

2 / What makes it rise?**Read the method.**

Yeast, sourdough and baking powder need different schedules.

3 / What cooks it?**Read the equipment.**

Hot tray, steady pan or covered steamer. Set up before mixing.



Check the bag before the bowl.

A rest is useful even when nothing rises.

Scale the ingredients, not the temperature

Half a batch? Halve every ingredient. Keep piece sizes steady for your first try. Oven temperature stays the same.

A little baker's maths

Ingredient weight $\div$ flour weight $\times 100 =$ baker's percentage.

For total hydration, count the starter's flour and water too. A 100%-hydration starter is half flour, half water.

TIME IS A PLAN, NOT THE FINISH LINE

Watch the bowl



Yeast or sourdough

Wait for the stated expansion and feel. A cool dough often needs longer. Mantou shapes first and has one proof.

No fermented rise

Pol roti rests for 20 minutes, then heads for the pan. Don't wait for it to double.

Baking powder

Have damper's oven ready before mixing. Gentle gathering, then cooking.



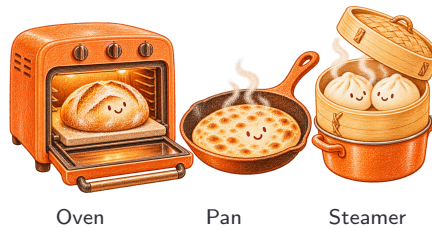
Mark the starting height. Watch it rise.

Need a starter?

50 g wholemeal wheat or rye + 50 g water. Wait 24 hours. Retain 50 g and feed 50 g plain wheat flour + 50 g water. Wait another day. From day three, repeat about every 12 hours at 21–25 °C. Allow at least a week. Look for repeated doubling in 6–8 hours, bubbles and a pleasantly acidic smell.[1] For the rye recipe, refresh an established culture with rye flour in equal-flour-and-water feeds until reliably active. Keep the wheat culture separately. Discard mouldy or unusually pink/orange cultures. Don't taste raw starter or dough.[2, 3]

THE SURFACE IS ONLY HALF THE STORY

Make the heat count



Oven, pan or steamer. Pick the recipe's route.

Oven

Heat the tray too.

Pita needs a properly hot landing. Check loaf centres as well as colour.

Pan

Watch the first one.

Dark outside, raw inside?
Lower the heat and give the centre time.

Steam

Start at boiling.

For mantou, count 15 minutes from the boil. Keep the lid closed.

Even thickness makes a flatbread's life easier.



Lift. Fold. Turn the bowl. Stop before tearing.

Stretchy wheat dough? Cover and rest if it springs back. Fold when the method asks. Stop before tearing.

Rye paste? Wet hands and a scraper. Gather it, rather than trying to knead it into a springy ball.

LIGURIA, ITALY

Focaccia

Oil in the dimples. A corner for the cook.

1 tray ■ 30 × 40 cm ■ 3–4 hours

Bowl + shallow metal tray



WEIGH OUT

500 g

Strong white wheat flour

275 g

Water

17.5 g

Fresh yeast

10 g

Fine salt, for dough

10 g

Non-diastatic malt extract

25 g

Extra virgin olive oil, for dough

50 g

Extra virgin olive oil, for tray and top

40 g

Water, for top

2 g

Flaky salt, for top

1

Mix

Dissolve yeast and malt in 275 g water. Add flour, dough salt and 25 g oil. Knead smooth. Cover for 30 min.

2

Spread

Oil the tray with 25 g oil. Set dough in the middle. Rest 30 min, then press outwards. If it springs back, rest another 20 min.

3

Dimple

Add the remaining 25 g oil and 40 g topping water. Press firm dimples without tearing. Add flaky salt.

4

Watch

Cover without touching the top. Proof about 1–2 hours, until visibly puffy.

5

Bake

220 °C for 18–25 min. Check that top and underside are golden. Lift onto a rack. Eat warm.

One thing to remember

Non-diastatic malt only. Omit if unavailable. Do not swap in active diastatic powder. Contains wheat.

Recipe source: [4]. Full-book recipe: printed p. 25.

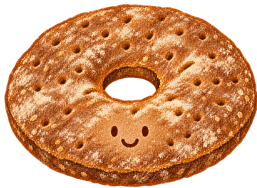
FINLAND

Finnish rye

A little patience. Thin slices tomorrow.

1 loaf ▪ 850–900 g baked ▪ Overnight + 5–9 hours + cooling

Bowl + scraper + heavy tray



WEIGH OUT

50 g

Active rye starter, 100% hydration

100 g

Water for overnight leaven

60 g

Wholemeal rye for leaven

300 g

Water for final dough

500 g

Wholemeal rye for final dough

10 g

Fine salt

a little

Extra rye for shaping

1

Tonight

Mix 50 g active rye starter, 100 g water and 60 g rye flour. Cover loosely overnight at 24–26 °C, until bubbling and pleasantly sour.

2

Tomorrow

Add 300 g water, salt and 500 g rye flour. Mix uniformly for 5–10 min. Cover and ferment 3–6 hours until clearly expanded.

3

Gather

On a rye-dusted surface, gently form an 18 cm low round. Set on parchment. Cover and proof 2–3 hours until puffed with fine cracks. Prick.

4

Bake

Preheat oven and tray to 225 °C. Bake 20 min, then 180 °C for about 40 min. Look for a firm base and a 96–98 °C centre.

5

Wait

Cool on a rack beneath a clean cloth. Slice the next day.

One thing to remember

Expect sticky paste, not stretchy dough. Wet hands help. If unusually dry, add water 10 g at a time. Contains rye.

Recipe source: [5]. Full-book recipe: printed p. 45.

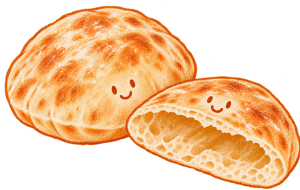
THE LEVANT AND NEIGHBOURING KITCHENS

Pita pockets

Let the oven make room for lunch.

10 rounds ■ About 3 hours

Rolling pin + heavy tray



WEIGH OUT

300 g

White bread flour

150 g

Wholemeal wheat flour

300 g

Water

7 g

Instant yeast

7 g

Fine salt

20 g

Honey

14 g

Olive oil

1

Mix

Mix all ingredients. Knead about 10 min until elastic. Cover in a lightly oiled bowl. Rise about 2 hours, until doubled.

2

Divide

Make 10 pieces, about 80 g each. Round, cover and rest 20 min. Preheat oven and heavy tray to 250 °C.

3

Roll

Even discs, 15 cm across and 5–6 mm thick. Keep waiting dough covered.

4

Puff

Bake 2–3 at a time for 4–5 min until ballooned and lightly coloured. Turn and cook about 1 min more if needed.

5

Keep soft

Cover with a towel. Let the tray regain heat between batches. Cool before bagging, or freeze.

One thing to remember

First one stayed flat? Reheat the tray and roll evenly. That round can still scoop hummus. Contains wheat.

Recipe source: [6]. Full-book recipe: printed p. 68.

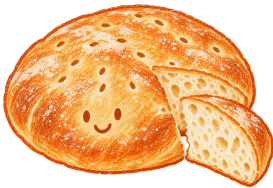
MOROCCO

Moroccan khobz

Make a round. Break a wedge. Share the meal.

2 rounds ■ 20–22 cm ■ About 2 hours

Bowl + tray + fork



WEIGH OUT

500 g

White bread flour

300 g

Water

8 g

Instant yeast

10 g

Fine salt

8 g

Sugar

28 g

Olive or neutral oil

a little

Fine semolina for the tray

1

Mix

Mix flour, water, yeast, salt, sugar and oil. Knead 5–10 min until smooth and pliable.

2

Rest

Divide into 2 balls. Set on a lightly oiled or semolina-dusted tray. Cover for 15 min.

3

Pat

Make low rounds 20–22 cm across. Cover and rise about 60 min until swollen and a gentle press returns slowly.

4

Bake

Heat oven to 225 °C. Prick the rounds. Bake 20–25 min, rotating if needed, until golden and firm underneath.

5

Share

Cool on a rack or in a towel-lined basket. Break into wedges.

One thing to remember

The underside counts too. Check it before taking the tray out. Contains wheat.

Recipe source: [7]. Full-book recipe: printed p. 95.

SRI LANKA

Pol roti

Fresh coconut. Hot pan. Supper sorted.

8 rounds ■ about 100 g dough each ■ About 1 hour

Bowl + board + heavy pan



WEIGH OUT

330 g

Plain flour

250 g

Fresh grated coconut, or thawed frozen

130 g

Water, initially

up to 40 g

Extra water, if needed

50 g

Red onion, finely chopped

5 g

Green chilli, finely chopped, optional

2 g

Curry leaves, finely sliced, optional

6 g

Fine salt

about 10 g

Coconut oil, for shaping and pan

1

Mix

Mix coconut, onion, optional aromatics and salt. Add flour, then 130 g water gradually. Aim for cohesive, non-sticky dough. Add up to 40 g more water if needed.

2

Rest

Work gently for 2 min. Cover for 20 min.

3

Flatten

Divide into 8. On a lightly oiled board, make 12–13 cm rounds about 6 mm thick. Keep the rest covered.

4

Cook

Medium heat. About 3–4 min per face, turning as needed, until spotted brown and cooked through. Lower heat if browning too quickly.

5

Check

Cut the first round. No raw flour paste in the centre. Cook longer if needed. Serve warm.

One thing to remember

Use fresh or thawed frozen grated coconut. Not coconut flour or a gram-for-gram dry-coconut swap. Contains wheat.

Recipe source: [8]. Full-book recipe: printed p. 119.

CHINA

Mantou

No crust required. Soft is the point.

8 buns ■ about 60 g dough each ■ 1½–2 hours

Covered steamer + parchment



WEIGH OUT

300 g

Plain flour

150 g

Cool water, initially

up to 20 g

Extra water, if needed

4 g

Instant yeast

12 g

Sugar

12 g

Neutral oil

1

Knead

Mix with 150 g water. Knead very smooth for 10–15 min. Add up to 20 g extra water only if crumbly.

2

Shape

Divide into 8. Gather edges underneath and round firmly. Set on individual parchment squares, with 3 cm gaps.

3

Proof

Cover for 30–60 min, until puffy and roughly half as large again. This method has one rise.

4

Steam

Set over cold water below the basket. Bring to the boil. Maintain steady steam for 15 min from boiling. Keep the lid closed.

5

Finish

Turn off heat. Wait 5 min. Lift the lid away from you without dripping onto the buns. Serve warm.

One thing to remember

Two batches? Keep the second cool and covered. Start its proof later, and check the steamer water. Contains wheat.

Recipe source: [9]. Full-book recipe: printed p. 126.

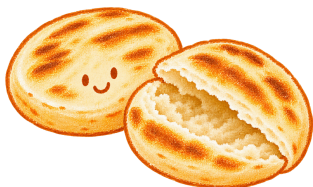
VENEZUELA AND COLOMBIA

Pocket arepas

This pocket starts with a knife.

8 rounds ■ about 103 g dough each ■ About 50 minutes

Heavy pan + tray + oven



WEIGH OUT

320 g

Masarepa

474 g

Warm water, initially

5 g

Fine salt

28 g

Neutral oil in the dough

15 g

Oil for the pan

a little

Extra water if needed

1

Mix

Mix meal, salt, 474 g warm water and 28 g dough oil. Cover for 10 min. Add a little water if crumbly. Aim for soft, mouldable dough.

2

Shape

Divide into 8. With damp hands, make 10 cm rounds about 1 cm thick.

3

Brown

Oil the pan. Medium-low heat. Cook each face about 5 min, in batches.

4

Finish

160 °C oven for 10–15 min. Open one: its centre should be set, without wet paste.

5

Fill

Cut a side pocket, keeping a hinge. Add a prepared filling. Serve hot.

One thing to remember

Masarepa means precooked arepa meal. Not masa harina, polenta or ordinary cornmeal.

Recipe source: [10, 11]. Full-book recipe: printed p. 146.

AUSTRALIA

Wattleseed damper

A warm loaf for this afternoon.

1 round ■ 8 portions ■ About 1 hour

Bowl + lined tray



WEIGH OUT

500 g

Plain flour

12 g

Baking powder

3 g

Fine salt

8 g

Ground, roasted, food-grade wattleseed

27 g

Olive oil

300–330 g

Milk, plus a little for brushing

1

Prepare

210 °C conventional oven. Line a tray. Mix flour, baking powder, salt and wattleseed thoroughly.

2

Gather

Add oil and 300 g milk. Add a little more milk, up to 330 g, only if dry flour remains. Bring together with a few gentle folds. No long knead.

3

Shape

An 18 cm round, about 4 cm deep. Cut a cross 1 cm deep. Brush lightly with milk.

4

Bake

30–40 min. Check colour after 20 min and shield if needed. Look for a browned base and a set centre, around 96 °C. Bake longer if doughy.

5

Break

Cool on a rack for 15–20 min. Serve warm.

One thing to remember

Buy ground, roasted, food-grade wattleseed. Never unidentified acacia seeds. Omit it for plain damper. Contains wheat and milk.

Recipe source: [12]. Full-book recipe: printed p. 174.

A FEW QUICK RESCUES

Flat is still lunch

Pita didn't puff

Reheat the tray. Roll the next disc evenly, without tears. Use the first round for scooping.

The dough is quiet

Check culture or yeast, temperature and the recipe's rise cue. More flour won't repair an inactive starter.

Rye is gummy

Check the bake and cooling. Wait until tomorrow before slicing. A close crumb is expected, wet paste needs another look.

Brown outside, doughy inside

Check the first piece. Lower pan heat, or finish the oven bake with the colour protected.

Keep the next meal in mind.

Cool before bagging. Freeze spare slices or rounds. Toast sound leftover bread. Discard mouldy bread rather than trimming the visible patch.^[13]

Leave yourself a breadcrumb

Next time I'll change: _____

Flour / room temperature: _____

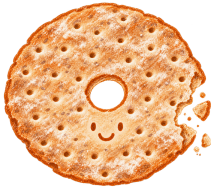
What the dough did: _____

THE LITTLE CONNECTIONS

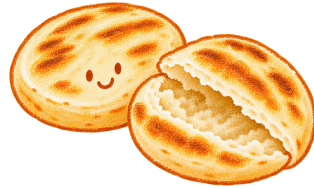
A world in a bite

**Neighbours can surprise you**

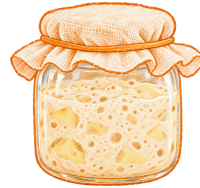
Genoese focaccia has a risen crumb and oily dimples. Nearby Recco puts cheese between thin sheets.

**Bread that waits**

Knäckebröd is pricked and dried as a sheet. Carasau puffs, splits and returns to the oven.

**A pocket, two ways**

Pita opens through steam. An arepa's pocket is cut with a knife. Both can carry lunch.

**A bowl with a memory**

A rye leaven, teff culture and potato bug each need their own ingredients and care.

Follow the longer trail

Read the six Connections essays: <https://doi.org/10.5281/zenodo.23300441>.

CREDITS & SOURCES

The small print

The Toasty Book of Bread: TL;DR ■ Pocket guide 1.0.4.

Austin Welsh-Graham ■ Toasty Panetteria book series ■ 2026.

Eight recipes from the first edition, written for this pocket guide. Quantities and essential cooking cues are retained. Original text and illustrations: CC BY-SA 4.0. Credited sources retain their respective rights.



<https://www.austinatts.co.uk> ■ ORCID 0009-0001-2941-9329.

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