

# PROOFING BOX

**Description:**

Sometimes you want to cook something special, like cereals bread using slow yeasts or the Italian panettone. Those are very delicate recipes. The dough need to rise for hours at very accurate temperatures, with no thermal shocks.

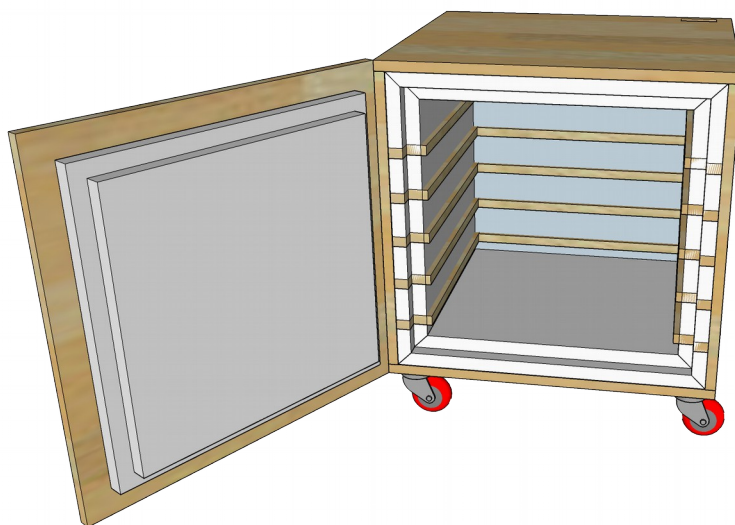
A proofing box is a warming chamber that encourages fermentation of dough by yeast through warm, controlled, temperatures. I used a thermostat to switch on and off a heating source.

The entire box is insulated with 5cm of styrofoam, to keep the temperature as steady as possible and to save some money avoiding heat losses.

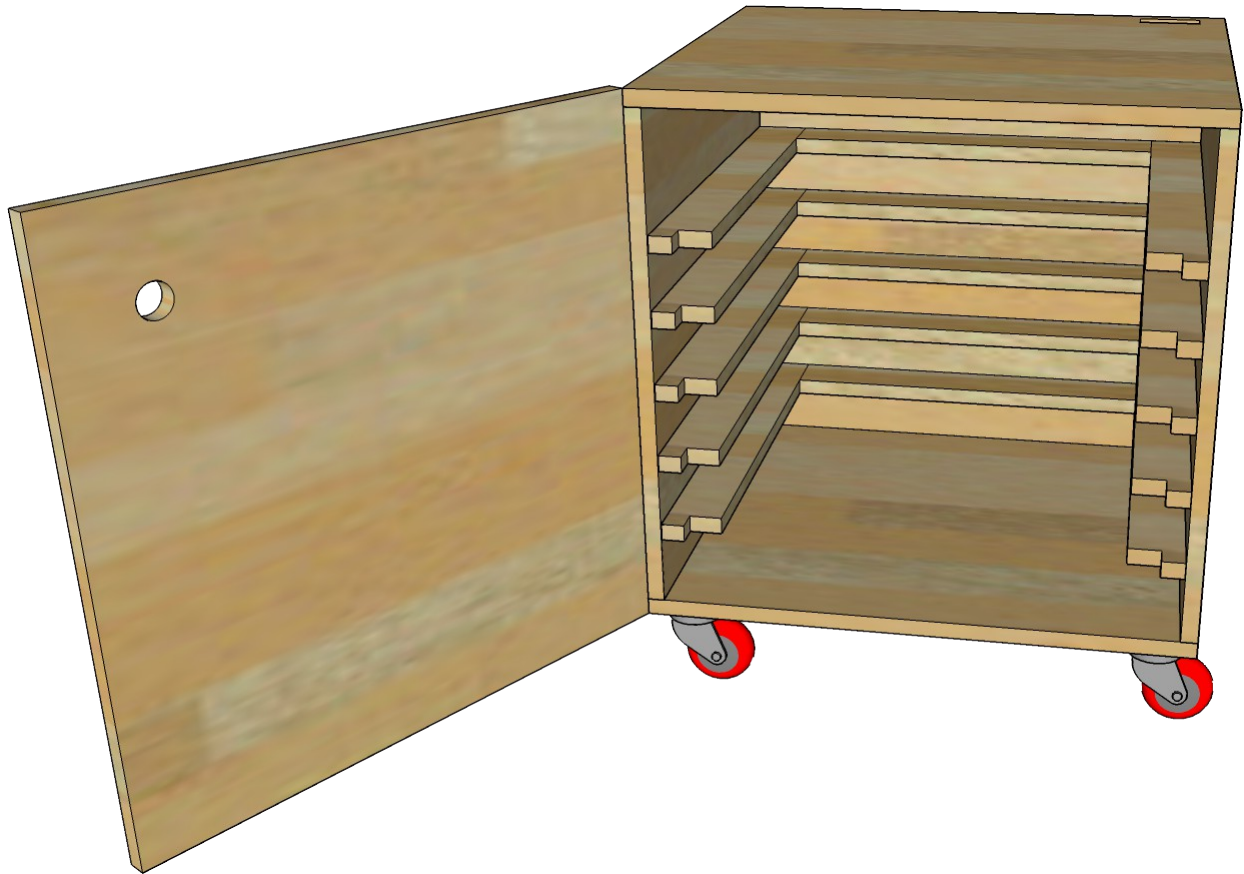
**Video instructions:** <https://www.youtube.com/watch?v=tQNqYNYLWgk>

**Date of release:** 2018-01-10

**Materials:** Plywood, Styrofoam



## 1 PROOFING BOX

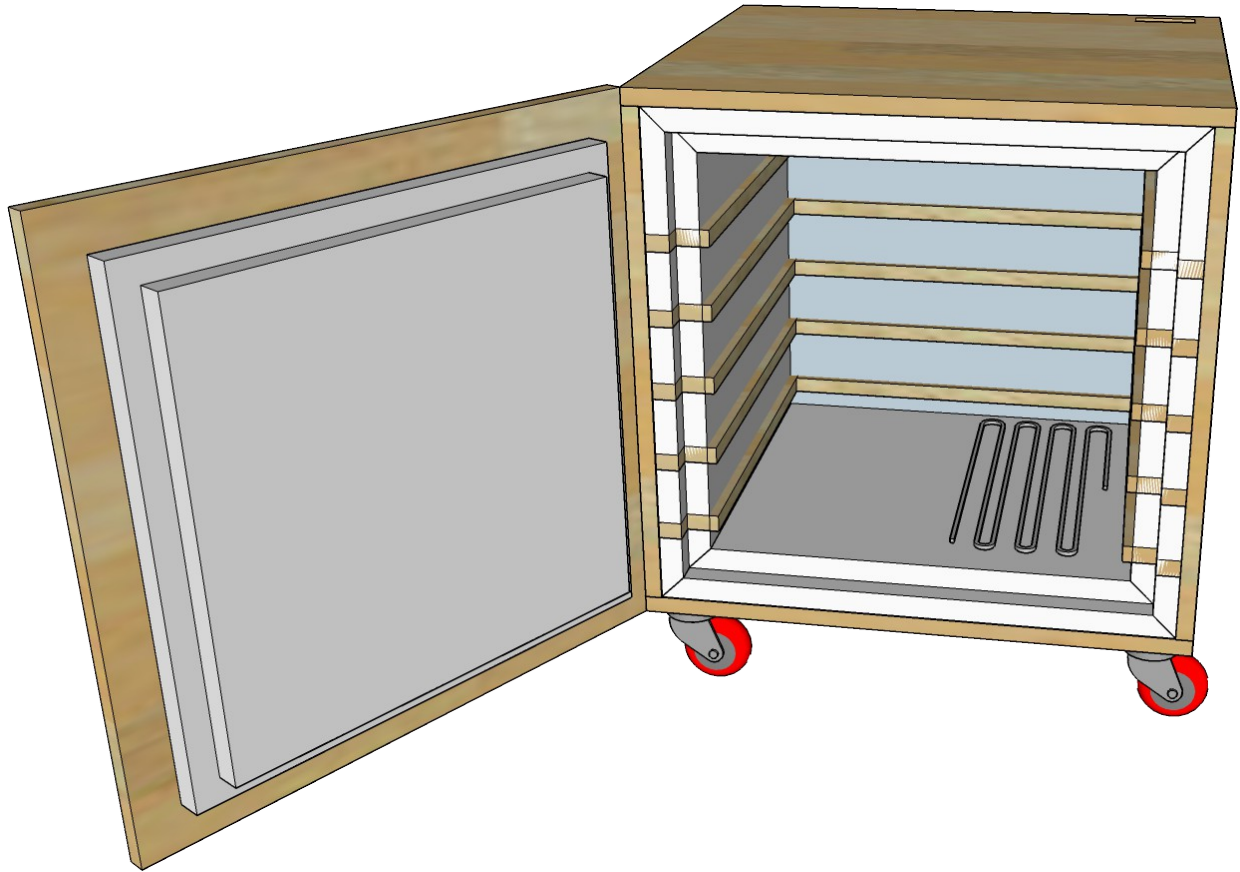


The structure is a plain box made out of regular 18mm plywood.

Casters can be added to easily move the box.

The box has 5 shelves to support a regular oven dripping-pan. Please measure your dripping-pan: different ovens can have different size.

## 2 INSULATION

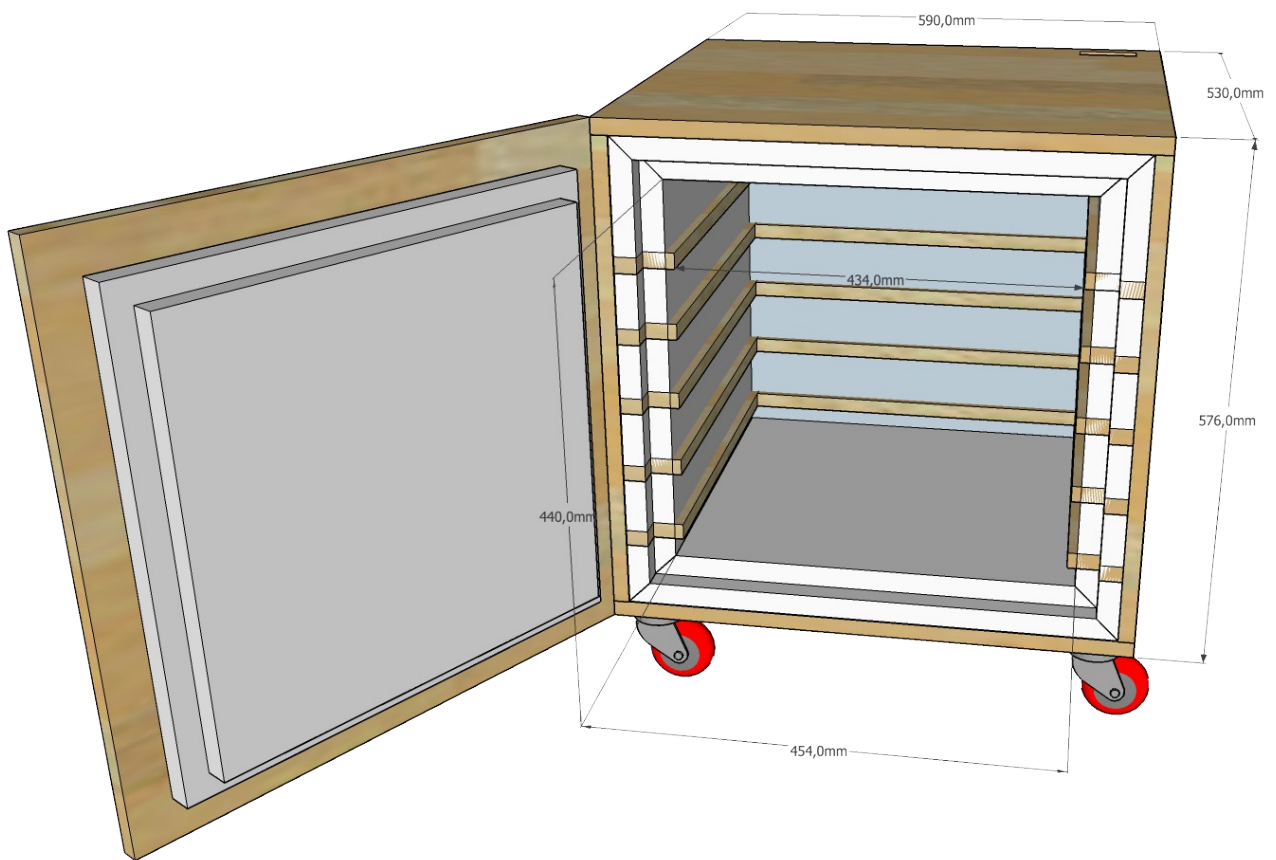


The proofing box uses a thick insulation layer to save energy and keep a constant temperature.

The insulation is made out of 50mm Styrofoam.

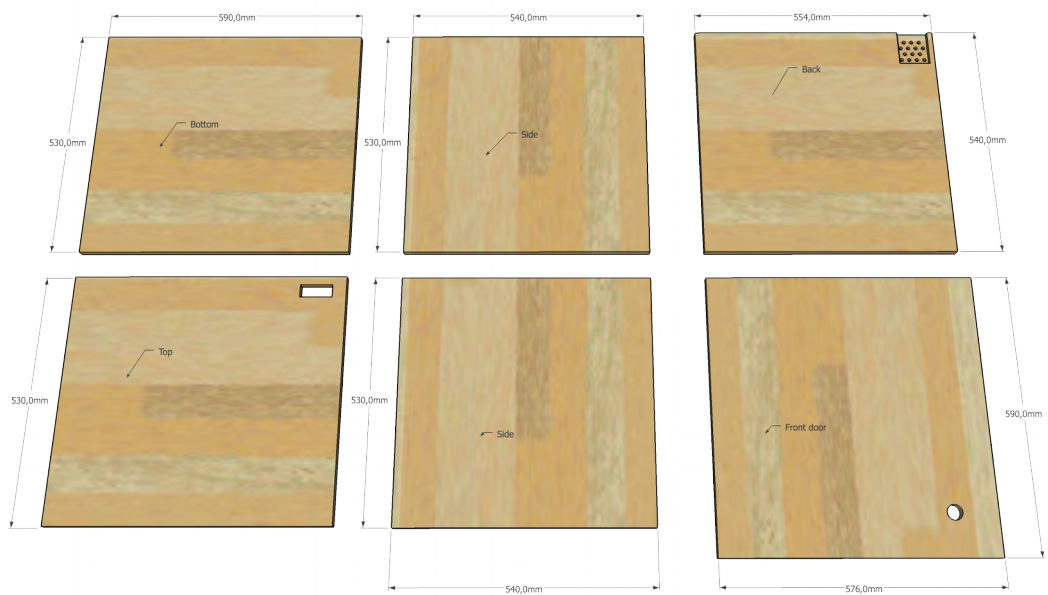
The heating cable is mounted on the bottom panel, on the side.

### 3 OVERALL SIZE

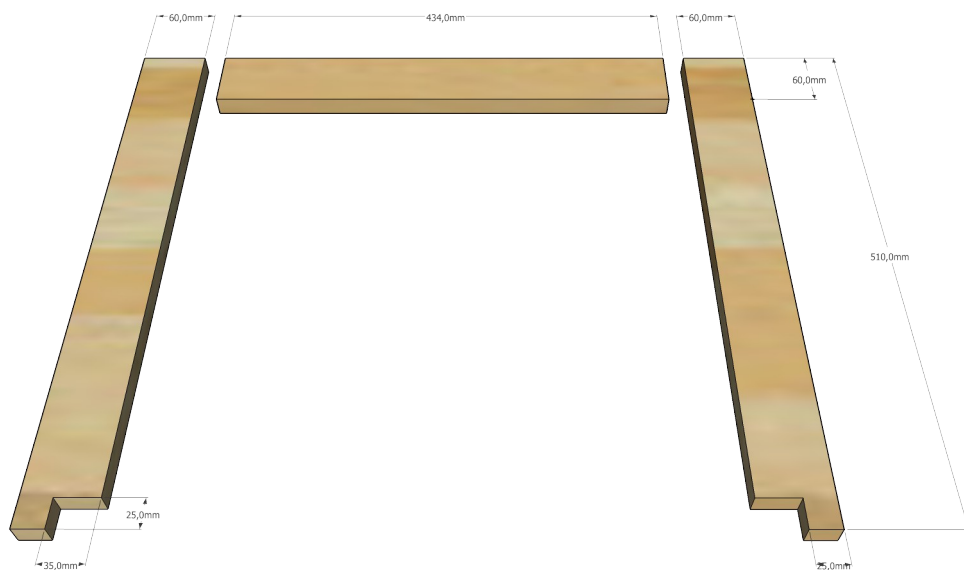


## 4 DETAILS

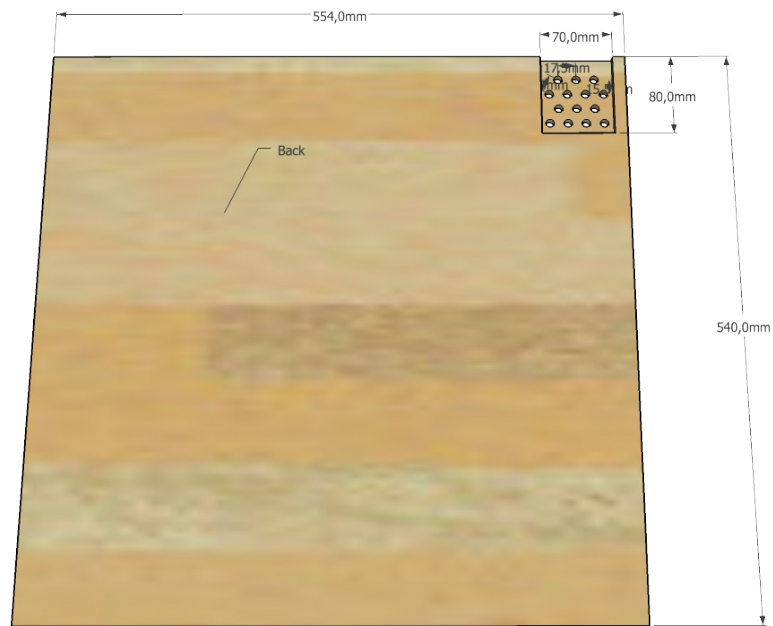
### 4.1 BOX PANELS



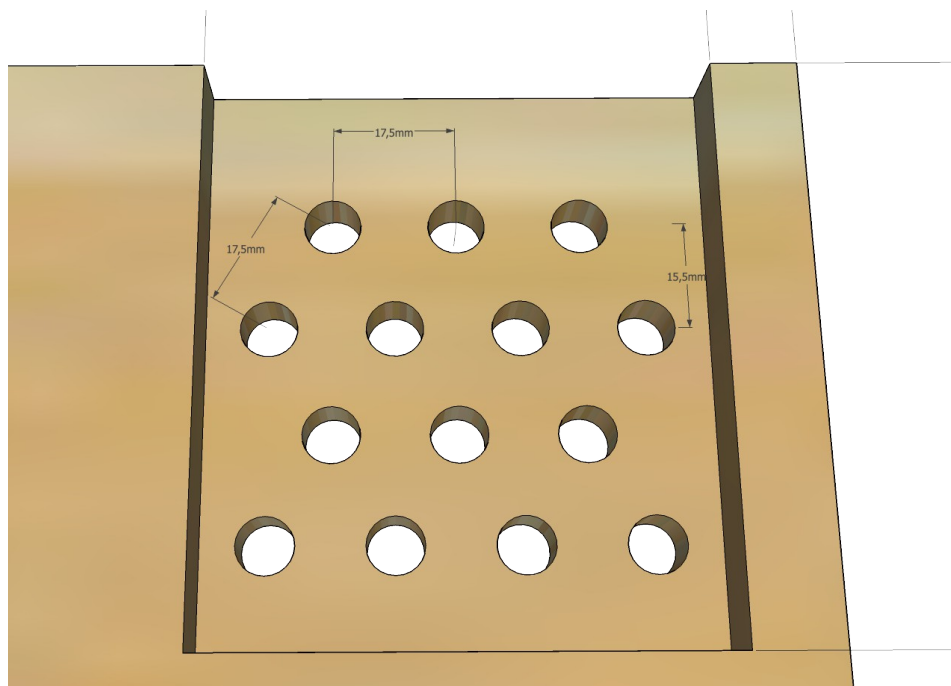
### 4.2 SHELF SUPPORT



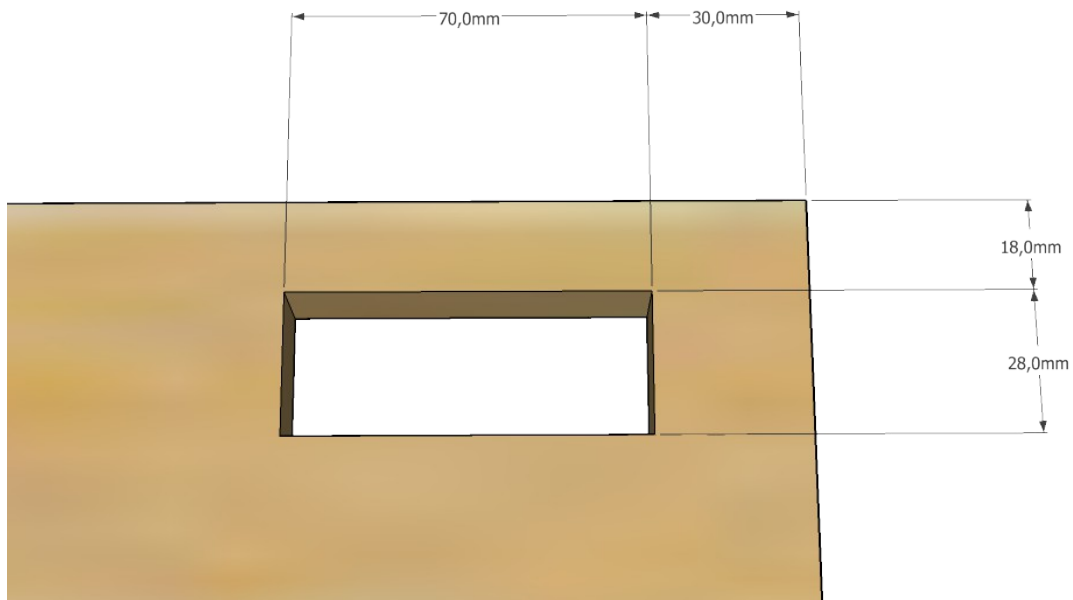
### 4.3 BACK PANEL



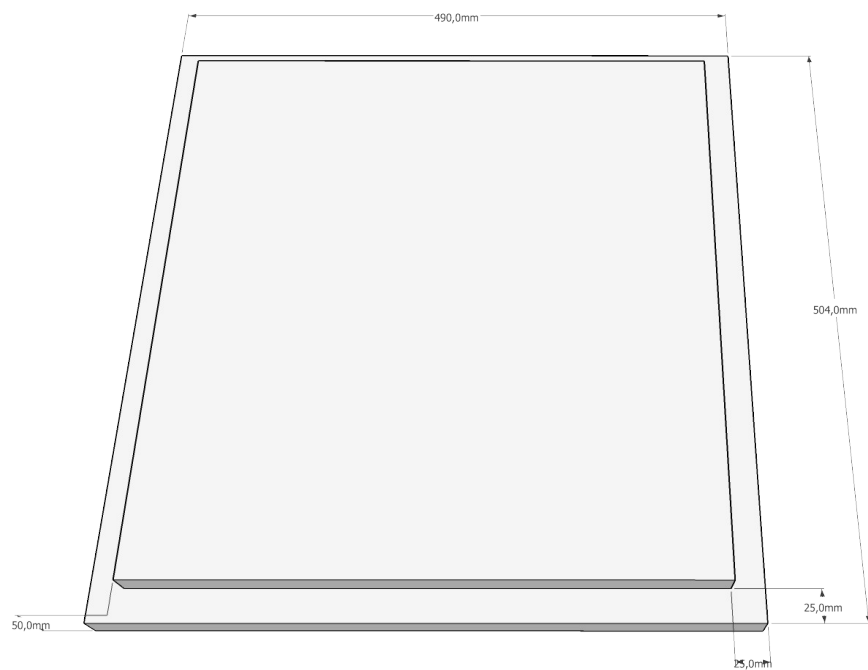
### 4.4 BACK PANEL VENTILATION GRID



#### 4.5 TOP PANEL THERMOSTAT POSITION

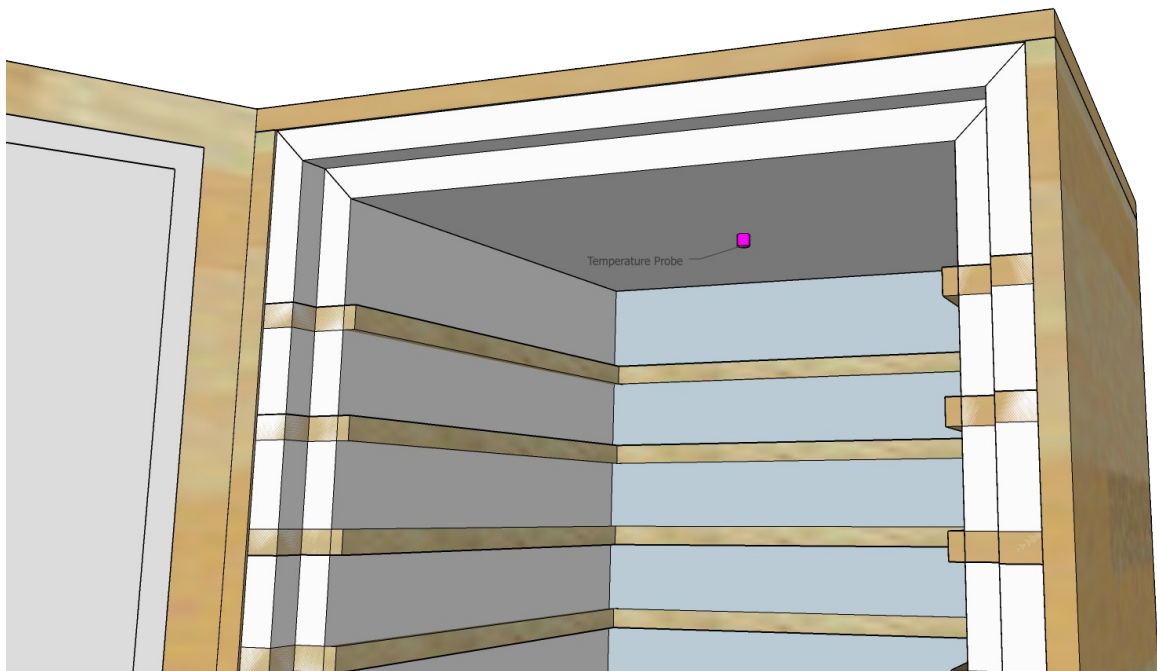


#### 4.6 FRONT DOOR INSULATION SIZE





#### 4.7 TEMPERATURE PROBE







## 5.2 HEATING CABLE



© Exo Terra - PT-2013

Heater Cable, 50-Watt

<http://a.co/4e8VA8E>

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