## The Sourdough Journey: Baking Worksheet

7. Final Proof/Cold Retard

Start Time End Time

7:00am

3:10pm

14 hours in fridge

| The Sourdough Journey: Ba                      | aking Works   | sheet  |  |  |                 |  |            | Date:                         | 4/3/2020   |  |
|--|---|--|--|--|-----------------|--|------------|-------------------------------|--|--|
|  |   |  |  |  |                 |  |            | Baker:                        | TGC  |  |
|  |   |  |  |  | NOTES           |  |            | Bake No.                      | #49  |  |
| Starter/Leaven Prep                            | Qty (g)   | Ratio  |  |  |                 |  |            | Loaves:                       | #1 Batard  |  |
| Starter  | 10  | 1  |  |  |                 |  |            |                               | #2 Boule   |  |
| Water  | 100   | 10   | 78F water  | temp   |                 |  |            |                               |  |  |
| Flour  | 100   | 10   |  |  |                 |  |            |                               |  |  |
| Total  | 210   |  |  |  |                 |  | <u> </u>   |                               |  |  |
| Ingredients                                    | Qty (g)   | Bakers %   |  |  |                 |  |            | Flour 1                       | Type and Blend 90%   |  |
|  |   |  |  |  |                 |  |            |                               |  |  |
| Flour 1:                                       | 900   | 90%  |  |  |                 |  |            | CM HI M                       | ountain High Gluten  |  |
| Flour 2:                                       | 100   | 10%  |  |  |                 |  |            | <u></u>                       | 100/   |  |
| Flour 3:                                       | 4.000   | 0%   |  |  |                 |  |            | Flour 2                       | 10%  |  |
| Total Flour                                    | 1,000   | 100%   |  |  |                 |  |            | KA Org                        | anic Whole Wheat   |  |
| Starter/Leaven                                 | 200   | 20%  |  |  |                 |  |            | Flour 3                       | 0%   |  |
| Water  | 750   | 75%  | 85F water  | temp   |                 |  |            |                               |  |  |
| Salt   | 20  | 2%   | Himilayan  | Pink Salt  |                 |  |            |                               |  |  |
| Total Ingredient Weight                        | 2,020   | 77%  | Hydration  | including S  | starter (@ 1    | 00% hydrat                                   | ion)       |                               |  |  |
| 1. Mix/Autolyse                                | Start Time  | End Time   | Hand mive  | ed douah in  | to shaggy b     | all 4 min                                    |            | Temp                          | Autolyse Time  |  |
| w/ Leaven (Y) N                                |   |  |  |  | as 78F. Mov     |  | proofing   |                               |  |  |
| ., 20070                                       | 9:00am  | 10:00am  | chamber  | gii teilip we  | .5 701. 11101   | cu to 00, p                                  | n oojinig  | 80F                           | 60 min   |  |
|  |   |  |  |  |                 |  |            |                               |  |  |
| 2. Add Salt                                    | Start Time  | End Time   | Hand mixe  | ed salt until  | dough was       | a cohesive                                   | ball,      | Temp                          | Salt Rest Time   |  |
| w/Leaven Y/N                                   | 10:00am   | 10:30am  | pulling aw   | ay from side   | es of bowl a    | nd holding                                   | shape.     | 81F                           | 30 min   |  |
|  |   |  |  |  |                 |  |            |                               |  |  |
| 3. S&F and Bulk Rise                           |   | S&F 1  | S&F 2  | S&F 3  | S&F 4           | S&F 5  | S&F 6      |                               |  |  |
|  | Time  | 10:30am  | 11:00am  | 11:30am  | 12:00pm         | 12:30pm                                      |            | Temp                          | S&F/BF Time  |  |
|  | D Temp  | 81F  | 82F  | 82F  | 81F             | 81F  |            | 04.55                         | 2 h  |  |
|  | PC Temp   | 82F  | 82F  | 82F  | 82F             | 80F  |            | 81.5F                         | 2 hours  |  |
| 4. Additional Bulk Rise                        |   | I  |  |  |                 |  | 05         | T                             |  |  |
|  | Ctort Times   |  |  | -1 1   | £: l            | 2 additional hours in proofing chamber @ 80F |            |                               |  |  |
| 4. Additional balk Rise                        | Start Time  | End Time   | 2 addition   | al hours in <sub>l</sub>                             | proofing ch     | illiber w o                                  | OF         | Temp                          | Additional Bulk Rise   |  |
| 4. Additional bulk rise                        | Start Time<br>12:30pm   | 2:30pm   | 2 addition   | al hours in <sub>l</sub>                             | proofing cho    | annoer w o                                   | UF         | 80F                           | Additional Bulk Rise 2 hours   |  |
| 4. Adultional bank rise                        |   |  | 2 addition   | al hours in <sub>l</sub>                             | proofing cho    | amber @ 8                                    | OF         | <u> </u>                      |  |  |
| Bulk Fermentation Done                         | 12:30pm   | 2:30pm   | 81F  | al hours in <sub>l</sub>                             | proofing cho    | amber @ 8                                    | UF         | <u> </u>                      | 2 hours  |  |
|  | 12:30pm Temperatu   | 2:30pm   | 81F<br>5.5 hours   | al hours in <sub>l</sub>                             | proofing cho    | umber @ 8                                    | OF-        | 80F                           | 2 hours  |  |
|  | 12:30pm  Temperatu Time Percent Ris   | 2:30pm<br>ure  | 81F<br>5.5 hours<br>35%  | al hours in <sub>l</sub>                             | proofing cho    | umber @ 8                                    | OF         | 80F                           | 2 hours  |  |
|  | 12:30pm  Temperatu Time Percent Ris   | 2:30pm<br>ure<br>se  | 81F<br>5.5 hours<br>35%<br>A few   | al hours in <sub>l</sub>                             | oroofing cho    | arriber (e. o.                               | OF .       | 80F                           | 2 hours  |  |
|  | 12:30pm Temperatu Time Percent Ris Bubbles or Bubbles or  | 2:30pm  ure se n Top n Sides                               | 81F<br>5.5 hours<br>35%<br>A few<br>Many   | al hours in <sub>l</sub>                             | oroofing che    | amber to of                                  |            | 80F                           | 2 hours  |  |
|  | 12:30pm Temperatu Time Percent Ris Bubbles or Bubbles or Domed on   | 2:30pm  are se n Top n Sides Top                           | 81F<br>5.5 hours<br>35%<br>A few<br>Many<br>Yes  |  | oroofing che    | amber to of                                  |            | 80F  Avg Temp                 | 2 hours  Total Ferment Time  |  |
|  | Temperatu<br>Time<br>Percent Ris<br>Bubbles or<br>Bubbles or<br>Domed on<br>Wobble Te                           | 2:30pm  are se n Top n Sides Top est                       | 81F<br>5.5 hours<br>35%<br>A few<br>Many<br>Yes<br>Loose and                             |  | oroofing cho    | amber to of                                  |            | 80F  Avg Temp                 | 2 hours  Total Ferment Time  |  |
|  | Temperatu<br>Time<br>Percent Ris<br>Bubbles or<br>Bubbles or<br>Domed on<br>Wobble Te<br>Windowpa               | 2:30pm  are se n Top n Sides Top est                       | 81F<br>5.5 hours<br>35%<br>A few<br>Many<br>Yes<br>Loose and<br>Strong, tro              | l Aerated<br>anslucent                               |                 | annuel w o                                   |            | 80F  Avg Temp                 | 2 hours  Total Ferment Time  |  |
|  | Temperatu<br>Time<br>Percent Ris<br>Bubbles or<br>Bubbles or<br>Domed on<br>Wobble Te                           | 2:30pm  are se n Top n Sides Top est                       | 81F<br>5.5 hours<br>35%<br>A few<br>Many<br>Yes<br>Loose and<br>Strong, tro              |  |                 | annuer wood                                  |            | 80F  Avg Temp                 | 2 hours  Total Ferment Time  |  |
|  | Temperatu<br>Time<br>Percent Ris<br>Bubbles or<br>Bubbles or<br>Domed on<br>Wobble Te<br>Windowpa               | 2:30pm  are se n Top n Sides Top est ine                   | 81F<br>5.5 hours<br>35%<br>A few<br>Many<br>Yes<br>Loose and<br>Strong, tro<br>Ripe, mov | Aerated<br>anslucent<br>ing to swee                  |                 |  |            | 80F  Avg Temp                 | 2 hours  Total Ferment Time  |  |
| Bulk Fermentation Done                         | Temperatu<br>Time<br>Percent Ris<br>Bubbles or<br>Bubbles or<br>Domed on<br>Wobble Te<br>Windowpa<br>Smell Test | 2:30pm  are  se n Top n Sides Top est nne  End Time        | 81F<br>5.5 hours<br>35%<br>A few<br>Many<br>Yes<br>Loose and<br>Strong, tro<br>Ripe, mov | Aerated<br>anslucent<br>ing to swee                  | t               |  |            | 80F  Avg Temp  81F            | 2 hours  Total Ferment Time  5.5 Hours   |  |
| Bulk Fermentation Done                         | Temperatu<br>Time<br>Percent Ris<br>Bubbles or<br>Bubbles or<br>Domed on<br>Wobble Te<br>Windowpa<br>Smell Test | 2:30pm  are se n Top n Sides Top est ine                   | 81F<br>5.5 hours<br>35%<br>A few<br>Many<br>Yes<br>Loose and<br>Strong, tro<br>Ripe, mov | Aerated<br>anslucent<br>ing to swee                  | t               |  |            | 80F  Avg Temp  81F            | 2 hours  Total Ferment Time  5.5 Hours  Bench Rest Time                          |  |
| Bulk Fermentation Done                         | Temperatu<br>Time<br>Percent Ris<br>Bubbles or<br>Bubbles or<br>Domed on<br>Wobble Te<br>Windowpa<br>Smell Test | 2:30pm  are  se a Top a Sides Top est ane  End Time 3:00pm | 81F<br>5.5 hours<br>35%<br>A few<br>Many<br>Yes<br>Loose and<br>Strong, tro<br>Ripe, mov | l Aerated<br>anslucent<br>ing to swee<br>eshape met  | t               | n was some                                   | what stiff | 80F  Avg Temp  81F            | 2 hours  Total Ferment Time  5.5 Hours  Bench Rest Time                          |  |
| Bulk Fermentation Done  5. Divide and Preshape | Temperatu Time Percent Ris Bubbles or Bubbles or Domed on Wobble Te Windowpa Smell Test  Start Time 2:30pm      | 2:30pm  are se n Top n Sides Top set nne  End Time 3:00pm  | 81F<br>5.5 hours<br>35%<br>A few<br>Many<br>Yes<br>Loose and<br>Strong, tro<br>Ripe, mov | Aerated<br>anslucent<br>ing to swee<br>eshape met    | t<br>hod. Dougl | n was some                                   | what stiff | 80F  Avg Temp  81F  Temp  80F | 2 hours  Total Ferment Time  5.5 Hours  Bench Rest Time 30 min  Shaped Rest Time |  |
| Bulk Fermentation Done  5. Divide and Preshape | Temperatu Time Percent Ris Bubbles or Bubbles or Domed on Wobble Te Windowpa Smell Test  Start Time 2:30pm      | 2:30pm  are  se a Top a Sides Top est ane  End Time 3:00pm | 81F<br>5.5 hours<br>35%<br>A few<br>Many<br>Yes<br>Loose and<br>Strong, tro<br>Ripe, mov | Aerated anslucent ing to swee eshape met tard and bo | t<br>hod. Dougl | n was some                                   | what stiff | 80F  Avg Temp  81F  Temp  80F | 2 hours  Total Ferment Time  5.5 Hours  Bench Rest Time 30 min                   |  |

Temp

40F

**Final Proof Time** 

14 hours

| 8. Scoring and Baking |  | Loaf 1        | Loaf 2       | Loaf 3      | Loaf 4    |                 |      |  |
|-----------------------|--|---------------|--------------|-------------|-----------|-----------------|------|--|
| Preheat               | Start Time   | 6:00am        | 7:40am       |             |           | ]               |      |  |
|                       | End  |               |              |             |           | ]               |      |  |
| Bake - Lid on         | Start Time   | 7:00am        | 8:30am       |             |           |                 |      |  |
|                       | End  |               |              |             |           |                 |      |  |
| Bake - Lid off        | Start Time   | 7:20am        | 8:50am       |             |           |                 |      |  |
|                       | End  |               |              |             |           |                 |      |  |
|                       | r  |               | Г            | T           |           | 1               |      |  |
| Cool                  | Start Time   | 7:40am        | 9:09am       |             |           |                 |      |  |
|                       | End  |               |              |             |           | ]               |      |  |
| Notes:                |  |               |              |             |           |                 |      |  |
| Crust:                | Nice color.  | A bit thick   | and hard o   | n the botto | m.        |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
| 01                    | - " -  | 1 . 5 5 1     | 55           |             |           |                 |      |  |
| Crumb:                |  |               |              |             |           | , medium and lo | arge |  |
|                       | noies. Poss  | sibiy pusiiii | ng towards ( | overproojin | ıy.       |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
| Taste:                | Mildly sour loaf. Very nice wheat-forward flavor in the flour came through |               |              |             |           |                 |      |  |
|                       | in the end.  |               |              |             |           |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
| Other Notes:          | Try CM Org   | anic Whol     | e Wheat - F  | ine Grind n | ext time. |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |
|                       |  |               |              |             |           |                 |      |  |

| Temp | Baking Time                        |
|------|------------------------------------|
| 500F |                                    |
| 450F | Loaf 1 - 40 min<br>Loaf 2 - 39 min |
| 450F |                                    |

## **Scoring Patterns**



