

The Sourdough Journey: Baking Worksheet

----- NOTES -----

Starter/Leaven Prep

	Qty (g)	Ratio	
Starter	10	1	78F water temp
Water	100	10	
Flour	100	10	
Total	210		

Ingredients

	Qty (g)	Bakers %	
Flour 1:	900	90%	85F water temp
Flour 2:	100	10%	
Flour 3:		0%	
Total Flour	1,000	100%	
Starter/Leaven	200	20%	
Water	750	75%	
Salt	20	2%	Himalayan Pink Salt
Total Ingredient Weight	2,020	77%	Hydration including Starter (@ 100% hydration)

Date:	4/3/2020
Baker:	TGC
Bake No.:	#49
Loaves:	#1 Batard
	#2 Boule

Flour Type and Blend

Flour 1	90%
CM Hi Mountain High Gluten	
Flour 2	10%
KA Organic Whole Wheat	
Flour 3	0%

1. Mix/Autolyse
w/ Leaven Y / N

Start Time	End Time	Notes
9:00am	10:00am	Hand mixed dough into shaggy ball, 4 min Mixed dough temp was 78F. Moved to 80F proofing chamber

Temp	Autolyse Time
80F	60 min

2. Add Salt
w/ Leaven Y / N

Start Time	End Time	Notes
10:00am	10:30am	Hand mixed salt until dough was a cohesive ball, pulling away from sides of bowl and holding shape.

Temp	Salt Rest Time
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	
D Temp	81F	82F	82F	81F	81F	
PC Temp	82F	82F	82F	82F	80F	

Temp	S&F/BF Time
81.5F	2 hours

4. Additional Bulk Rise

Start Time	End Time	Notes
12:30pm	2:30pm	2 additional hours in proofing chamber @ 80F

Temp	Additional Bulk Rise
80F	2 hours

Bulk Fermentation Done

Temperature	81F
Time	5.5 hours
Percent Rise	35%
Bubbles on Top	A few
Bubbles on Sides	Many
Domed on Top	Yes
Wobble Test	Loose and Aerated
Windowpane	Strong, translucent
Smell Test	Ripe, moving to sweet

Avg Temp	Total Ferment Time
81F	5.5 Hours

5. Divide and Preshape

Start Time	End Time	Notes
2:30pm	3:00pm	Tartine preshape method. Dough was somewhat stiff

Temp	Bench Rest Time
80F	30 min

6. Final Shaping

Start Time	End Time	Notes
3:00pm	3:10pm	Tartine batard and boule methods. Dough was supple and nicely proofed. Moved to bannetons and directly to fridge

Temp	Shaped Rest Time
79F	None

7. Final Proof/Cold Retard

Start Time	End Time	Notes
3:10pm	7:00am	14 hours in fridge

Temp	Final Proof Time
40F	14 hours

8. Scoring and Baking

Preheat

	Loaf 1	Loaf 2	Loaf 3	Loaf 4
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				

Cool

Start Time	7:40am	9:09am		
End				

Temp	Baking Time
500F	Loaf 1 - 40 min Loaf 2 - 39 min
450F	
450F	

Notes:

Crust: *Nice color. A bit thick and hard on the bottom.*

Crumb: *Fully proofed at 5.5 hours BF. Nice distribution of small, medium and large holes. Possibly pushing towards overproofing.*

Taste: *Mildly sour loaf. Very nice wheat-forward flavor in the flour came through in the end.*

Other Notes: *Try CM Organic Whole Wheat - Fine Grind next time.*

Scoring Patterns

