

The Sourdough Journey

Appendix 6: Bulk Fermentation Timetables

Sorted by 75% Rise Time

Starter %	Temp	BF Hours	
		75% Rise	100% Rise
20%	74F/23C	8.5	9.5
15%	74F/23C	10.5	11.5
20%	72F/22C	10.5	11.5
20%	70F/21C	11.5	13.0
20%	68F/20C	12.0	14.0
10%	74F/23C	12.5	14.0
15%	72F/22C	12.5	13.5
20%	66F/19C	13.0	14.5
15%	70F/21C	13.0	15.0
15%	68F/20C	13.5	15.5
5%	74F/23C	14.0	15.5
10%	72F/22C	14.0	15.0
15%	66F/19C	14.5	16.5
10%	70F/21C	15.0	17.0
10%	68F/20C	15.5	17.5
5%	72F/22C	16.5	17.5
10%	66F/19C	17.0	18.5
5%	70F/21C	17.5	19.0
5%	68F/20C	18.0	19.5
5%	66F/19C	18.5	20.0

Sorted by Temperature Group

Starter %	Temp	BF Hours	
		75% Rise	100% Rise
20%	66F/19C	13.0	14.5
15%	66F/19C	14.5	16.5
10%	66F/19C	17.0	18.5
5%	66F/19C	18.5	20.0
20%	68F/20C	12.0	14.0
15%	68F/20C	13.5	15.5
10%	68F/20C	15.5	17.5
5%	68F/20C	18.0	19.5
20%	70F/21C	11.5	13.0
15%	70F/21C	13.0	15.0
10%	70F/21C	15.0	17.0
5%	70F/21C	17.5	19.0
20%	72F/22C	10.5	11.5
15%	72F/22C	12.5	13.5
10%	72F/22C	14.0	15.0
5%	72F/22C	16.5	17.5
20%	74F/23C	8.5	9.5
15%	74F/23C	10.5	11.5
10%	74F/23C	12.5	14.0
5%	74F/23C	14.0	15.5

Notes

These fermentation timetables are based on multiple, actual observed batches at each combination of Starter % and Dough Temperature in a highly controlled test environment. Over 60 tests were performed with high levels of repeatability. No test results were averaged across sample batches. Outlying examples were thrown out. Some minor smoothing has been done and times have been rounded to half-hours.

Recipe

100g flour weight batches. 90% King Arthur Bread Flour, 10% King Arthur Whole Wheat Flour, 2% Salt, Starter Percentage 5%, 10%, 15%, 20%. Starter was fed 1:2:2 approximately 4-6 hours prior to mixing and generally used at or near peak volume.

Starter Strength

Everyone's starter is different. Your starter strength may produce different results, but the results should be **relatively** consistent. For example, if your initial tests show faster rise times, it is likely that **all** of your results will be faster in a consistent proportion to the estimates.

Updates

These tables are featured in the video, "[Post-Pandemic Sourdough for Busy People.](#)" Tests are continuing at these and other temperature ranges. Updated tables will be posted periodically at thesourdoughjourney.com/tools. Support these experiments at thesourdoughjourney.com/donate

The Sourdough Journey

Appendix 6: Bulk Fermentation Timetables – Page 2/2

