

**Post-Pandemic Sourdough for Busy People  
Baking Worksheet**

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Date	
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**Baking Plan and Summary**

Mixing

Overnight Bulk Fermentation

Shaping

Final Proof / Cold Retard

Baking

Planned			Actual	Variance
Day	Time	Hours	Hours	Hours
Fri	6:00 PM	0.5	0.5	
	6:30 PM	13.5	12.5	-1
Sat	8:00 AM	0.5	0.5	
	8:30 AM	24	25	+1
Sun	8:30 AM	1.5	1.5	

**Bulk Fermentation Plan**

Use Fermentation Timetables for

Planned Starter % and Dough Temp

To achieve % Rise at your target time

	BF Dough			BF % Rise
	Starter %	Temp	BF Hours	
Planned	15%	68	13.5	75%
Actual		69	12.5	75%
Variance		1	-1	0
<b>Notes:</b> Overnight temperature was 1 degree (F) higher than planned. Rise time took 1 hour less than planned to reach 75% rise.				

**Recipe**

Flour Weight Total

Bread Flour (90%)

Whole Wheat Flour (10%)

Water (75%)

Salt (2%)

Starter (% from table above)

Single Loaf Options			2x 500g	2x 400g
500g	400g	300g	1000g	800g
450	360	270	900	720
50	40	30	100	80
375	300	225	750	600
10	8	6	20	16
	60g			
<b>Flours Used:</b> 90% King Arthur Bread Flour (Organic) 10% Central Milling Whole Wheat Flour				

**25-Minute Prep**

Start Time

Prepare and Combine Ingredients

Slap and Fold Round 1

Rest Dough (3 min minimum)

Slap and Fold Round 2

Rest Dough (3 min minimum)

Slap and Fold Round 3

Final Clean Up

End Time

Total Prep Time

Planned	Actual	<b>Notes:</b> Clean up and prepare shaping, scoring and baking tools during the rest periods.  Total mixing and prep time was 30 minutes
6:00 PM	6:00 PM	
10 min	10 min	
100x, 2 min	100x	
3 min	3 min	
40x, 1 min	40x	
3 min	3 min	
40x, 1 min	50x	
5 min	10 min	
6:25 PM	6:30 PM	
25 min	30 min	

**Mixed Dough Temperature**

Kitchen/Ambient Temperature  
 Water Temperature  
 Mixed Dough Temperature

Planned	Actual	Notes:  Dough mixed up exactly at target bulk fermentation temperature
	74F	
	66F	
68	68F	

**Overnight Bulk Fermentation (BF)**

BF Dough Temperature

Planned Temp	Starting Temp	Ending Temp	Average Temp	Temp Variance
68	68F	69F	69F	+1F

BF Percentage Rise/Volume

Planned Rise (%/ml)	Starting Volume (ml)	Ending Volume (ml)	Actual % Rise	% Rise Variance
75%/1050	600	1050	75%	0%

BF Start Time

BF End Time

Bulk Fermentation Duration (hours)

Temperature Control Method

Planned	Actual	Variance	Notes:  Overnight temp was 1 degree F warmer than planned
6:30 PM	6:30 PM		
8:00 AM	7:00 AM		
13.5	12.5	-1	
Mini-fridge was set at 68F. Dough temp started and stayed at 69F all night. Will adjust thermostat next time.			

**Shape Loaf**

Shaping Day

Shaping Start Time

Pre-shape Dough

Bench Rest (20-30 min)

Final Shape and Clean up

Shaped Dough Temp into Fridge

Planned	Actual	Notes:  Dough temp rose slightly while shaping and went into the fridge at 70F
Sat	Sat	
8:00 AM	7:00 AM	
5 min	5 min	
20 min	20 min	
5 min	5 min	
68F	70F	

**Final Proof in Refrigerator**

Final Proof Start Time

Final Proof Duration (hours)

Target Dough Temp in Fridge

Planned	Actual	Notes:  Placed loaf on middle shelf, front. Typically 39F. Extended planned cold retard by one hour to keep original schedule
8:30 AM	7:30 AM	
24	25	
39F	39F	

**Score and Baking**

Scoring and Baking Day

Scoring and Baking Start Time

Preheat Oven to 500F/260C

Score Loaf

Bake 20 minutes with Lid On

Bake approx 20 min until browned

Total Time

Planned	Actual	Notes:  Loaf baked up nicely. Crumb was slightly underproofed. Next time I will push bulk rise to 85%.  A nice loaf, slightly more sour than usual.
Sun	Sun	
8:30 AM	8:30 AM	
30 min	40 min	
5 min	5 min	
20 min	20 min	
20 min	20 min	
75 min	85 min	

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