

Post-Pandemic Sourdough for Busy People
Simple Baking Worksheet

(Variance = Actual minus Planned)

The Sourdough Journey © V1.0

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	24	
Sun	8:30 AM	1.5	2	

Recipe	
Total Flour Weight	400g
Bread Flour (90%)	360
Whole Wheat (10%)	40
Water (75%)	300
Salt (2%)	8
Starter % From Timetable	15%/60g

Bulk Fermentation Plan

Starter % and Temp from Timetables

	BF Dough			
	Starter %	Temp	BF Hours	BF % Rise
Planned	15%	68F	13.5	75%
Actual		69F	12.5	75%
Variance			-1	

Water Temp	60F
Mixed Doug Temp	68F

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
- Mixed Dough Temperature

	Notes:
6:00 PM	<p>Clean up and prepare shaping, scoring and baking tools during 3-minute rest periods</p> <p>Total Mixing and Prep time was 30 minutes</p>
8 min	
100x, 2 min	
3 min	
40x, 1 min	
3 min	
40x, 1 min	
8 min	
6:30 PM	
30 min	
68F	

Notes:

Shape Loaf (5-35 min)

- Pre-shape Time
- Pre-shape Dough
- Bench Rest (20-30 min)
- Final Shape and Clean up
- Shaped Dough Temp into Fridge

	Notes:
6:30 PM	<p>Bulk Fermentation reached 75% rise on hour early due to warmer dough temp overnight.</p> <p>Preshaped, 20-min bench rest, final shaped. The dough temp rose to 70F while shaping. Dough felt firm and nicely proofed.</p>
5 min	
20 min	
5 min	
70F	

Final Proof in Refrigerator (8-72 Hrs)

- Final Proof Start Time
- Final Proof Duration (hours)
- Ending Dough Temp before Shaping

	Notes:
7:30 AM	<p>Place loaf on middle shelf, front. Typically 39F.</p> <p>Extended time 1 hours to keep original timeline</p>
25	
39F	

Score and Baking (90 min)

- Score and Bake Start Time
- Preheat Oven to 500F/260C
- Score Loaf
- Bake 20 minutes with Lid On @450F/320C
- Bake approx 20 min until browned

	Notes:
8:30 AM	<p>Loaf baked up nicely. Crumb was slightly underproofed. May push percent rise to 85% next time. A nice loaf. Slightly more sour than usual.</p>
30 min	
5 min	
20 min	
20 min	