

Post-Pandemic Sourdough for Busy People
Simple Baking Worksheet

(Variance = Actual minus Planned)

The Sourdough Journey © V1.0

Date	
------	--

Baking Plan and Summary

- Mixing
- Overnight Bulk Fermentation
- Shaping
- Final Proof / Cold Retard
- Baking

Planned			Actual	Variance
Day	Time	Hours	Hours	Hours

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

Bulk Fermentation Plan

Starter % and Temp from Timetables

	BF Dough			
	Starter %	Temp	BF Hours	BF % Rise
Planned				
Actual				
Variance				

Water Temp	
Mixed Doug Temp	

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:
	<i>Clean up and prepare shaping, scoring and baking tools during 3-minute rest periods</i>
8 min	
100x, 2 min	
3 min	
40x, 1 min	
3 min	
40x, 1 min	
8 min	

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:

Final Proof in Refrigerator (8-72 Hrs)

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

	Notes:

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: