

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

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

**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				
Actual				
Variance				
<b>Notes:</b>				

**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
<b>Flours Used:</b>				

**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> <i>Clean up and prepare shaping, scoring and baking tools during the rest periods.</i>
10 min		
100x, 2 min		
3 min		
40x, 1 min		
3 min		
40x, 1 min		
5 min		

**Mixed Dough Temperature**

Kitchen/Ambient Temperature

Water Temperature

Mixed Dough Temperature

Planned	Actual	Notes:

**Overnight Bulk Fermentation (BF)**

BF Dough Temperature

BF Percentage Rise/Volume

BF Start Time

BF End Time

Bulk Fermentation Duration (hours)

Temperature Control Method

Planned Temp	Starting Temp	Ending Temp	Average Temp	Temp Variance
0	0			

  

Planned Rise (%/ml)	Starting Volume (ml)	Ending Volume (ml)	Actual % Rise	% Rise Variance

  

Planned	Actual	Variance	Notes:

**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:
5 min		
20 min		
5 min		

**Final Proof in Refrigerator**

Final Proof Start Time

Final Proof Duration (hours)

Target Dough Temp in Fridge

Planned	Actual	Notes:

**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:
5 min		
20 min		
20 min		

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