

# The Sourdough Journey

## The ULTIMATE Sourdough Bulk Fermentation Guide © 2024

Master the art of bulk fermentation with tools, guides and videos from [thesourdoughjourney.com](https://thesourdoughjourney.com)

### 1. Beginner Skills: Dough Temperature and Time

Warm dough ferments faster than cool dough. If you know your dough temperature, you can use the table on the right to estimate your approximate bulk fermentation timing.

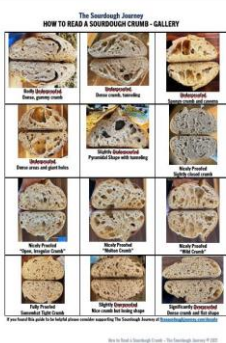
Estimated times are a good starting point, but everyone's starter is different, so estimated times are the **least accurate method** for determining the end of bulk fermentation. Experienced bakers learn to watch the dough and **ignore the clock!**

### 2. Beginner Skills: Read the Crumb

Each time you bake a loaf, assess the crumb from **underproofing or overproofing**.

Underproofed dough needs more bulk fermentation – overproofed dough needs less. Make small adjustments each time you bake until you find your fermentation sweet spot.

[Link: How to Read a Sourdough Crumb](#)



### 3. Intermediate Skills: Dough Temperature and % Rise

Learn The Sourdough Journey's revolutionary, two-factor method of measuring **both dough temperature and percentage rise** in the dough, for the simplest and most reliable bulk fermentation method ever devised.

The percentage rise method is the most popular method for home bakers.

Dough Temperature	Target Percentage Rise	Planning Window
80F/27C	30%	3.5-5.5 hours
75F/24C	50%	5-7 hours
70F/21C	75%	8-12 hours
65F/18C	100%	12-16 hours

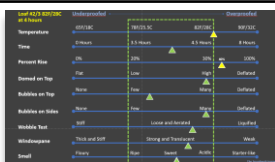
[Link: Measuring Dough Temp and Percentage Rise](#)

### 4. Advanced Skills: Read the Dough

Experienced bakers use additional cues to “read the dough” for perfect bulk fermentation, every time.

Learn how experts assess the look, feel and smell of the dough.

Use the Sourdough Journey's Bulk-o-Matic system to learn the **nine criteria** for perfect fermentation.



[Link: The Bulk-o-Matic Guide](#)

### The Sourdough Journey Dough Tempering Guide © 2024

Dough Temp (F/C)	Approx. Timing	Target % Rise
80F/27C	5.5 Hrs	30%
79F/26C	5.5 Hrs	30%
78F/25.5C	6 Hrs	40%
77F/25C	6 Hrs	40%
76F/24.5C	7 Hrs	50%
75F/24C	7 Hrs	50%
74F/23C	8 Hrs	55%
73F/22.5C	9 Hrs	60%
72F/22C	10 Hrs	65%
71F/21.5C	11 Hrs	70%
70F/21C	12 Hrs	75%
69F/20.5C	13 Hrs	80%
68F/20C	14 Hrs	85%
67F/19.5C	15 Hrs	90%
66F/19C	16 Hrs	95%
65F/18C	16+ Hrs	100%+

#### Recipe Assumptions:

90% bread flour, 10% whole-wheat flour, 75% hydration, 2% salt, 20% starter

Final proof / cold retard at 39F/4C for 12-16 hours. Bulk fermentation timing begins when you add the starter. “Strong” starters may ferment faster.

Consult the [video and guide](#) to learn how to use the Percentage Rise method.