



# The Fermented Table

## Basic Sourdough Loaf

Date:	
Bake Number:	

Bread Flour Type and Brand
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Variation Bread Flour Type and Brand
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	1 Large Loaf	2 Small Loaves	2 Large Loaves
Flour (grams)	500 g	750 g	1000 g
Loaves (grams)	1 @ 500 g	2 @ 375 g	2 @ 500 g
Starter	75 g	112 g	150 g
Water	350 g	525 g	700 g
Total Flour	500 g	750 g	1000 g
Used White flour			
Used Variation flour			
Salt	12 g	18 g	24 g

### Ready Starter

Feed starter night before bake  
 12 hours later feed again  
 Once starter doubles within 4 hours  
 or triples in 6 it is ready

<u>First Feed Time:</u>	
<u>Second Feed Time:</u>	
<u>Time Used:</u>	
<u>Doubled or Tripled</u>	
<u>Temperature:</u>	

### Mix Dough/Rest

Combine starter and water  
 Mix well  
 Add flour and salt  
 Mix only until rough  
 Let rest 30 -60 minutes

Start Time:	
End Time:	
Temperature:	
Rest Time:	

### Stretch and Folds

2 – 3 hours 78 to 82 degrees  
 Stretch and Fold every 30 min  
 4 to 5 times

	1 <sup>st</sup> S&F	2 <sup>nd</sup> S&F	3 <sup>rd</sup> S&F	4 <sup>th</sup> S&F	5 <sup>th</sup> S&F
Time					
Temp					
Location					



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## **Bulk Fermentation**

3-6 hours 78-82 degrees

Dough should rise by 50%

Start Time		Temp	
End Time		Temp	
Total Bulk Ferment Time		Location	

## **Shape Bread**

Loaves should be shaped twice for best-looking results

Rest in between 15-30 min

1 <sup>st</sup> Shape Time	
2 <sup>nd</sup> Shape Time	
Total Time	

## **Final Proof/ Cold Retard**

Prepare banneton with gluten-free flour

Put loaves in proofing bowl/banneton

Cold proof 24 -96 hours

Start Date/Time		Temp	
End Date/Time		Temp	
Total Proof Time			

## **Baking**

Preheat oven and Dutch Oven to 525 degrees for an hour

Dust parchment paper with cornmeal

Take out of refrigerator, place on parchment, score, spray lightly with water.

Place parchment in hot DO and return to oven.

Lower temp to 500 bake for 15 minutes

lower temp to 460 bake for 25 minutes

remove lid and bake additional 5-10 minutes until desired color.

Same for smaller loaf but reduce each time by five minutes

Cool for two hours

Loaves	1st	2 <sup>nd</sup>
Preheat Time		
Start Time		
Reduction Time		
Removal Time		
End Time		
Cool Time		

NOTES:

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RESULTS:

Crust:
Crumb:
Taste:

Recommended Changes:
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