

Bread

Total Loaf Weight	1,000 (g)
Number of Loaves	2
Total Recipe Weight	2,000 (g)
Total Flour	1,130 (g)
Total Water	847 (g)
Levain %	20%
Levain Ratio	2
Hydration %	75%
Salt %	2%
Bread Flour %	80%
Whole Wheat %	15%
Rye %	5%

Levain	
Ripe starter	45 (g)
Water	90 (g)
50/50 Flour	90 (g)

Ingredients	
Levain	226 (g)
Water	684 (g)
50g Water	50 (g)
Salt	23 (g)
Bread Flour	814 (g)
Whole Wheat Flour	153 (g)
Rye	51 (g)

Date**Bake #****Room Temp****Timestamp Dough Temp Rest Time Step**

		Overnight	Mix Levain and let ripen
		1 hour	Mix flour and all but 50g of water (autolyse)
			Adjust remaining water temp to compensate for dough temp
		20 min	Mix all ingredients (autolyse, levain, salt, rest of water)
		20 min	Stretch and fold
		20 min	Stretch and fold
		20 min	Stretch and fold
		20 min	Stretch and fold (optional)
		20 min	Stretch and fold (optional)
			Stretch and fold (optional)
		~4 h @75°F	Bulk Fermentaion (4 hours from time levain was mixed into flour)
		15 min	Preshape and rest uncovered
		10 min	Shape and put in proofing basket
		Overnight	Put in the fridge
			Preheat oven and cast iron to 500 F
			Turn dough out of proofing basket and score dough
		20 min	Bake covered at 450 F
		20 min	Bake uncovered at 450 F
		2 hours	Let cool