

Sel au kg de pain selon la perte à la cuisson

Perte à la cuisson: 10%

Hydratation	11g	12g	13g	14g
60%	15.8	17.3	18.7	20.2
62%	16.0	17.5	18.9	20.4
64%	16.2	17.7	19.2	20.7
66%	16.4	17.9	19.4	20.9
68%	16.6	18.1	19.7	21.2
70%	16.8	18.4	19.9	21.4
72%	17.0	18.6	20.1	21.7
74%	17.2	18.8	20.4	21.9
76%	17.4	19.0	20.6	22.2
78%	17.6	19.2	20.8	22.4
80%	17.8	19.4	21.1	22.7
82%	18.0	19.6	21.3	22.9
84%	18.2	19.9	21.5	23.2
86%	18.4	20.1	21.8	23.4
88%	18.6	20.3	22.0	23.7
90%	18.8	20.5	22.2	23.9

Perte à la cuisson: 15%

Hydratation	11g	12g	13g	14g
60%	15.0	16.3	17.7	19.0
62%	15.1	16.5	17.9	19.3
64%	15.3	16.7	18.1	19.5
66%	15.5	16.9	18.3	19.7
68%	15.7	17.1	18.6	20.0
70%	15.9	17.3	18.8	20.2
72%	16.1	17.5	19.0	20.5
74%	16.3	17.7	19.2	20.7
76%	16.5	17.9	19.4	20.9
78%	16.6	18.2	19.7	21.2
80%	16.8	18.4	19.9	21.4
82%	17.0	18.6	20.1	21.7
84%	17.2	18.8	20.3	21.9
86%	17.4	19.0	20.5	22.1
88%	17.6	19.2	20.8	22.4
90%	17.8	19.4	21.0	22.6

Perte à la cuisson: 20%

Hydratation	11g	12g	13g	14g
60%	14.1	15.4	16.6	17.9
62%	14.3	15.5	16.8	18.1
64%	14.4	15.7	17.1	18.4
66%	14.6	15.9	17.3	18.6
68%	14.8	16.1	17.5	18.8
70%	15.0	16.3	17.7	19.0
72%	15.1	16.5	17.9	19.3
74%	15.3	16.7	18.1	19.5
76%	15.5	16.9	18.3	19.7
78%	15.7	17.1	18.5	19.9
80%	15.8	17.3	18.7	20.2
82%	16.0	17.5	18.9	20.4
84%	16.2	17.7	19.1	20.6
86%	16.4	17.9	19.3	20.8
88%	16.5	18.0	19.5	21.1
90%	16.7	18.2	19.8	21.3

Perte à la cuisson: 25%

Hydratation	11g	12g	13g	14g
60%	13.2	14.4	15.6	16.8
62%	13.4	14.6	15.8	17.0
64%	13.5	14.8	16.0	17.2
66%	13.7	14.9	16.2	17.4
68%	13.9	15.1	16.4	17.6
70%	14.0	15.3	16.6	17.8
72%	14.2	15.5	16.8	18.1
74%	14.4	15.7	17.0	18.3
76%	14.5	15.8	17.2	18.5
78%	14.7	16.0	17.4	18.7
80%	14.8	16.2	17.5	18.9
82%	15.0	16.4	17.7	19.1
84%	15.2	16.6	17.9	19.3
86%	15.3	16.7	18.1	19.5
88%	15.5	16.9	18.3	19.7
90%	15.7	17.1	18.5	19.9