

Whole Wheat Leaven Bread (0.5 kg)

Final Dough		Baker's Formula		
Ingredient	Final Dough Mix Quantity (g)	Quantity in Leaven (g)	Total Recipe Quantity (g)	Baker's Percentage (%)
White flour	45	80	125	25
Wheat flour	355	20	375	75
Water	310	100	410	82
Fine sea salt	10.5	0	10.5	2.1
Instant dried yeast	0.875	0	0.875	0.175
Leaven*	200	NA	NA	20†

Note:

In A 70 degree kitchen, the bulk fermentation should take about 5 hours. The proof time in the fridge is about 12-13 hours.

* 1 part mature, active leaven; 1.6 part white flour; 0.4 part wheat flour; 2 part water

† The baker's percentage for leaven is the amount of flour in the leaven expressed as a percentage of the total flour in the recipie.