

Final Dough		Baker's Formula		
Ingredient	Final Dough Mix Quantity (g)	Quantity in Levain (g)	Total Recipe Quantity (g)	Baker's Percentage (%)
Bread flour	402	0	402	80.4
Whole wheat flour	38	12	50	10
All purpose flour	0	48	48	9.6
Water	330	60	390	78
Fine sea salt	11	0	11	2.2
Olive Oil	15	0	15	3
Levain*	120	NA	NA	12 [†]

Note:

- 1) Feed your levain with 80 degree water and keep it at room temperature until it has doubled in size from the build-up of gas (approx. 8-10 hours). If the starter smells like over-ripe fruit, indicating a buildup of lactic acid, you will end up with a more buttery flavour. If the starter goes longer, it will begin to have a vinegary smell, indicating a buildup of acetic acid, and the final loaf will be more sour.
- 2) Mix the flour with 90-95 degree water in a tub and let the dough autolyse for about 30 minutes before incorporating the remaining ingredients using the pincer method (see <https://www.youtube.com/watch?v=HoY7CPw0E1s> for a demonstration). The target temperature of the dough at the end of the final mix is 77-78 degrees.
- 3) Bulk ferment the dough until it has roughly doubled in size from the build up of gas (approx. 8-9 hours). Build up the dough's gluten structure by performing four stretch-and-folds at 30 minute intervals during the bulk ferment's first two hours (see <https://www.youtube.com/watch?v=CQHuWDEo3SA> for a demonstration).
- 4) After the bulk ferment, preshape the dough into a round with a slight amount of tension, and let it benchrest for 15 minutes.
- 5) Create a batard or boule and place it seam-side up in a 50% flour/50% rice flour seasoned proofing basket (see <https://www.youtube.com/watch?v=O6INjgO91mg&t=130s> for batard shaping technique). Loosely cover the proofing basket (a disposable plastic shower cap works well!) and put in a refrigerator to proof for 12-14 hours.
- 6) Preheat your baking vessel (see <https://challengerbreadware.com/product/challenger-bread-pan/> for my recommendation) in the oven for an hour at 425 degrees. Place your proofed bread in the baking vessel and score. If there is enough room without touching the bread, add one or two ice cubes for extra steam. Bake for 20 minutes.
- 7) After 20 minutes remove the baking vessel cover and bake for another 25 minutes, or until your desired crust color is achieved.
- 8) Place the cooked loaf on a cooling rack for a minimum of one hour, but preferably two hours, before slicing.

* 1 part mature, active starter; 0 part bread flour; 0.4 part whole wheat flour; 1.6 part all purpose flour; 2 part water

[†] The baker's percentage for levain is the amount of flour in the levain expressed as a percentage of the total flour in the recipe.