— THE SOURDOUGH SCHOOL -

SOURDOUGH SCHEDULE

STEP	AMBIENT	RETARDED	DO NOTHING
Starter			
Leaven			
Mix			
Autolyse without Leaven			
Leaven added			
Add salt and bassinage water			
Bulk			
Shape			
Floor time			
Final Prove			
Bake			
Notes			
			UD YEAC

Email: Vanessa@sourdough.co.uk
Twitter: @VanessaKimbell
www.sourdough.co.uk

