



Recipe : Toasted Wheat w/Liquid Starter

Preparing Liquid Starter (LSD)

Ingredients	Quantity	Remarks
Bread Flour	120 g	
Water	120 g	
Mature Starter	20 g	

Method:

1. Mix all ingredients and allow to rest in room temperature for about 1 hour.
2. Transfer to chillier – 12-15C is best for at least 12 hours.

*Autolyse Method***

Ingredients	Quantity	Remarks
Bread Flour	700 g	
Toasted Wheat	70 g	
Toasted Wheat Germ	30 g	
Water	580 g	

Method:

1. Mix the above on slow speed for 5 minutes.
2. Allow to stand for about 30 – 45 minutes.

Final Dough

Ingredients	Quantity	Remarks
Flour Mixture from autolyse**	1380 g	
Water	110 g	
Salt	18 g	
Liquid Starter (LSD)	240 g	
Backstrap Molasses (Liquid)	80 g	
Toasted Quinoa	40 g	

Process:

- Mixing Method : Improved
 Bulk Fermentation : 60 mins with 1 fold
 DDT : 24 -27C
 Cut/PreShape : 350 gm, light batard
 Intermediate Rest : 10 minutes
 Final Shape : Batard
 Final Proofing : 45 – 60 minutes
 Oven Temperature : 230C
 Scoring : One line
 Baking : 18 – 20 minutes with steam