



Recipe : Toast Bread w/ Whole Wheat Starter

Preparing whole wheat liquid starter (LSD)

Ingredients	Quantity	Remarks
Bread Flour	65 g	
Whole Wheat Flour	15 g	
Water	80 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.

Preparing Dates Fermented Water

Ingredients	Quantity	Remarks
Pitted Arabian Dates (Kurma)	100 g	
Water	500 g	

Method:

1. Combine all the above in a glass jar and allow to ferment in room temperature – below 30C for about 2-4 days.
2. Sieve and bottle the fermented water and keep in chiller

Final Dough

Ingredients	Quantity	Remarks
Brioche Flour	750 g	
Whole Wheat Flour	50 g	
Fermented Dates Water	520 g	
Salt	17 g	
Instant Yeast	2 g	
Acacia Honey	40 g	
Liquid Starter (LSD)	160 g	
Butter Unsalted	20 g	

Process:

Mixing Method	: Improved
Bulk Fermentation	: 90 mins with 2 folds
DDT	: 24 -27C
Cut/Pre-Shape	: 480g and Cylinder
Intermediate Rest	: 10-20 minutes
Final Shape	: Long cylinder
Final Proofing	: 45 – 60 minutes or until 80% of pullman loaf rim
Oven Temperature	: 180C
Scoring	: Optional
Baking	: 20-22 minutes