

WorkWith Sourdough Concentrate – 4 Hour Method (Dry Proof) with Seeds

## **Ingredients:**

- Wheat Flour 7.000kg
- Sourdough Concentrate 3.000kg
- Mixed Seed 2.200kg
- Water 7.000kg
- Yeast 0.220kg
- Total Weight: 19.420kg



## **Method:**

Mixing time: 4 + 10 to 12 minutes

Dough temperature: 23 °C to 25 °C

Bulk fermentation time: 40 minutes

Scaling weight: 0.700 kg

Intermediate proof: 10 minutes

Final proof: Dry proof for 150 to 180 mins, room temp between 18 - 21 °C

Baking temperature: 240 °C dropping to 220 °C, giving steam

Baking time: 30 to 35 minutes

Topping: Mixed seed then score top

TIP: (1) soak the seed in the above water overnight

(2) ensure the dough is well developed before bulk fermentation

(3) when dry proo-ng keep the dough covered to prevent a skin forming