

# Sourdough bread

Liquid Sourdough  
Phil Levain



## **Blé Complet CRC®**

N° 2118

Milky, with cream and peppery notes

Other applications:

Sourdough bread, Traditional French baguette



## INGREDIENTS

T55 or T65 flour: 10 kg

Salt: 0,18 kg

Phil Levain Blé Complet CRC®: 2 kg

Water: 5,4 to 5,8 L

Yeast: 0,02 kg

## *Method with 20% dosage*

**Base temperature:** 58-60°C.

**Kneading:**

- **First speed:** 5 minutes.
- **Second speed:** Oblique: 10 minutes, add salt, then knead for another 5 minutes.  
Spiral: 4 minutes, add salt, then knead for another 3 minutes.

**Dough temperature:** 25-26°C.

**First fermentation:** flip the dough at 30 minutes, then let rest for 1 hour.

**Scaling:** divide into 330 g or 500 g dough pieces.

**Intermediate proofing:** 20 minutes.

**Shaping:** by hand.

**Final fermentation:** 14-16 hours at 13-14°C or 3h30-4h at 25°C.

**Charging the oven:** score, add steam and place in the oven.

**Baking:** bake at 230°C (bottom heat) and 260°C (top heat) for 18-35 minutes depending on the size of breads.

Indicative data. It depends on ingredients and equipment used.  
Please do not hesitate to contact one of our technicians for any adaptation.

*Philibert*  
SAVOURS

THE REFERENCE IN FRENCH  
SOURDOUGH SINCE 1984