

# Multigrain bread

Liquid Sourdough  
Phil Levain

## Organic Spelt

N° 2106

Fruity, with chestnut and apple notes

Other applications:

Country-style bread, special bread, viennoiseries



### INGREDIENTS

Traditional organic flour: 10 kg

Water: 6,4 to 6,8 L

Phil Levain Organic Spelt: 1 kg

5 seeds mix: 2,2 kg

Yeast: 0,06 kg

Soaking water: 1,4 L

Salt: 0,18 kg

### Method with 10% dosage

**Preparation of the cereals:** soak for at least 1 hour before incorporating (mix of 5 seeds + soaking water).

**Base temperature:** 60-62°C.

**Kneading:**

- **First speed:** 5 minutes, followed by autolysis for 30 minutes.
- **Second speed:** Oblique: 6 minutes with yeast, add salt and knead for another 6 minutes. Add the cereals preparation and knead for about 6 minutes. Spiral: 3 minutes with yeast, add salt and knead for another 3 minutes. Add the cereals preparation and knead for about 3 minutes.

**Dough temperature:** 25-26°C.

**First fermentation:** 30 minutes in 6,6 kg dividing containers, then at 4°C for 16-20 hours.

**Bringing to room temperature:** 30 to 45 minutes (watch for skinning).

**Scaling:** divide into 330 g dough balls.

**Intermediate proofing:** 20 minutes.

**Shaping:** by hand or using a machine, shape *bâtard* breads and place them on floured cloths with the seam on top.

**Final fermentation:** 1h15-1h30 at 25°C with 70% humidity.

**Baking:** score, add steam and bake for about 24-26 minutes at 240-250°C.

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