

Pan de cristal

Liquid Sourdough
Phil Levain



Blé Complet CRC®

N° 2118

Milky, with cream and peppery notes

Other applications:
Sourdough bread, Traditional French baguette



INGREDIENTS

T65 traditional flour: 10 kg

Phil Levain Blé Complet CRC®: 0,4 kg

Yeast: 0,08 kg

Salt: 0,18 kg

Olive oil: 0,4 L

Water: 6,2 to 6,8 L

Soaking Water: 1 to 1,2 L

Method with 4% dosage

Base temperature: 66°C.

Kneading:

- **First speed:** 5 minutes (flour, water, sourdough), followed by autolysis for 30 minutes.
- **First speed:** 5 minutes with yeast and salt.
- **Second speed:** Oblique: 5 minutes, then 8-10 minutes while adding water and oil.
Spiral: 2 minutes, then 4-6 minutes while adding water and oil.

Dough temperature: 25-26°C.

First fermentation: 2 hours with a fold at 1 hour.

Scaling: spread with your fingertips without degassing. Cut into rectangles of 300-330 g and place on well-floured cloths.

Final fermentation: 1h-1h15 at 25°C.

Charging the oven: score, add steam and load into the oven.

Baking: bake at 260°C for about 18-25 minutes depending on the size of breads. Leave to dry at the end of baking.

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