

Whole wheat soft 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

Phil Levain Blé Complet CRC®: 0,5 kg

Rapeseed oil: 0,5 kg

Sugar: 0,4 kg

Yeast: 0,2 kg

Salt: 0,18 kg

Water: 5,6 to 6 L

Method with 5% dosage

Base temperature: 52°C.

Kneading:

- First speed: 5 minutes.
- Second speed: Oblique: 18-20 minutes.
Spiral: 10-12 minutes.

Dough temperature: 25-26°C.

First fermentation: 10 minutes.

Scaling: divide into 350 g, 500 g or 800 g dough pieces.

Intermediate proofing: 15 minutes.

Shaping: by hand or using a machine, then place them in a greased soft white bread mould.

Final fermentation: 1h15-1h30 at 35°C with 80% humidity.

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

Baking: bake at 150°C for 25 to 45 minuloaves.

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