

**SPROUTED SOURDOUGH COLD
FERMENTED BATARD**
Contributed by: Nicholas Ahrens

A naturally fermented Sourdough bread made with Sprouted BeneGrain Whole Wheat Flour. A traditional sourdough bread with a light sour flavour and sweet maltiness from the sprouted wheat.

			Total fermented in levain			
Total dough weight			2.785 kg		36.84%	
TOTAL FORMULA			LEVAIN		FINAL DOUGH	
Ingredients	%	Kilograms	%	Kilograms	%	Kilograms
Sprouted wheat flour*	100.00	1.425	100.00	0.525	100.00	0.900
Water	80.70	1.150	100.00	0.525	69.44	0.625
Salt	3.16	0.045			5.00	0.045
Sour†	11.58	0.165	31.43	0.165		
Levain					135.00	1.215
Totals	195.44	2.785	231.43	1.215	309.44	2.785

*Hard Red Spring

†Composition: 100% sprouted wheat flour, 100% water, 20% sour, 24:00 at 50°F

PROCESS

Preferments		Levain
Mix	Type of mixer	Hand
	Length of time	Until incorporated
	Water temperature	80°F
Ferment	Time/temperature	6:00 70°F–80°F
Final Dough		
Mix	Type of mixer	Spiral
	Mix style	Improved
	1 st speed	0:02–0:03
	Dough temperature	Greater than 80°F
Ferment	Time/temperature	2:00 at 72°F
	Fold	0:00, 0:15, 0:30, 0:45
Shape	Divide	800 g
	Preshape	Round
	Rest	0:10
	Shape	Bâtard
	Proofing device	6 inch diameter banneton
Proof	Time/temperature	16:00–20:00 at 50°F
Bake	Oven type	Deck
	Score	yes
	Steam	20 sec
	Time/temperature	0:35 at 450°F
	Open damper	Last 0:10