White to Wheat Baguette By: Craig Ponsford						
Total Dough Weight		7000	Flour		30.00%	
Yield:	20	350				
TOTAL FORMULA			**Poolish**		**FINAL DOUGH**	
Ingredients	**%**	**Grams**	**%**	**Grams**	**Ingredients**	**Grams**
Total Flour	**100.00%**	4014		**1204**		
ABC Plus	34.00%	1365			ABC Plus	1365
Type 110	33.00%	1325	100.00%	1204	Type 110	120
Whole Yacora Rojo	33.00%	1325			Whole Yacora Rojo	1325
Water	72.00%	2890	100.00%	1204	Water	1686
Salt	2.10%	84			Salt	84
Instant Yeast	0.30%	12.0	0.100%	1.2	Instant Yeast	10.84
					Poolish	2409
Totals	**174.40%**	**7000**	**169.00%**	**2409**		**7000**

Preferment	poolish	
Mixing	Type of Mixer	Hand or upright with paddle
Preferment	Length of Time	12 hours
	Temperature	75°F
Final Dough		
Mixing	Type of Mixer	Spiral
	Mix Style	Improved
	1st Speed	3 minutes
	2nd Speed	3 minutes
	Dough Temp	75°F
First Fermentation	Length of Time	2 hours
	Number of Folds	1 or 2
	Timing for Folds	40 min
Shaping	Divide	350
	Pre Shape	cylinders
	Rest	20 min
	Shape	Baguette
Proof and Bake	Final Proof Time	1 hour
	Oven Type	Deck
	Steam	yes
	Total Bake	20-22 min
	Temperature	475F