

## Alternatives

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## Flavors

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## Fun Facts

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## Our Take

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## HAND MIXING

### MIX



- 1 Combine the levain with the water, and add the [flour, bran, and diastatic malt powder](#). Use one hand to mix to a shaggy mass (keep your other hand clean). For larger yields (4 kg and greater), use both hands to mix more quickly.
- 2 Autolyse 30 min, add the salt, and mix until homogeneous.

### PRESHAPE



- 8 Preshape the dough as desired (see pages 3-152–155).
- 9 Rest the dough 20 min.

### BULK FERMENT

- 3 Cover with plastic wrap, or transfer to a lightly oiled plastic tub and cover with a lid.
- 4 Bulk ferment for 4 h, performing 6 four-edge folds, one every 30 min after the first hour (see page 3-129). Cover the dough between folds.
- 5 Let the dough bulk ferment for 30 min, covered, after the final fold. Perform the windowpane test to assess gluten development (see page 3-89). If the dough has not yet reached full gluten development, perform another fold and let the dough rest for 30 min; repeat the windowpane test.
- 6 Transfer the dough by gently turning the tub onto a well-floured work surface. Handle the dough carefully to help preserve the CO<sub>2</sub> pockets that have formed inside it.

### SHAPE



- 10 Shape the dough as desired (see pages 3-152–155).

### DIVIDE



- 7 Divide the dough to the desired weight (see page 3-136). Do not divide for a large boule or bâtard or for a miche.

### FINAL PROOF



- 11 Transfer the dough to your preferred proofing setup (see page 58).
- 12 Proof the dough following the times and temperatures in the General Directions table for the Sourdough master recipe on page 63. Test for proof using the fingertip test (see page 3-223).