



GENERAL DIRECTIONS

		PROCEDURE				NOTES	TIME
							active/inactive
MIX	by hand*	combine ① in a bowl; add ②, and mix to a shaggy mass; autolyse 30 min; add ③, and mix until homogeneous; transfer to a lightly oiled tub or bowl, and cover well with a lid or plastic wrap				see Hand Mixing, page 3-116	5 min / 30 min
	by machine*	combine ① in mixer's bowl; add ②, and mix on low speed to a shaggy mass; autolyse 20–30 min; add ③, and mix on medium speed to medium gluten development; turn off mixer, add ④, and mix on low speed until fully incorporated; transfer to a lightly oiled tub or bowl, and cover well with a lid or plastic wrap				see Machine Mixing options, page 65	35–41 min
BULK FERMENT	by hand*	4 h total; 6 folds (1 fold every 30 min after the first hour), 30 min rest after final fold; after the first fold, add ④; mix with your hands using a squeeze, pull, and fold-over motion; check for full gluten development using the windowpane test				see How to Perform a Four-Edge Fold, page 3-129; see Gluten Development, page 3-89	5 min / 4 h
	by machine*	2½ h total; 2 folds (1 fold every hour after the first hour), 30 min rest after final fold; check for full gluten development using the windowpane test					5 min / 2½ h
DIVIDE/SHAPE	divide	lg boule/bâtard	sm boule/bâtard	roll	niche	see How to Divide Your Dough, page 3-136	0–7 min
		do not divide	500 g	75 g	do not divide		
	preshape	boule/bâtard	boule/bâtard	roll	boule	see shaping boules and bâtards, pages 3-152–155, and rolls, page 3-176	1–7 min
	rest	20 min	20 min	20 min	20 min		20 min
	shape	boule/bâtard	boule/bâtard	roll	boule		1–7 min
FINAL PROOF	13°C / 55°F	14 h	14 h	n/a	14 h	see Final Proofing Methods, page 3-212; for roll proofing times and temperatures, see previous page	12–16 h
	4°C / 39°F	12–16 h	12–16 h	n/a	12–16 h		
SCORE	score with a cross across the top (see page 3-242); be mindful that the blade can catch on the inclusions				see Scoring options, page 3-230	30 s–1 min	
BAKE	see Sourdough Baking Times and Temperatures, page 67					15–55 min	
TOTAL TIME	*Choose by hand or machine					by hand 32 min / 21¼ h by machine 27 min / 20 h 26 min	