

Baguettes with Poolish – Whole Wheat component

- 4** – 11.5 oz baguette/epi (13.5 oz dough loaf)
approx. 14% moisture weight loss in bake
- 19 / 6.5** – Buns/loaves (3 buns per 8.3 oz baguette dough)

\$/loaf
\$ 0.28

Baker's Percentage	
10.0	Flour, Whole Wheat
90.0	Flour, White
66.3	Water
1.0	Yeast
2.0	Salt
73.8	Poolish

Night before baking—Poolish

Oz	Ingredient
3.20	Whole Wheat flour
7.40	White flour
10.60	Water
0.05	Yeast

Mix & ferment for 1 hour, degass & fold then into refrigerator overnight

Final Dough

Oz	Ingredient
21.40	White flour
10.60	Water
0.28	Yeast
0.65	Salt
21.25	Poolish from above (all)

Total Batch Weights		
Total Flour	Ounces	Ingredient
32.00	3.20	Flour, Whole Wheat
	28.80	Flour, White
	21.20	Water
	0.33	Yeast
	0.65	Salt
	21.25	Poolish

54.18 Total oz of dough

Bulk fermentation: 2 hours (fold dough once after 1 hr)

Divide & preshape, rest 20-30 minutes to relax

Shape baguettes and place in couche or pan (covered) for 1-1 1/2 hrs -- Transfer to peel, slash & bake