

French starter

04 February 2023 15:30

To use for making pain au levain a la Calvel

4e6 50g mm rye + 50g t65 / 50g spring h2o / 0.5g malt / 0.5 salt in the water 27c

Not much action next day, so left to 6m9. Now spongy and quite well risen.

6m9 40 starter, 40 t65, 40 h2o 0.2salt 27c

6e8 40/40/20 0.2salt 25c

7m9 40/40/20/0.2 salt 25c

7e5 ph4.37

7e10 40/40/20/0.2

8m9 ph4.05

8m9 40/40/20/0.2

14noon 20/20/10/0.2 25c frij e8

18e2 ph 3.86

22e3 20/20/10/0.2 25c

Next time do 12/12/6/0.12 25c (standard refreshment)