

POOLISH CULTURE PER FEED					
INGREDIENT	PARTS	PERCENTAGE	GRAMS		
FLOUR	1	50	100		
WATER	1	50	100		
PAIN ORDINAIRE - NO KNEAD BOULE WITH YEAST					
INGREDIENT	QUANTITY	MEASURE	BAKER'S %		
FLOUR	500.00	G	100.00%		
WATER	400.00	G	80.000%		
INST YEAST	2.50	ML	0.500%		
SALT	7.50	ML	1.500%		
TOTAL WEIGHT	900.00		100.000%		
BAKING LOSS	75.00		15.000%		
BREAD WEIGHT	825.00		85.000%		
USE JIM LAHEY'S NO KNEAD PROCEEDURE					
PAIN ORDINAIRE - NO KNEAD BOULE WITH POOLISH					
INGREDIENT	QUANTITY	MEASURE	BAKER'S %		
FLOUR	400.00	G	100.000%		
POOLISH	200.00	G	50.000%		
WATER	300.00	G	75.000%		
SALT	7.50	ML	1.875%		
TOTAL WEIGHT	900.00		100.000%		
BAKING LOSS	75.00		15.000%		
BREAD WEIGHT	825.00		85.000%		
USE JIM LAHEY'S NO KNEAD PROCEEDURE					
PAIN ORDINAIRE - PAN BAKED - MADE WITH YEAST					
INGREDIENT	QUANTITY	MEASURE	BAKER'S %		
FLOUR	500.00	G	100.000%		
WATER	330.00	G	66.000%		
INST YEAST	2.50	ML	0.500%		
SALT	7.50	ML	1.500%		
TOTAL WEIGHT	830.00		100.000%		
BAKING LOSS	75.00		15.000%		
BREAD WEIGHT	755.00		85.000%		
USE REG ARKNER'S KNEADING PROCEEDURE					
PAIN ORDINAIRE - PAN BAKED - MADE WITH POOLISH					
INGREDIENT	QUANTITY	MEASURE	BAKER'S %		
FLOUR	400.00	G	100.000%		
POOLISH	200.00	G	50.000%		
WATER	230.00	G	57.500%		
SALT	7.50	ML	1.875%		
TOTAL WEIGHT	830.00		100.000%		
BAKING LOSS	75.00		15.000%		
BREAD WEIGHT	755.00		85.000%		
USE REG ARKNER'S KNEADING PROCEEDURE					
BRUSHING PASTE					
INGREDIENT	QUANTITY	MEASURE	BAKER'S %		
FLOUR	5.00	ML (1 TSP)	100.000%		
BAKING SODA	5.00	ML (1 TSP)	100.000%		
HOT WATER	5.00	ML (1 TSP)	100.000%		
WILL GIVE AN EXCEPTIONAL CRUST TO COMBINATION BAKES					