

Enikorn and spent ale grain sourdough

From Vanessa Kimbell's 'The Sourdough School' (p. 172)

Notes

Spent grain is malted grains that have been used in the brewing process. This can be substituted for malted grain that has been soaked in beer. Unmalted grain can be substituted, but note that malted grain will slightly speed up the bulk ferment.

Ingredients

	Bakers %	500g total	1kg total	2kg total	3kg total	4kg total
Leaven Flour	10.3%	21	42	83	125	167
Leaven Water	9.2%	19	37	74	112	149
Leaven Starter	2.6%	5	11	21	32	42
Water	84%	170	340	680	1020	1360
Flour	70%	142	283	567	850	1134
Enikorn Flour	30%	61	121	243	364	486
Sultanas	20%	40	81	162	243	324
Spent Grain	20%	40	81	162	243	324
Salt	2%	4	8	16	24	32