

Scandinavian buttermilk sourdough

From Vanessa Kimbell's 'The Sourdough School' (p. 141)

Notes

If buying commercial buttermilk, Kimbell recommends adding 20g of butter to it per 850g. Recommended flours are enikorn, emmer or Oland.

Ingredients

	Bakers %	500g total	1kg total	2kg total	3kg total	4kg total
Leaven Flour	10.3%	25	49	98	147	196
Leaven Water	9.2%	22	44	88	131	175
Leaven Starter	2.6%	6	12	25	37	50
Buttermilk	85%	202	405	810	1214	1619
Flour	50%	119	238	476	714	952
Heritage Wholegrain Flour	50%	119	238	476	714	952
Salt	2%	4.76	9.52	19	29	38
Toasted Caraway Seeds	2%	4.76	9.52	19	29	38