

Levain De Pâte (wholemeal)

Levain De Pâte adjusted for cheap chapatti flour. Under development.

Notes

The levain stage should be mixed and 1st speed for 10 minutes and then proof for 5-6h @ 24° (or 10h at 15-18°).

Main dough should be mixed at 1st speed for 5 minutes, autolysed for 30 minutes and then mixed at 2nd speed for 10 minutes (yeast added towards the end). Fermentation is 45 minutes followed by 35 minutes of dividing and resting. Proof for 1 hour 50 minutes (@27°) and bake for 25-40 minutes at 230°. It may be a good idea to perform one or more folds on the dough to get the desired structure with the weakened gluten network.

Dough temperature for both stages should be kept at the recommended 25°.

The recipe notes that ascorbic acid can be used at 20 ppm.

Ingredients

	Bakers %	500g total	1kg total	2kg total	3kg total	4kg total
Levain Flour	14.3%	36	73	146	219	292
Levain Water	8.58%	22	44	88	131	175
Levain Chef	3.58%	9	18	37	55	73
Main Flour	100%	255	510	1020	1531	2041
Main Autolyse Water	50%	128	255	510	765	1020
Main Water	18%	46	92	184	276	367
Main Salt	2%	5	10	20	31	41
Main Yeast	1%	2.55	5	10	15	20