Pain au Levain

bread · dough · sourdough · french DIALED

basis bread flour + medium rye flour = 770 g yield 2 × 760 g

	Ingredient	Grams	Baker's	Total	Method
1	bread flour medium rye flour sourdough starter, 100% hydration water	180 90.0 300 440	23.4% 11.7% 39.0% 57.1%	11.8% 5.9% 19.7% 28.9%	Mix with the whisk attachment on speed 4 for ***3–4 min***, until the consistency of thick pancake batter.
2	bread flour	500	64.9%	32.8%	Add the remaining flour, switch to the dough hook and mix on lowest until the ingredients come together, about ***2 min***. Autolyse for ***30 min*** in a covered bowl.
3	salt	15.0	1.9%	0.98%	Transfer to the food processor. Add the salt and mix to medium development, around ***30 s***. Give a quick hand knead to bring the dough together.
4					Bulk ferment for ***2.5 h***, folding once after ***1 h***. For more strength, fold twice, after each of the first two ***30 min*** periods.
5					Divide into 760 g portions and shape.
6					Final proof for ***1–2 h*** at room temperature. Gently pressed with a finger, the dough should only just spring back, leaving an indentation.
7					Bake at ***235 °C*** for ***30–40 min***, with steam for the first ***15 min***. Aim for a dark crust.
	Total	**1525**	198.1%	100.0%	