Cheatography

Baker Preferment Cheat Sheet Cheat Sheet by zolveriap via cheatography.com/144888/cs/31145/

biga

water 50-60% flour 10-20 % yeast 0.1%

Poolish

flour = 1 part water = 1 part Yeast 0.08 -0.1 % or a pinch

Sponge

water = 50 - 100 % of recipe water flour = 50 yeast = all in recipe



By zolveriap

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