# 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

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