# 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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Not published yet. Last updated 13th March, 2022. Page 1 of 1. Sponsored by **Readable.com** Measure your website readability! https://readable.com