

How to create your Sourdough/Levain

Creating your bacterial environment

Soak some apples(organic) cut in quart in 1 liter of water with 100 gr of honey or sugar for 5 to 6 days.

Le starter

>>Sift the water from the soaking, toss the left over of the apple.

>> Prepared with this water, a liquid/soft mix (In liquid solution, wild yeast are able to multiply faster), see below :

25 gr. Of dark rye flour (This is the flour which contain the wildest yeast naturally, if you don't have this flour to replace with bread flour)

25 gr of bread flour

50gr water (water from the soaking)

Mix with hand, keep the fermentation between 25 and 30 °C for 24 to 48h in a humid place/room (protect with cling film).

>>The mix need to double volume and the size of your bowl, think ahead of the size of the bowl used . If your bowl is too big the fermentation might not work the same.

1st refreshing "levain de première"

Bread Flour 100gr.

Water (from the soaking) 100 gr.

Liquid mix (from the day before) 100 gr.

>> Same Mixing:

>>Fermentation for 18 hours in the same condition of the day before
The levain de premiere need to get 2 times its size



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2nd refreshing

Bread Flour 100gr.
water (from the soaking) 100 gr
levain de première 100gr. (toss the left over)

- >> Same mixing
- >> Keep around 12 hours fermentation to obtain 2.5 times its sizes.

3rd refreshing

If you are planning on doing a liquid levain then same process as day before

For Stiff levain:

Bread Flour 100gr.
water (from the soaking) 50 gr
levain 100gr.

- >> Firm dough will give you some acidity and will give as well more wild yeast diversity.

- >> Mixing 4 to 5 minutes in planteray mixer
- >> Keep 8 hours fermentation, It needs to take 3 times its volume.



*Credit source: www.seriousseats.com



*Credit source: www.cuisinedaubery.com



ROMAIN DUFOUR

CHEF BOULANGER

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4th refreshing

For Liquid Levain:

Bread Flour 100gr.
water (from the soaking) 100 gr
levain 50gr.
>> same mixing

For Stiff Levain:

Bread Flour 100gr.
water (from the soaking) 50 gr
levain 50gr.
salt 2 gr.

>>The salt is now incorporated to cancel the activity of the proteases (enzymes) which could liquify your levain with higher acidity. If your levain is not very active, do not incorporate the salt

Fermentation about 6 hours to obtain 3. times its size.

>> At this stage, we can start planning on the quantity of levain you would need for your production.

5th refreshing

The objective is to have your levain fermenting within 3 or 4 hours and triple volume.

Few extra tips

- Choose organic fruits, wild yeast are more present in it.
- Do not wash the fruit prior, all your wild yeasts are on the skin.
- The riper the better
- In Between each refreshing do not clean your container with detergent, just rinse with water

Good luck!

Looking forward to see your levain and what name you will give him.
And don't forget to #jackielaboulangre 😊

