STARTER FLOUR & WATER

A mixing worksheet, not a fermentation schedule

Count the starter contribution once

For a flour-and-water starter; hydration = water / flour x 100.

Starter flour = starter mass / (1 + hydration / 100)

Starter water = starter mass - starter flour

Subtract each contribution from the formula totals before mixing.

Worked example

600 g total flour | 450 g total water | 12 g salt

20% prefermented flour, starter at 100% hydration:

Starter: 120 g flour + 120 g water = 240 g

Add: 480 g flour + 330 g water + 12 g salt + 240 g starter

Mass check: 480 + 330 + 12 + 240 = 1,062 g

Your mixing sheet

Formula total flour (g) _____

Formula total water (g) _____

Starter mass (g) _____

Starter hydration (%) _____

Starter flour (g) _____

Starter water (g) _____

Flour to add (g) _____

Water to add (g) _____

Other ingredients (g) _____

Final mass check (g) _____

If an addition is negative, revise the starter amount or formula.

Prefermented flour % uses starter flour, not starter mass.