

Appendix C. Worksheet

Loaf Parameters

Item	Value
Date/Time	
Kitchen Temperature	°C
450g Flour	<input type="checkbox"/> Cake <input type="checkbox"/> All purpose - Bleached <input type="checkbox"/> All purpose - Unbleached <input type="checkbox"/> Commercial Whole Wheat <input type="checkbox"/> Heritage Whole Wheat <input type="checkbox"/> Bread Flour * <input type="checkbox"/> _____
Yeast	<input type="checkbox"/> Fresh Yeast 5g <input type="checkbox"/> 15g * <input type="checkbox"/> 25g <input type="checkbox"/> Instant Yeast <input type="checkbox"/> 1.7g <input type="checkbox"/> 5g * <input type="checkbox"/> 8g
275g Water	<input type="checkbox"/> 10°C <input type="checkbox"/> 35°C * <input type="checkbox"/> 50°C temperature
Sugar	<input type="checkbox"/> 0g <input type="checkbox"/> 30g * <input type="checkbox"/> 70g
Salt - non-iodized sea salt	<input type="checkbox"/> 0g <input type="checkbox"/> 8g * <input type="checkbox"/> 20g

* Default

Steps

Fine measurements

1. ___ Measure yeast into small bowl (Ohaus)
2. ___ Measure sugar and salt into a small bowl (Ohaus)
3. ___ Measure flour into large bowl (Starfrit)
4. ___ Mix flour/sugar/salt in bowl

Mix Yeast

5. ___ Measure/temp water
6. ___ Pour yeast into mixer bowl
7. ___ Add water (slurry)

Create Dough

8. ___ Add flour mixture to slurry in 1/2 cup lots

Time: _____

9. ___ Knead until pass window pane test

Time: _____

10. ___ Set oven to Proof
11. ___ Pam bowl
12. ___ Place dough in bowl

Pix top/side **After Knead** _____

13. ___ Cover with a cling wrap
14. ___ Set timer for 40 minutes

Bulk ferment in oven/proof

Pix top/side **After Ferment** _____

15. ___ Degas - punch down
16. ___ Shape - boule

Pix top/side **After Shape** _____

17. ___ Set timer for 30 minutes

Proof in oven/proof

18. ___ Remove dough from oven
19. ___ Set oven temp to 190°C (375°F)
20. ___ Set timer for 10 min for oven to warm up

Pix top/side **After Proof** _____

21. ___ Place loaf in oven

Bake

22. ___ Bake to an internal temperature or 90°C (194°F)

Baking Time: _____ min

23. ___ Remove loaf

Internal Temperature: _____ °C

Pix top/side **After Bake** _____

24. ___ Place on a wire rack to cool

Notes

Item	Value
Kneading Time	min
Baking Time	min
Internal Loaf Temp	°C
Crust Colour	
Crumb Colour	
Bread Flavour	
Other Characteristics	

Reflective Spectrograph Readings

Spectrometer Reflectance Results

Flour: 1.		Date: 2.	
Colour	Wavelength (nm)	3. Sample 1	4. Sample 2
Blue	470		
Cyan	525		
Green	560		
Yellow	585		
Orange	600		
Red	645		
Deep Red	700		
Infrared 1	735		
Infrared 2	810		
Infrared 3	880		
Infrared 4	940		