

Spinach Cheese Bread with Polish (Dolf Starreveld)

Desired Dough Weight	2.50 lb
Desired Dough Temperature	78°F
Mixer Friction	40°F
Preferment Overage	0.0%
Baking Loss	9.0%

Flour Weight	0.54 lb	245 g
Final Weight	2.28 lb	1,032 g
Hydration	73.25%	
Dough	Slack	
Cost	\$3.09	

Ingredient	Pre	Baker %	lb	US Weight	US Volume	Metric
Polish	1					
Whole Wheat Flour	1	100.00%	0.5410	8 3/4 oz	2 C	245 g
Water	1	100.00%	0.5410	8 3/4 oz	1 C	245 g
Instant Dry Yeast	1	0.05%	0.0003	0.00 oz	1 s	131 mg
Final Dough						
Bread Flour		80.00%	0.4329	7 oz	1 1/4 C	196 g
Whole Wheat Flour		20.00%	0.1082	1 3/4 oz	6 1/4 T	49.1 g
Instant Dry Yeast		4.00%	0.0216	1/3 oz	1 T	9.8 g
Salt, table		4.00%	0.0216	1/3 oz	1/2 T	9.8 g
Polish		200.00%	1.0823	1 lb 1 3/8 oz	???	491 g
Buttermilk		40.00%	0.2165	3 1/2 oz	6 1/2 T	98.2 g
Vegetable Oil		8.00%	0.0433	2/3 oz	1 1/2 T	19.6 g
Cheddar Cheese, diced		76.00%	0.4113	6 1/2 oz	1 3/8 C	187 g
Spinach, frozen, drained		30.00%	0.1623	2 1/2 oz	6 1/4 T	73.6 g
Total		462.00%	2.5000	2 1/2 lb	N/A	1,134 g

Temperatures calculation and overview		
Temperature Factor	US	Metric
Desired Dough Temp	78°F	25.6°C
Tap Water Temp	47°F	8.3°C
Room	73°F	22.8°C
Flour	72°F	22.2°C
Preferment 1	70°F	21.1°C
Preferment 2		
Other 3		
Mixer Friction	40°F	22.2°C
Liquids Temperature	57°F	13.9°C
Weight Ice	0 oz	0 g
Water Corrected	0 oz	0 g