

## DEVELOPING A FIRM LEVAIN CULTURE

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### DAY ONE

#### Initial Mix

Organic rye flour	75 g	2 oz (1/2 c)
Bread flour		
Water	100 g	2.6 oz (1/4 c + 1 T)
TOTAL	250 g	6.6 oz

Mix well, cover, and leave to ferment in a warm area, (about 80) for 24 hours.

### DAY TWO

#### One Feeding

Initial Mix	100 g	3.3 oz (half of above)
Bread flour	100 g	3 oz (less than 3/4 c)
Water	60 g	2 oz (1 1/4 c)
TOTAL	260 g	8.3 oz

Mix well, cover, and leave in a warm place (about 80F).

### DAYS THREE, FOUR, AND FIVE

#### Two Feedings

"Chef"	100 g	3.3 oz (half of above)
Bread flour	100 g	3 oz (less than 3/4 c)
Water	60 g	2 oz (1/4 c)
TOTAL		8.3 oz

The two feedings should be approximately 12 hours apart.

Mix well, cover, and leave in a slightly cooler area to ferment, about 75--80F.

On Day Six the culture should have sufficient ripeness to be used for bread. However, in order to continue developing strength and complexity, it may be fed for two or three more days before beginning use in bread production. In that case, follow the same feeding schedule as for Days Three, Four, and Five.

When mature, the culture can be fed with other flours, such as rye, spelt, or whole wheat as necessary when making breads that feature those flours.