

MÈRE LEVAIN

fiche de démarrage

| Jour | Date | Levain (g) | Farine (g) | Type de farine | Eau (g) | Température de la pièce | Lieu de repos | Notes |
|------|------|------------|------------|----------------|---------|-------------------------|---------------|-------|
| 1 | | - | 50g | | 50g | | | |
| 2 | | 20g | 40g | | 40g | | | |
| 3 | | | | | | | | |
| 4 | | | | | | | | |
| 5 | | | | | | | | |
| 6 | | | | | | | | |
| 7 | | | | | | | | |
| 8 | | | | | | | | |
| 9 | | | | | | | | |
| 10 | | | | | | | | |
| 11 | | | | | | | | |
| 12 | | | | | | | | |
| 13 | | | | | | | | |
| 14 | | | | | | | | |
| 15 | | | | | | | | |