










1.	take stock starter out of the fridge	
		1-2 hours
2.	refresh starter	
		8-12 hours
3.	autolyse	
		30 minutes
4.	save stock starter and knead bread	
		45 minutes
5.	1 st fold	
		45 minutes
6.	2 nd fold	
		45 minutes
7.	3 rd fold	
		60 - 90 minutes
8.	shape bread	
		14-16 hours rise
9.	score and bake	
		40-60 minutes baking