



# DEMYSTIFYING YEASTED PREFERMENTS

# TYPES

- ✿ Yeasted
- ✿ Pâte Fermentée
- ✿ Poolish
- ✿ Biga

# PATE FERMENTEE

- ❁ Reserved piece of fermented dough
- ❁ Gives elasticity to dough
- ❁ Buttery tones



*Pate Fermentee in background*

# POOLISH

- ✿ 100% hydration
- ✿ Gives extensibility to a dough
- ✿ Sweet, nutty flavor



# BIGA

- ✿ Usually a stiff preferment but is sometimes very loose
- ✿ Does not contain salt
- ✿ Good choice with weak flour or enriched bread



Dough	Hydration	Yeast	Fermentation	Qualities
pate fermentee	60-65%	0.5% <i>or</i> 2%	12 hours <i>or</i> within 6 hours	Elasticity
poolish	100%	0.1%-.6% <i>or</i> .7-1%	12-16 hours <i>or</i> up to 8 hours	Extensibility
biga	50-100%	0.1%-.6% <i>or</i> .7-1%	12-16 hours <i>or</i> up to 8 hours	Structure