

Artoklasia

Menu Item: Artoklasia

Yield: 5 loaves
1.56 lb each (est.)

Ingredients	Bakers' %	Recipe Quantities
		Wt/Vol/ Count unit
Preferment		
King Arthur Sir Galahad Flour	44.97%	2.305 lb
King Arthur White Whole Wheat Flour	5.03%	4.125 oz
yeast, instant dry	0.78%	5.750 tsp
Liquid:	28.05%	
milk	19.51%	1.000 pt
water	8.54%	7.000 oz
Main dough		
King Arthur Sir Galahad Flour	44.97%	2.305 lb
King Arthur White Whole Wheat Flour	5.03%	4.125 oz
nonfat dry milk powder		3.200 oz
sugar, granulated	16.01%	13.125 oz
salt	2.01%	8.250 tsp
orange zest, from oranges to be juiced	--	--
butter, unsalted, at room temperature	16.01%	13.125 oz
Liquid	26.83%	
water	19.51%	1.000 pt
orange juice	7.32%	6.000 oz
spice mixture, very finely ground†	--	1.5 tsp
[OR Mastica (solid resin), v finely ground	--	1 tsp]
[OR Mahlepi, very finely ground	--	1 tsp]

Sum B% 189.68%

Ingredients, TOTALS, as used	Bakers' %	Quant. Used	Quant. Used
		Wt/Vol/ Count unit	Wt lb
Total Flour	100.00%		5.125 lb
King Arthur Sir Galahad Flour	89.94%		4.609 lb
King Arthur White Whole Wheat Flour	10.06%		0.516 lb
yeast, instant dry*	0.78%	5.7500 tsp	0.040 lb
nonfat dry milk powder		3.200 oz	0.200 lb
sugar, granulated	16.01%	13.1250 oz	0.820 lb
Liquid:	54.88%		2.813 lb
milk	39.02%	1.0000 qt	2.000 lb
water	8.54%	7.0000 oz	0.438 lb
orange juice	7.32%	6.0000 oz	0.375 lb
salt	2.01%	8.2500 tsp	0.103 lb
orange zest, from oranges to be juiced	--	--	--
butter, unsalted, at room temperature	16.01%	13.1250 oz	0.820 lb
spice mixture, very finely ground†	--	1.5000 tsp	
[OR Mastica (solid resin), v finely ground	--	1.0000 tsp]	
[OR Mahlepi, very finely ground	--	1.0000 tsp]	

Totals: 189.68% = 9.721 lb

Dough wt for 1 loaf: 31.108 oz
Est. baked wt for 1 loaf: 24.886 oz

†Spice mixture — Grind very finely one tsp each of green cardamom seeds, mahlepi seeds, allspice berries, and anise seeds, plus 3 cloves.

Notes & conversion factors

Desired weight of each loaf, lb (L)	1.5	lb	<div> This was the initial design target weight of all ingredients. It was used for initial calculations of quantities during recipe development. </div>
% weight loss during baking (W)	25.00%	(assumed)	
Estimated total dough weight of five 1.5 lb loaves	9.375	lb	
(est. as: $5 * L * (1.0 + W)$)			

Conversion factors:

Milk quantity, 1 qt =	2	pt =	2	lb
(for water, orange juice, milk, butter, etc.):	1	pt =	1	lb)
SAF Gold Instant yeast	9.00	tsp/oz =	3.00	tbsp/oz
Salt	5.00	tsp/oz		