Bulk fermentation reference chart

A conditional reference, plus space for your own starting mark.

Reference: Tom Cucuzza, The Secret of Bulk Fermentation (The Sourdough Journey). Tartine-style formula: 90% bread flour, 10% whole wheat, 75% water, 20% starter, 2% salt. Bulk starts at starter addition; shaped cold proof is 12-16 hours near 3°C (37°F). These are method-specific checkpoints, not universal targets.

SELECTED REFERENCE POINTS

Dough temperature	Rise | Example mark from 400 mL start
27°C / 80°F	30% | 520 mL
24°C / 75°F	50% | 600 mL
21°C / 70°F	75% | 700 mL

YOUR FORMULA AND MEASUREMENT

Recipe / flour blend / starter amount	
Final proof method / fridge temperature	
Starting reading / units / time	
Measured dough temperature	
Chosen recipe target / target mark	

TURN THE TARGET INTO A MARK

Target reading	starting reading × (1 + target rise ÷ 100)
Measured rise (%)	(current reading - start) ÷ start × 100
Actual rise / dough feel at shaping	
Cooled crumb / next change	

Use marked volume for flared tubs; height works only with straight sides. Read temperature, aeration and dough feel together. Source and full assumptions: crispycrust.app/journal/sourdough-bulk-fermentation-chart