

# BREAD Lines



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## TEAM USA 2010 AT THE LOUIS LESAFFRE CUP

By SOLVEIG TOFTE  
Guild Board Member and Team USA 2010 Coordinator

The road to the Louis Lesaffre Cup started last summer with our series of draft classes, where member bakers auditioned for a place on Bread Bakers Guild Team USA 2010. The judges were thrilled with the pool of talent within the Guild's membership. Our initial selection of nine members went through six months of practices within their categories, working together and individually to prepare for the competition in Las Vegas at IBIE. By training so many people, we hoped to have strength in numbers - allowing for greater creativity, a deeper set of skills and more flexibility. This was a long and grueling process for all of our teams, and the approach has worked well to allow for the myriad variables involved with getting a group ready to compete.

It has been an immense pleasure to work with these skilled bakers. A few had to withdraw due to personal concerns and injuries, and the remaining members worked incredibly hard, with great skill and creativity, which made our final decisions very difficult. I would like

to stress that all nine people are part of Team USA 2010 - the final three are supported by the work done by all individuals. The competition within the categories challenged them all to do their personal best, and the knowledge base was very broad, allowing each person to learn from his teammates.

We are extremely pleased to announce the competition team appearing in Las Vegas:

- Baguettes & Specialty Breads: Mike Zakowski, Artisan Bakers, Sonoma, CA
- Viennoiserie: Jeremy Gadouas, Bennison's Bakery, Evanston, IL
- Artistic Design: Harry Peemoeller, Johnson & Wales, Charlotte, NC

The United States will compete against Mexico, Canada and Puerto Rico for a spot at the Coupe du Monde de la Boulangerie in Paris in 2012. The non-competing Team USA 2010 members, along with team members from previous years, will be working in the demo bakeshops, promoting the Guild's education mission, and hosting the eight other countries participating in the Louis Lesaffre Cup.

Team USA 2010 will compete on Sunday, September 26, along with Mexico and Canada. Please come to the show to cheer them on! ✨

**THESE THREE TEAM USA MEMBERS WILL COMPETE AT THE LOUIS LESAFFRE CUP ON SEPTEMBER 26TH.**

**Left to right: Jeremy Gadouas, Viennoiserie; Mike Zakowski, Baguette & Specialty Breads; Harry Peemoeller, Artistic Design**



PHOTO: JERRY LANUZZA

*The Bread Bakers Guild of America is the leading American educational resource for artisan bread bakers. Our mission: to shape the knowledge and skills of the artisan baking community through education. Bread Lines, the newsletter of The Bread Bakers Guild of America, is published four times per year.*

# Camp Bread Update – Target Date Reset to 2012

In response to strong requests from our members, the Board had every intention to host Camp Bread 2011 at an East Coast or Midwest location, following two hugely successful Camps at the San Francisco Baking Institute in 2005 and 2007. Requests for proposals to host Camp Bread were sent out last fall to culinary schools, and we were gratified to receive responses from three locations.

However, it turned out to be more challenging than we ever imagined to find the perfect place with the right combination of resources, like ovens, mixers and sheeters for multiple lab classes, as well as outdoor spaces for oven building, and a central tent with kitchen facilities for meals, networking, and assemblies. And, of course, we hoped for a city rich in locations for tours of bakeries and flour mills.

We have talked with several venues and engaged in a seven-month contract negotiation process with one school that required us to think hard about what kinds of compromises, and how many, we were willing to make on aspects of the Camp Bread experience.

In many ways, what the search has confirmed for us was just how generous Michel Suas and his entire team at the San Francisco Baking Institute were when they gave us the “keys to their castle” in 2005 and 2007. They offered up every nook and cranny of that great facility to us with few restrictions, so we could teach and bake and dance and eat and build ovens and make new friends and renew ties with far flung colleagues. SFBI’s willingness to extend such trust to The Guild in the use of their facility was an exceptional gift.

As we looked for an East Coast site, we came face to face with a different reality. Few schools have enough fully equipped classrooms to accommodate, for three days, 75 campers in a lab class and 150

other campers in demo classes, regular teaching classrooms, and outdoor oven building classes. This doesn’t even take into account facilities for 250 bakers to gather for meals and networking.

But even when we thought we had met that challenge, we bumped up against corporate America in 2010. Today, culinary schools large enough to accommodate the demands of Camp Bread are typically multi-campus educational corporations with serious liability concerns and their own contractual obligations with food service vendors, maintenance services companies, etc. We have learned in this process that once the numbers of participants and hours of facility use exceed a certain point, the negotiations start to involve many more layers of approvals, lawyers, and insurance agents.

The contract negotiation process took much longer than we anticipated, and, finally, we simply ran out of time to be able to settle on a venue and have enough time to plan an event of the caliber that The Guild stands for. We are confident that eventually we will find a site and forge an agreement with another institution to answer your requests for an East Coast Camp Bread. But at this time we need to be realistic and reset the target date to 2012 as we continue to develop our options.

The disappointment of having to push back Camp Bread for another year is offset by our commitment to sponsor a minimum of 12 regional events across the country for our members. We established this commitment with Women of the Guild in 2008, continued it with The Draft last year, and are proud that The World’s Fair of Bread classes have been wildly successful. We never imagined that almost 25 Guild members would venture



PHOTOS COURTESY OF THE CALIFORNIA PAISIN MARKETING BOARD (LEFT) AND ABRAM FABER (RIGHT)

to the wheatfields of Kansas for a mill tour. Over and over, our members respond to the quality of small group, hands-on education that the Guild provides.

We value the relationships we enjoy with the many institutions that generously partner with us on one- and two-day regional classes for 12-25 students. Our 2010 regional events have reached more than 250 members.

Future regional events will continue to offer a balance of education on bread baking basics for the endless stream of newcomers to our profession, with expanded class offerings teaching more complex skills and traditions to experienced bakers. The staff and Board committees are already planning now for an exciting slate of 2011 classes and tours.

We know that the energy and education and community building that went on at the past two camps was something really amazing for our Guild of passionate artisans. The Board is committed not only to making Camp Bread happen again, but also to “institutionalize” it to take place on a regular basis.

We will let you know as soon as Camp Bread finds a home for its next incarnation.

**CRAIG PONSFORD & ABRAM FABER**

Chairman of the Board

Vice Chairman  
of the Board and  
Camp Bread Director

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## PETER ENDRISS : MILAN, ITALY

**Peter Endriss is an American who recently returned to the US after living in Milan, Italy, for two years. He was formerly the Head Baker at Per Se and Bouchon Bakery in New York and has been a Guild member since 2005.**

### ? HOW DID YOU GET INTO BAKING?

From as far back as I can remember, I was fascinated with cooking and baking, and throughout high school and college, I always worked in food service in some



PHOTOS: COURTESY OF PETER ENDRISS

capacity. After graduating with a degree in civil engineering, I tried working in that industry for a few years but was constantly drawn back to restaurant work. Finally, I left engineering and began cooking on the savory side. I realized rather quickly that I preferred pastry and made the switch within a year. After a few years in pastry, I had an opportunity to stage in a bread bakery in my father's hometown in southern Germany and instantly fell in love with bread making. Upon my return to the US, I started working an overnight baking shift and have been a bread baker ever since.

### ? WHAT BREADS DO YOU BAKE? DO THEY INCLUDE ANY LOCAL BREADS?

I enjoy baking both savory and sweet breads and maintain a liquid levain at home, which I use often in all different types of bread. Some of my favorite breads are naturally-leavened, overnight fermentation breads and rye breads because they have such a complexity of flavor and they're different every time and always interesting. The only truly local bread (from Milan) I've made at home is the panettone, which, due to its long process and characteristic flavor, is one of my favorites to make.

### ? TELL US ABOUT THE LOCAL BAKING HISTORY OR TRADITIONS.

The breads that are truly "indigenous" to Milan and its region, Lombardia, are often made from very dry, heavily worked doughs that result in breads that are very crusty but not very flavorful. Panettone is the exception, which explains why it's one of the few breads known outside of Milan. Looking at Italian breads as a whole, there are some wonderful breads from other regions such as the Ligurian focaccia and the Pugliese pane di Altamura, which are still being made in traditional ways, often using pre-ferments and time-tested procedures.

TOP: Peter Endriss demonstrates artisan bread baking for Slow Food Milan. BOTTOM: Peter Endriss answers questions at a baking demonstration for school children in Milan.

### ? IS THERE A SPECIAL PRODUCT OR BAKING TECHNIQUE FROM YOUR COUNTRY THAT YOU THINK GUILD MEMBERS WOULD BE INTERESTED IN HEARING ABOUT?

I think that the procedure of making panettone is very particular and would be interesting to Guild members.

### ? ARE THERE ANY BAKING CHALLENGES YOU FACE DUE TO LOCAL CUSTOMS, CLIMATE OR CULTURE?

I have found it rather difficult to find a stage in a bakery here in Milan, because even when I've had some connection to a bakery, there seems to be a strong sense of protectionism that prevents the baker from wanting to share his "secrets." On the other hand, I have found much more interest in non-professional bread-making here in Milan than in New York and was pleasantly surprised by the level of participation and enthusiasm exhibited at the bread classes that I taught with the Slow Food Milan group.

### ? WHAT EXCITES OR INSPIRES YOU ABOUT BAKING?

The thing I love most about bread-making is the idea of taking four simple ingredients and creating something much greater than the sum of its parts. I really enjoy the pleasure people take in eating a good loaf of bread, and I like the fact that it's never the same. Working with a product that is alive makes it eternally challenging and therefore eternally engaging.

### ? HOW HAS MEMBERSHIP IN THE GUILD HELPED YOU WITH YOUR BUSINESS, YOUR GROWTH AS A BAKER, OR YOUR PRODUCT QUALITY?

Membership in The Guild has helped put me in contact with other bakers and many formulas and has facilitated an exchange that would have otherwise been nearly impossible. It has also helped create a strong sense of community among American bakers that I have yet to experience among the bakers of France, Germany or Italy. 🌟

# Bob Eggebrecht: Old Retired Baker

September 25, 1944 – June 20, 2010

I wanted to share a few words about my father, Bob Eggebrecht, who was a great man, a very great friend, and a great baker. My dad was not a formally trained baker but had such a tremendous grasp of the profession on so many levels that I continued to turn to him for advice daily, up until his death.

He was a professional baker and knew that his business had to earn a profit and that he was responsible for not only his welfare but for those who worked for him. He knew how to run a bakery like the best quarterback can run a team. Back in those days, everything was from scratch and by hand, and he ran his shop on the floor with his crew.

My dad was born into the baking business: his father and four uncles were all bakers. He began working at the bakery around the age of five, helping out with pans and

By **MICHAEL EGGBRECHT**

small chores, and by age 11 was opening the bakery before school.

During his younger years he witnessed many different styles of baking from family members who had branched out to open their own bakeries throughout the Midwest. At the time, long fermentation and highly hydrated doughs were the only way to produce bread, rolls and sweet doughs properly while maintaining any shelf life and flavor. My father kept up those solid practices all through his career.

In 1992, after 43 years, my dad sold the family business in our diminishing Midwest town and sought a steadier way of life at Walt Disney World. He felt happy and rejuvenated to join a team of good bakers again and relieved not to have to lead it.

In the past few years, many of you have grown to know my father, not only from



PHOTO: COURTESY OF MICHAEL EGGBRECHT

his messages in the Guild's Yahoo eGroup (where he signed himself as "Old Retired Baker,") but also from personal phone calls that he made to some of you. He would tell me about those chats and always cherished being able to help and learn from you. He valued the Bread Bakers Guild and deeply enjoyed being a part of it.

Bob Eggebrecht will be missed as a friend, as a dad and as a Guild member. Rest in peace, Old Retired Baker. ☀



## The Bread Bakers Guild of America is a proud sponsor of The Kneading Conference

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# THE SOUTH AFRICAN WHOLE GRAIN BREAD PROJECT

By DANIEL LEADER

Guild Member and Co-owner of Bread Alone Bakery,  
Boiceville, NY



**THE MULTICOLORED DOOR TO THE METAL SHIPPING CONTAINER CREAKS OPEN**

**TO REVEAL TWO SOUTH AFRICAN WOMEN PULLING HONEY-COLORED LOAVES FROM A SHINY OVEN. OUTSIDE THE NEWLY PAINTED DOORS, THREE CHILDREN MUNCH ON FRESH BREAD IN THE HOT, DUSTY COURTYARD OF NKOSI'S HAVEN. I STAND ASIDE AND WATCH, DRESSED IN MY BAKER'S PANTS AND CHEF'S COAT, WHILE A GROUP OF NEATLY DRESSED CHILDREN BEGIN TO GATHER AROUND THEIR MOTHERS AND OTHER COMMUNITY WOMEN WHO HAVE ASSEMBLED TO WITNESS THE FLEDGLING BEGINNINGS OF WHAT I CAUTIOUSLY HOPE WILL BE THE GATEWAY TO THEIR HEALTH, HEALING AND LIVELIHOOD: THE SOUTH AFRICAN WHOLE GRAIN BREAD PROJECT.**

I never imagined I would be on the forefront of the movement to help the victims of AIDS and poverty, and I certainly never thought that my love of baking would bring me to an AIDS refuge in Johannesburg, South Africa. But here I was, teaching my craft to this enthusiastic group of women, a loaf of bread in my hands and a smile on my face as I watched the loaves roll out.

Here is how I arrived at that point.

In April 2005 I had boarded a plane to South Africa to consult with that nation's largest supermarket, Pick'n'Pay, to develop a line of artisanal breads at their central bakery in Johannesburg. An old friend and colleague, Jimmy Riesenburger, whom I met during my five-year stint as a consultant at Wegman's supermarkets in upstate New York, had moved back to his home in Cape Town and was working for Pick'n'Pay. In the weeks prior to leaving, I had prepared myself by reading as much

as I could about the culture, history, and people of South Africa. The book that touched me the most was *We Are All The Same: the Story of Gail and Nkosi Johnson*, by Jim Wooten.

An excerpt of the book review in *Booklist*:

*In 1989, the year that [Nelson] Mandela was released from prison, a Zulu baby named Nkosi was born HIV-positive to a teen single mother dying of AIDS. Wooten, ABC News senior correspondent, tells Nkosi's family story of hope and heartbreak in a clear dramatic narrative that personalizes the apartheid politics as well as the present devastating statistics and the struggle against prejudice. At age 2, the sick little boy was taken in by a loving white family, and with the support of his activist white foster mother, Gail [Johnston], he became a famous public figure in the battle against discrimination. He won the legal right to attend school. At 11, shortly before he died, he gave an electrifying speech to an international audience. Wooten gets close to the dying child and his white family, and he writes passionately about Gail's fight and about President Mbeki's absurd denial that has enraged the health profession. Most haunting is the breakup of black family life stretching back across generations, the desperation of the teen that gets AIDS and gives it to her son.*

- Hazel Rochman

The night before I left, I was visiting my friends, Mark and Lisa, at their farm north of New York City and shared with them my reactions to this touching story. To my surprise, Mark told me that

Lindewe, Chengeto, and Esnath, bakers from the South African Whole Grain Bread Project, pose with some of their whole wheat bread. The bakery can produce 200 loaves per hour.

Gail Johnston was a friend of his, and he gave me her cell phone number.

I called Gail two days later, as soon as I arrived at my hotel in Johannesburg (Jo'burg to the locals): "Hi, Gail, this is Dan Leader, a baker from the U.S. I'd like to come do some volunteer work at Nkosi's Haven [Gail's creation: a home for destitute, HIV-positive mothers and their children] while I'm in town."

"Darling," she said in her long, slow South African accent, "don't just come to visit - come and teach the moms how to make whole wheat bread. The stuff they eat is just disgusting, and they need all the calories they can manage."

A couple of days later I gathered the ingredients for my class and called a cab to take me to Nkosi's Haven, located in central Johannesburg. The ride to Nkosi's was a glimpse into real life in South Africa. We passed rich and opulent suburbs, luxurious homes with pools and well-manicured gardens behind high walls bejeweled with security cameras, and headed towards central Jo'burg. We drove past Alexandria, a massive squatters camp filled with hundreds of thousands of tin shacks, and Hilbrow, a dense downtown

PHOTO: DAN LEADER



area considered the one of the most dangerous in all of South Africa – and South Africa is considered one of the most dangerous countries on earth.

When we arrived, the cab driver gave me a look like “Buddy, do you really want to be here?” I assured him that this was the place where I was supposed to be.

Nkosi’s Haven is located in two old houses in a gritty area in central Jo’burg. I unloaded my bags of flour and went inside. Gail hugged me like a lifelong friend and called the moms and kids into the simple kitchen.

As I have done hundreds of times before in dozens of kitchens, large and small (I’ve taught baking at the Culinary Institute of America, the French Culinary Institute and the Institute of Culinary Education as well as many small schools across the country), I stood in front of my class and took a deep breath. All the moms were either HIV-positive or suffering from full-blown AIDS. The kids were dressed neatly in worn clothing and were looking at me with an endearing mixture of curiosity and confusion. I began explaining how to make a simple whole wheat loaf. We kneaded and shaped and baked as a group, and by the end of the class, the room was filled with smiles and the smell of warm bread.

As I was leaving, Gail looked at me and said, “We should build a bakery for the moms to run!”

In that instant, the idea for the South African Whole Grain Bread Project was born.

Over the next five years I commuted every three months to South Africa, and I’ve now been there 19 times. As promised on my contract, I worked at Pick’n’Pay, training young people from all over South Africa in the art of artisan hearth baking at their central bakery, and I worked with Gail and many other enthusiastic people both at my bakery, Bread Alone, and in South Africa, to design a model of a small bakery the moms could run.

The logistics of bringing together the necessary equipment for the bakery and providing training for the moms took

a great deal of mental gymnastics and dealing with international red tape, but we were all determined to get the project off the ground. It’s a long story with many stops and starts, but in the end we built a modern bakery in a grey steel shipping container which then traveled overland to Nkosi’s Village, where it was installed and promptly painted in vivid colors by the residents.

Macadam’s Baking Systems in Cape Town and Container World, a company that transforms containers into all kinds of mobile businesses, were both generous and instrumental in the creation and mobilization of the container. In order to raise funds, we promoted the Whole Grain Bread Project at Bread Alone Bakery. We were invited to enter an international small business competition in the Netherlands called the Business in Development Challenge, where we won second prize amidst several thousand entries from all over the world.

The bakery in the multi-colored container sits at the entrance of Gail’s newest venture, Nkosi’s Village, which is home to 100 mothers and 180 children. The bakery can produce 200 fortified whole wheat loaves per hour and can accommodate four bakers per shift. We are feeding the community as well as selling bread to stores and a farmers market. We have plans and donors for a second bakery in Cape Town and are raising money for a third bakery at McCord Hospital in Durban.



PHOTO: DAN LEADER



PHOTO: COURTESY OF DAN LEADER

TOP: Thepelo, Samkelo, and Eugene, three of the 180 children in Nkosi’s Village, give an enthusiastic review of the bread their mothers have baked. BOTTOM: Gail Johnston and Dan Leader are pictured outside the multicolored container bakery in Nkosi’s Village. The tiny bakery is fully functional and can accommodate four bakers at a time.

Poverty, AIDS, war, hatred and natural disasters all strike hard. As Westerners who are privileged to move about freely and comfortably, we are often challenged to help. I would love to get help from interested bakers who would like to contribute their talents, or individuals or companies who can help with funding. Contributions can be made through our website, [www.sawgbp.com](http://www.sawgbp.com). ☀

*For more information about Nkosi’s Haven and Village, please visit [www.nkosishaven.org](http://www.nkosishaven.org).*

By **MARKUS FARBINGER** Co-founder, Ile de Pain & Mon Petit Pain, Thesen Islands, South Africa

# MOSBOLLETJIE: A TRADITIONAL BREAD FROM SOUTH AFRICA



**I FOUNDED ILE DE PAIN BREAD & CAFÉ WITH MY PARTNER, LIEZIE MULDER, ON THE THESEN ISLANDS, NEAR THE SMALL COASTAL TOWN OF KNYSNA, SOUTH AFRICA.**

At first we built a wood-fired oven, according to the plans of the late Alan Scott, with the idea of making bread for the town as the “village baker.” After eight years, due to Liezie’s skill and experience, it evolved into a full breakfast and lunch restaurant, complete with wine list, desserts and chocolate and over 40 employees.

Last year we added Mon Petit Pain in the business area of the town. It is our “slow food fast” concept for busy business people. Our guests are local and very loyal, but we attract food enthusiasts from all over the world. It is a place filled with love. The ingredients are local (except the chocolate) and natural. The staff is friendly and relaxed; many of them have been with us since our humble beginnings. We are activists by not serving things like soft drinks and, more importantly, by supporting the local growers and providers as much as possible.

Our story of “mosbolletjies” takes place in the southwestern corner of South Africa. The Cape Province of South Africa has a wine making tradition over 300 years old. As an important outpost for various excursions by European conquerors and traders, the region around Cape Town grew rapidly and gained importance over the centuries. It was a critical port for the British and Dutch East India Companies’ journeys to and from Asia, transporting exotic goods and other, less appropriate cargo. Today this region is the food and wine destination of South Africa.

Wheat is grown in the southwestern and southeastern Cape region just over the hills from the cool ocean, and in the Freestate (a province in central South Africa). Rye is cultivated in the cooler and wetter mountain regions of the Cederberg, just north of the Cape. For the baker, there are plenty of old wheat varieties still intact, especially on the small farms which have been “overlooked” by the centralized government of the last half century.

**FARMERS FOREVER:  
KATIE AND MICHAEL  
VAN STADEN**

Katie and her husband, Michael, are quiet, traditional, sincere people who as farmers worked and lived off the land (“the veld”) for 40 years near the town of Kroonstadt in the Freestate province. On their

Markus Farbinger and Katie van Staden with cooling loaves of mosbolletjies.



1,600 hectare farm they focused on dairy, chickens, wheat and corn. They retired in 1996 to Herold’s Bay, a spectacular beach and holiday destination near the town of George.

Katie uses around 150kg of flour for her Saturday Market breads and cookies. Michael is always with her at the farmer’s market. At home he is responsible for the shaping of the mosbolletjies during the very busy holidays. He also produces another local favorite, ginger beer, in which he uses a small portion of Katie’s liquid ferment to get the bubbles going.

I am a neighbor at the market (and always interested in local food), and that’s how it all started. Katie was kind enough to share her famous recipe with me. She invited me to her house for the weekend to see it all. Michael cooked up his famous chicken pootjiekos, and he had most of his family around to enjoy it.

It was very interesting speaking to Katie, between the many hours of fermentation, about the history of South Africa, the times, the changes whether political or social.

Truly relevant for this report is the fact that it was not a professional organization that kept the artisanship of baking alive. It was the Woman’s Agricultural Union of South Africa – or in Afrikaans, Vroue Landbou Unie – homemakers and



PHOTOS: COURTESY OF MARKUS FARBINGER

wives of farmers who continued the professional spirit amongst themselves. Several times a year they met for local or town-wide competitions. The best teams moved to the provincial level. These competitions covered such “professions” as floral design, tailoring, needlework, food preservation, wedding cakes, and other disciplines. At the annual national competition the champions were determined in teams and individually.

The Bread Bakers Guild of America has created the same structure to motivate, teach, train, and to create a healthy competitive spirit amongst colleagues to sustain this wonderful work that benefits society and continues a classic tradition.

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#### **THE MOSBOLLETJIE (PRONOUNCED MOSS-BOLLY-KEY)**

Mosbolletjie, little rolls made with or from lees, draws its name from the original leavening agent, the sediment also known as the lees, from the wine making process which collects at the bottom of the barrel after the wine has been removed.

Katie's version uses its own ferment generated from the hanepoot grape. Once dried, it is a rather sweet and large raisin found in the Western Cape Region. Hanepoot, also known under a fancier name as Muscat d'Alexandrie, was probably developed from Spanish grape cuttings introduced to South Africa by Jan van Riebeck in the 1650s. It is used for the production of sweet and fortified wines, table grapes, and for raisin production.

The hanepoot grape, considered an “ancient” varietal, originated in North Africa, and the name is probably derived from its association with ancient Egypt. Interesting that bread, as we know it today in its leavened form, had a similar birthplace.

The closest version of the mosbolletjie would be the Austro-Hungarian Buchtel. From a texture point of view, it would be closest to the panettone, albeit not quite as delicate. Mosbolletjies are individual rolls placed, touching each other, into loaf pans. The rise is mainly vertical, which creates the characteristic stringiness of a Buchtel and panettone. The additional flavour of anise has its origin in the Dutch/Asian tradition.

Another specialty Katie brings to the market is dried mosbolletjies, called rusks. This is a great use for leftover mosbolletjies. Each roll gets torn off the large loaf, is cut into quarters (the long side) and then dried on a rack or stacked like shingles on a roof (to make sure that they can dry from all sides evenly). It is very important to keep the oven door slightly ajar or open the steam exhaust (in a professional oven). Twelve hours of drying at 90°C (194°F) should suffice.

The dry rusks can be stored airtight or wrapped. They are a welcome snack anywhere, anytime, and a wonderful addition to the retail shelf. They are delicate and great for dipping in coffee. I have never tried dipping them in chocolate, but I am sure that would also work well! ☀

*For more information about Markus Farbinger and Liezie Mulder's bakery and café, visit [www.iledepain.co.za](http://www.iledepain.co.za)*

## BREADS FROM SOUTH AFRICA

Other breads unique to South Africa offer an insight into the baking habits of the early settlers. Though not practical for a bakery to produce, they may have application for a farmers market, a campfire, or the next time you grill in the backyard. They usually involve very basic wheaten, lean yeast dough.

#### **STOKBROOD (stick bread)**

A lean dough is rolled out to about 1cm thickness, cut into 2 - 3cm strips, washed with a bit of water and wrapped around the tip of a yard-long broomstick, and baked over coals. The strips must be overlapping to make sure that the finished “tube” stays together once the stick has been removed. Stokbrood is often drizzled with butter and honey or eaten with savory dishes.

#### **ROESTERKOEK (roasted bread)**

An individual-sized ciabatta baked on a grill over coal, eaten with butter and jam, or more classically, filled with a curry. It is becoming very popular at farmers markets.

#### **ASKOEK (ash bread)**

A bread that is placed into hot ash for baking. Brush off the ash before eating!

#### **POTBROOD (pot bread)**

A simple wheaten bread baked in a cast iron pot on coals. Hot coals are also placed on the lid to create top heat. It can also be baked in a conventional oven. Sometimes the crust is cut off if the outside gets too dark. The trick is to “fill” the pot with dough when it is already amply pre-heated.

# KATIE'S MOSBOLLETJIE

Although she was not too worried about sharing her formula, as her customers or competitors would only find out the great effort and skill she places in each of her batches, I personally would like to ask each person who attempts the formula to name it after Katie.

## THE STEPS OF THIS MOSBOLLETJIE FORMULA

The recipe is divided into four steps:

- ① Three different broths – raisin, potato, and hops to be used to start a liquid ferment or to feed a small leftover portion of previously made liquid ferment
- ② A liquid ferment – the mother or chef (either continuously fed or started anew)
- ③ A liquid sourdough – one could consider this an elaboration
- ④ The final dough – with long bulk fermentation and no folding

All bakers will be relieved to know that the liquid ferment can be stored in the refrigerator for at least 4 weeks.

## THE HANEPOOT BROTH

Split the amount of Hanepoot raisins asked for in the recipe into two piles. In one pile each raisin is cut into halves to create a larger surface area, while the raisins of the other pile stay whole. The cut and the whole raisins are then gently

boiled for about 15 minutes. The reason for the boiling of the raisins is not known, but I imagine that it is meant to leach out more of the internal substances from the raisins. The raisins and their natural sugar may be the main inducer of the fermentation, as in many raisin starter recipes. In this recipe we boil the raisins. Would that not kill off any active ingredients? In any case the boiled broth, together with the raisins, is used for the liquid ferment.

## THE POTATO BROTH

Potatoes, another classic inducer of fermentation, are boiled in water until they are soft and fall into chunks. The entire liquid together with the potatoes (pushed through a sieve) is used for the liquid ferment.

Potatoes used in bread are also known to enhance the texture and moisture of enriched breads.

## THE (MORE UNUSUAL) HOP BROTH

Hot water is poured over the hops (in pellets) and gently simmered for about 5 minutes. Once cooled to working temperature, the liquid is poured off for dough production and the settled hops are discarded. I had never heard of hops being used in dough production. The natural antibiotic properties of hops extend the shelf life of beer, and presumably, the mosbolletjie. It also gives the characteristic aspect of bitterness (the opposite of sweet) to the bread, adding to the final flavour complexity of this bread.

## THE “SUGARED” LIQUID FERMENT

The finished broths are allowed to cool and combined with sugar, flour and liquid ferment leftover from the last batch. The final temperature should be about 30°C. It is poured into a glass jar and stored with a loose cover at about 30°C for 24 hours. If one starts the liquid ferment from scratch (without leftover from the previous batch), the fermentation may take an additional 24 hours, for a total of 48 hours.

The raisins will rise to the top once the fermentation is complete. After about half of the raisins have been removed and discarded, this liquid, active starter

Katie “plucking” mosbolletjies.



can now be sealed airtight and stored up to 4 weeks in a refrigerator. This is really convenient as the liquid starter takes quite a few steps and close monitoring.

I see a similarity to making ginger beer or the Austrian specialty of elderberry blossom sparkler.

## THE “SUGARED” SOURDOUGH (OR SUURDEEG IN AFRICAANS)

The ripe liquid ferment is mixed with flour, sugar and warm water to yield a very liquid sourdough, similar to a poolish. Use a whisk to combine the ingredients. Either prepare or pour the sourdough mixture in a tall, narrow container loosely covered with a lid and ferment for about 8 hours at 26°C. When ready to use, the sourdough looks like a ripe poolish. The volume has about tripled and the bubbles on the surface keep popping softly. As with a poolish, the sourdough should not be receding and leave a “high water mark.” Once the fermentation is successful, taste the ripe sourdough. It is almost a delicacy on its own. The flavors and aromas of banana, vanilla, port wine, yogurt, and green tea are clearly present. This was quite an exciting discovery.

Interestingly, Katie van Staden uses plastic covers and a heating blanket in the cooler winter months to keep her vats of sourdough and buckets of dough at fairly constant temperature. I am sure many home bakers will put this clever idea to good use.

## THE FINAL DOUGH - OR - “FINALLY THE DOUGH!”

The final ingredients besides the flavorful and complex sweet sourdough are milk, sugar, butter, eggs, condensed milk and lemon juice, flour, salt, and whole anise seeds.



PHOTOS: COURTESY OF MARKUS FARBINGER

Katie's anise seeds grabbed my attention, as they were drop shaped and very mild and creamy tasting. I'm not sure what variety they were. The addition of condensed milk as well as lemon juice raised my eyebrows. I was curious to find out how these ingredients would affect the final outcome.

After mixing (Katie mixes vats of about 12kg of dough by hand at a time) the remaining ingredients into a medium firm consistency, the dough temperature should be 30 - 32°C. This is quite high for most artisan bakers.

Katie divides the dough into two manageable buckets of about 6kg each and covers them with plastic and the heating blanket to maintain an overnight fermentation temperature of 26 - 28°C (78.8 - 82.4°F).

After 10 - 12 hours of fermentation the dough has developed fully. It must not be on the verge of falling but rather be plump and bulging. There was no folding involved. The dough gets "plucked" into 100g rolls, rounded and tightly placed into loaf pans that have been lined with baking paper. Katie uses roasting bags cut to size and attaches them with a light touch of oil to the mould. She re-uses them several times. She does not like the "fatty" crust which stains paper and fingers.

After a final proof of about 4 hours at 28°C (82.4°F), the dough has risen well above the edge of the loaf pan. An egg wash made of milk and eggs is applied before the loaves are baked for 60 - 70 minutes at 160°C (320°F). The loaves are allowed to rest for about 5 minutes before they are gently turned out and placed on a cooling rack. This is a light, yet substantial sweetbread served as a snack with milk, coffee or tea.

After the loaves cool, Katie wraps them carefully in plastic wrap. Well stored, the mosbolletjies last 8 days at room temperature. They also freeze extremely well. ☀

**NOTES**

• Old Mosbolletjies can be sliced or quartered and placed on a cooling rack and dried at 90°C (194°F) for 12 hours with open damper (very important to retain delicate crispness).

• They can be stored in a closed tin for months.

**PROCESS** Mosbolletjies

**Raisin Broth**

: Boil water with raisins on low heat for 15 minutes – use all

**Potato Broth**

: Boil potatoes until soft – use all

**Hop Broth**

: Pour boiled water onto hops and simmer for 5 minutes; strain out the hops

**Liquid Starter**

: Blend ingredients together – final temp 30-31°C (86-87.8°F)

: Put in wide mouthed glass jar; cover loosely with cloth

: Cover with plastic and warming blanket or place in proofbox at 30°C (86°F)

: Ferment for 24 hours.; raisins will rise; discard 50%

: Use or close container tightly with lid and store in refrigerator for up to 6 weeks

**Sourdough**

: Add sugar to flour

: Add warm water – 37°C (98.6°F)

: Stir in liquid starter

: Whisk together; cover loosely; final temperature 30°C (86°F)

: Ferment 8-9 hours at 26°C (78.8°F); do not disturb

**Final Dough**

: Bring milk to a boil; add sugar and dissolve

: Add butter to milk mixture and dissolve; final temp 35°C (95°F)

: Combine eggs, condensed milk and lemon juice

: Sift flour; add salt and anise seed

: Add milk mixture; egg mixture and sourdough

: Mix into smooth; medium firm dough for 10 min slow speed

: Final temperature 30°C (86°F); Room temp 26°C (78.8°F)

: Ferment 10-12 hours at 28°C (82.4°F)

: Divide into 100g units; shape round

: Line baking pan 35x10x8cm with baking paper or silicone sheets cut to size

: Place 2 rows of 8 rounded dough pieces into pan (16 per pan)

: Proof for 4 hours at 28°C (82.4°F)

: Brush with egg wash (150g milk; 1 egg)

: Bake at 160°C (320°F) for 60-70 minutes

**RAISIN BROTH**

Total Desired Soaker Weight		2.400 kg
Ingredients	%	kilograms
Hanepoot Raisins*	100.00%	0.400 kg
Water	500.00%	2.000 kg
<b>Total</b>	<b>600.00%</b>	<b>2.400 kg</b>

\*The Guild tested this formula using raisins commonly found in the US, and the formula worked fine.

**POTATO BROTH**

Total Desired Soaker Weight		1.600 kg
Ingredients	%	kilograms
Potatoes, peeled & cut in pieces	100.00%	0.600 kg
Water	166.67%	1.000 kg
<b>Total</b>	<b>266.67%</b>	<b>1.600 kg</b>

**HOP BROTH**

Total Desired Soaker Weight		1.010 kg
Ingredients	%	kilograms
Hops, dried	100.00%	0.010 kg
Water	10000.00%	1.000 kg
<b>Total</b>	<b>10100.00%</b>	<b>1.010 kg</b>

**FORMULA FOR PERPETUATION OF THE LIQUID STARTER**

Total Dough Weight (TDW)		5.653 kg
LIQUID STARTER		
Ingredients	%	kilograms
Total Flour	100.00%	0.300 kg
Wheat Flour	100.00%	0.300 kg
Sugar	133.33%	0.400 kg
3 Broth Mix, equal parts	1500.00%	4.500 kg
Old Liquid Starter	151.00%	0.453 kg
<b>Total</b>	<b>1884.33%</b>	<b>5.653 kg</b>

**MOSBOLLETJIES**

Total Dough Weight (TDW)	10.910 kg	Total Flour Prefermented	10.34%		
Ingredients	TOTAL FORMULA %	kilograms	SOURDOUGH %	kilograms	FINAL DOUGH Ingredients kilograms
Total Flour	100.00%	5.800 kg	100.00%	0.600 kg	5.201 kg
Wheat Flour	100.00%	5.800 kg	100.00%	0.600 kg	Wheat Flour 5.201 kg
Water	4.48%	0.260 kg	43.35%	0.260 kg	
Sugar	23.10%	1.340 kg	56.69%	0.340 kg	Sugar 1.000 kg
Milk	30.17%	1.750 kg			Milk 1.750 kg
Butter	8.62%	0.500 kg			Butter 0.500 kg
Eggs	3.45%	0.200 kg			Eggs 0.200 kg
Condensed Milk	6.90%	0.400 kg			Condensed Milk 0.400 kg
Lemon Juice	1.03%	0.060 kg			Lemon Juice 0.060 kg
Salt	0.86%	0.050 kg			Salt 0.050 kg
Anise Seed, whole	0.86%	0.050 kg			Anise Seed, whole 0.050 kg
Liquid Starter (seed), strained	8.62%	0.500 kg	83.37%	0.500 kg	
					Sourdough 1.700 kg
<b>Totals</b>	<b>188.09%</b>	<b>10.910 kg</b>	<b>283.41%</b>	<b>1.700 kg</b>	<b>10.910 kg</b>

\*The Guild tested this formula using a HRW, 11.7% protein white flour, with success.

# THE MYSTERIES

## of Sfogliatelle

By **CHRISTY TIMON**

Guild Member and Co-owner,  
Clear Flour Bread, Brookline, MA



**B**iagio Settapani's class was an interesting and product-dense view into the tradition-filled world of Italian holiday baking, a world where almost everything has a symbolic link to Italian history, culture, and religion.

Biagio is a wonderful, generous, bear of a man who, as his friend Robert Ellinger said, "looks like a hit man, but is a Master Baker instead." He grew up baking in the Sicilian tradition, as practiced in Brooklyn, New York, starting at the age of 13 as an apprentice in a small pastry shop. His talents and interests took him back to the "homeland" to complete his understanding of some of the most complex processes in Italian baking, including panettone. Today, together with his family, he also runs two Patisserie Bruno Bakeries on Staten Island.

This class was an opportunity to watch someone work with the beauty, economy of motion, and assurance that comes only

from long repetition and deep familiarity. How could you go wrong learning baking from a man whose last name translates to "seven breads"?

The class began early in the new Culinary Arts building at Johnson and Wales in Providence, RI. We took one look at the white board and knew we had a lot of work ahead of us:

- Boboloni (a doughnut)
- St Joseph Zeppole
- Sfinge
- Baba au Rum
- Easter Sweet Bread
- Pandolce Genovese (Christmas 'cookie')
- "S" Breakfast Biscotti
- Regina Cookies
- Struffoli (honey balls)
- Panettone (Alto Genovese Style)
- Pizza Rustica (deep-dish meat and ricotta torte)
- Pastiera di Grano (Easter Ricotta Grain Pie)

We spent the first two hours scaling out the ingredients, assisted by Richard Miscovich and Robert Ellinger. Over the next two days, Biagio demonstrated the mixing and makeup of each of the products on the list.

And if the list of products was not long enough already, at the request of one of the attendees, Biagio added sfogliatelle, the clam shaped, super-crisp pastry that is filled with choux and pastry cream. It looks as if it was made from puff dough, but it is impossible to tell how. This went beyond anything in my baking experience.

Taking this class solved a few mysteries and created others by exposing me to things I didn't even know I wanted to make. Seeing the sfogliatelle go from mix to bake was like seeing an impossible journey made real. The mix was of the firmest lean dough that was combined

just until the dough came together and then developed on a sheeter.

Then the dough was given two 3-folds, sheeted to the thinnest setting and rolled up on a rolling pin. Beginning with the free end tapered to a point, Biagio began rolling it up again while liberally slathering it with shortening. He moved quickly so the pin-rolled body of dough didn't stick together and finished with a tube of dough 4 to 5 inches in diameter and about 2.5 feet long. It was like watching him wrestle with a boa constrictor!

The dough was given an overnight refrigerated retard, followed the next day by elongation of the tube by two people gripping it and pulling-sliding their hands along its length to make a narrower, longer tube. This was then sliced into ½" thick disks, and we worked these individually to coax a clam shape from the disk, bending and smoothing the swirled layers without breaking them. This "cup" was then filled with choux paste and the pastry laid on its side, the open edges coming together to enclose the choux. While baking, the pastry extended itself, blooming, with the layers separating and browning, and the choux making an invisible void in the center. The final crowning touch was adding pastry cream to the center; the crust shattered as it yielded to the soft, cool interior. It's hard to describe how good this was and how amazing it was to witness the transformation from rough dough to a high-art pastry.

At another point in the class, we were treated to a demonstration of "air shaping" of the super soft baba au rum dough. The dough never touched the table! Biagio took up a volume of dough in one hand, and by repeatedly letting it slide through his hand, tossing it up and catching it, he stretched the piece of dough, pinched it off and placed it in a pan. A large number



Clockwise from upper left:  
St. Joseph zeppole, struffoli, boboloni,  
baba au rum, sfogliatelle.

of small molds were filled in a matter of a minute or two, and they baked off evenly.

We also touched on the sourdough initiated panettone in the Alto Genovese Style. Biagio took us through the care and refreshment of the Madre: three feedings a day at four-hour intervals with compression storage overnight. We began the class with the refreshment of the Madre after its overnight rest, and returned to refresh it twice more before using a portion to initiate the panettone

12 hours later. The heavily fruited bread proofed overnight and was just baking at the start of our second day of class. What a nice way to start the day!

The first thing I experimented with when I came back to my bakery was the Pizza Rustica, which everyone loved, so we are sharing the formula for it here.

It was a wonderful class, both inspiring and delicious. Our customers will benefit directly from Biagio's great generosity. ✨

## ITALIAN HOLIDAY BAKING

May 15 - 16

### Hosted by

Johnson & Wales University  
Providence, RI  
Richard Miscovich - Liaison

### Instructor

Biagio Settepani



## Pizza Rustica

Contributed by **BIAGIO SETTEPANI**

### CRUST PREPARATION

- Mix together sifted flour, vegetable shortening, butter and salt.
- Add slowly whole egg.

PIZZA RUSTICA CRUST			
Total Dough Weight (TDW)		3.114 kg*	
TOTAL FORMULA			
Ingredients	%	kilograms	
Pastry Flour	100.00%	1.700 kg	
Vegetable Shortening**	40.00%	0.680 kg	
Butter (Plugra)	13.40%	0.228 kg	
Salt	0.40%	0.007 kg	
Whole Egg	29.40%	0.500 kg	
<b>Total</b>	<b>183.20%</b>	<b>3.114 kg</b>	

\*Yield: 9 plus a little left over.

\*\*For an all butter dough: use 50% plugra, 28% egg, cut cold butter into flour, add egg. Mix just enough to bring together, chill, let rest and continue with next step.

PIZZA RUSTICA FILLING			
Total Dough Weight (TDW)		7.320 kg*	
TOTAL FORMULA			
Ingredients	%	kilograms	
Arborio Rice, raw (0.453 kg rice + 1.360 kg H2O)	100.00%	1.600 kg	
Ricotta Impastata	171.88%	2.750 kg	
Grated Parmesan Cheese	12.50%	0.200 kg	
Salt	to taste		
Black Pepper, ground	to taste		
Chopped Parsley	1.00%	0.016 kg	
Mozzarella (for pizza, drier style) 3/4" dice	42.50%	0.680 kg	
Diced Salami, small dice (@4" diam sausage)	42.50%	0.680 kg	
Dry Sausage, thin sliced (@2" diam sausage)	21.25%	0.340 kg	
Sliced Prosciutto	28.38%	0.454 kg	
Whole Egg	37.50%	0.600 kg	
<b>Total</b>	<b>457.50%</b>	<b>7.320 kg</b>	

\*Filling for 9 plus a little left over.

- Planetary Mixer: With paddle, mix well, do not over mix.
- Refrigerate 2-3 hours.
- For 6" x 2 1/2" mold, scale 226g bottom and 100g top.
- Roll out bottoms and line shells.

### FILLING PREPARATION

- Cook rice. Boil water, add rice, stir 1x, simmer for 20 minutes. Then fluff. Cool completely.
- Mix ricotta with Parmesan cheese, rice, salt, pepper, parsley. Reserve.
- Slowly add egg to desired consistency, medium soft.

- Mix together in a bowl the cubed sausage and the mozzarella.
- Fill 1/3 prepared shell with ricotta filling, with 200g, then starting with the thin sliced sausage, a meat layer, 50g ricotta filling, the diced meat and cheese with prosciutto on top, and finish with 200g ricotta filling.
- Top with pre-rolled top crust, trim edges with scissors and roll excess in to make edge. Prick top, eggwash twice.
- Bake at 350°F for 30-45 minutes. (325°F convection oven.) ✨



TOP LEFT: Assembling Pizza Rustica. TOP RIGHT: A slice of Pizza Rustica. BOTTOM: Pizza Rustica before slicing.

PHOTOS: ABRAM FABER

# BEYOND NAAN

**R**ohit Singh, Guild member and instructor for The Guild's Indian Bread Craft class, is the chef/owner of the award-winning Breads of India & Gourmet Curries in the San Francisco Bay Area. He regularly travels to remote areas of India to search for and document herbs and spices, lost recipes, and cooking techniques. Singh has introduced more than 175 breads from the Indian sub-continent at his restaurants, and is currently working on a book on classical and regional cuisine of India. In this class, he taught students to make tandoor-oven baked naans, kulchas and chapatis, deep-fried pooris, and filled parathas cooked on a griddle top. ✨

## BREADS OF INDIA

June 5 - 6

### Hosted by

California Culinary Academy  
San Francisco, CA

Mike Kalanty - Liaison

Breads of India Restaurant  
Oakland, CA

Rohit Singh - Liaison

### Instructor

Rohit Singh



1



2



3



4



5



6



7

1 Guild member Alan Cohn displays the paratha dough he mixed. 2 Class instructor Rohit shows the class rounded dough to be rolled out to make paratha. 3 Chef Instructor Rohit Singh preshapes the paratha before rolling with a pin. 4 Alan Cohn rolling out paratha dough. 5 Guild member David Colker brushes ghee (melted, clarified butter) over the just griddled paratha. 6 Chef Singh demonstrates preshaping for a stuffed flatbread called Punjabi Keema paratha. 7 Chef Singh stuffing paratha dough with seasoned ground lamb to make Punjabi Keema paratha.

PHOTOS: BRIAN WOOD

# ALBANY MILL EXCURSION

## Horizon Milling Tour

By **TOD BRAMBLE**

Guild Board of Directors and King Arthur Flour Company, Norwich, VT

The Horizon Milling mill tour took place on a rainy day, June 9, at their facility in Albany, New York. As one of the organizers of the tour, I was really hoping that the composition of the group would be a good mix of bakers from all over the Northeast. As the cars started arriving and people began to check in, it became apparent that I got the group I was hoping for. People were driving in from just about every state in New England and New York and New Jersey as well. We had serious home bakers and bakers from small and large bakeries. This is what we were hoping for, because not only would we have a chance to learn about flour milling, we would also have the opportunity to learn from each other.

After coffee and pastries and introductions, we sat down and got started. One of the logistical challenges of holding a tour at such a large mill is the noise factor: it is almost impossible to hear when the mill is running. Shutting down the mill for our tour was not an option.

So we began with a milling overview given by Tom Crell, Technical Service Representative for the Eastern Region. Tom ran through the major topics of milling and answered questions. After a short break we dove into the specifics of the Albany Mill. Ted Piel, Assistant Facility Manager, presented a great overview of how this particular mill is laid out and offered insights into some of the challenges presented by milling such a large quantity of wheat while maintaining the tight specifications that each of their customer's demands. This was important, as we could see the whole layout (the

"flow") before we entered the mill and got into walking up and down the various floors, each dedicated to a particular step in the process.

We then broke into two groups, with one group led by Ted through the mill and the other group led by Aaron Whitcomb, Quality Manager, through the quality lab, the warehouse and packing line.

I think everyone was glad we'd had the overview. By the time we had put on hard hats and ear protection, it was tough to hear, and the tight spaces made it difficult to gather around Ted when he was speaking. At several points along the tour, Ted stopped and pulled out a sample from the bottom of a sifter box or under a set of mill rolls so we could see the separations that were happening at various points in the process.

In the lab, where they maintain customers' specifications and stay on top of quality in general, it was much easier to talk, and everyone had many questions for Aaron. We could have easily spent two hours there, and Aaron is a wealth of knowledge

about a part of milling that most bakers agree they need to know more about.

It was a fantastic tour, hosted and led by a very gracious group of dedicated people. After everyone had left and I was saying my goodbyes and thank yous, the mill's General Manager, Alois Hollenstein, expressed how grateful he was to have had the opportunity for his people to meet bakers, many of whom use their flour. Just as bakers can often feel a disconnect with the source of their ingredients, the millers can experience the same lack of connection. With tours like this, both groups are better able to understand the challenges the other faces. ✨

*The Horizon Mill Excursion is one of three Mill Tours presented by The Guild this year. Guild Members will tour General Mill's Avon mill on October 12.*

### MILL EXCURSION

June 9

#### Hosted by

Horizon Milling, Albany, NY  
Karen Horton - Liaison

#### Mill Tour Leaders

Tod Bramble  
Tom Crell



Albany Mill Excursion participants pose for a photo with tour leaders Tom Crell (front row, third from left), Tod Bramble (third row, third from left) and facility liaison Karen Horton (front row, far left).

PHOTO: ALOIS HOLLENSTEIN

# ARTISAN BREAD 101

By **DEL WONG** Guild Member and Serious Home Baker, Honolulu, HI

In June 2010 my daughter Marie and I flew from Hawaii to San Francisco to participate in The Guild's Master Class, Introduction to Artisan Bread, at the San Francisco Baking Institute. Marie is enrolled at a baking/culinary degree program at a local community college and has been baking for just under a year. I'm a home baker, and for the past four years I've baked at least two loaves of bread every week.

My baking is self-taught, from books and online videos. I realized early on that not only was I baking in total isolation, but also that whatever baking skills I acquired were crude and unrefined from a lack of guidance from an experienced baker. I decided that the Guild class was exactly what I needed.

On Saturday morning at 8:00am sharp, we arrived at SFBI in South San Francisco. It was a bit intimidating at first, walking into that huge interior space! But as the day went on (class ended around 4pm each day), things became familiar, and by the conclusion of the workshop it really felt as if we were leaving home!

We were told that this introductory course was the equivalent of SFBI's Artisan Bread I and Artisan Bread II (10 days of instruction) distilled into a two-day workshop.

By the end of day two, my mind was almost numb with all the information presented. Luckily, I took a whole bunch of written notes, and the course binder included all PowerPoint class material, plus bread formulations and supplemental info.

Our instructor, Miyuki Togi, was excellent, and she does know her stuff. She was always open to answering questions privately during breaks. I would say that the ratio of class

lecture (theoretical) to hands on your bread dough (practical) was about 50-50 with perhaps a slight leaning towards practical. Our particular class of 11 students included five professional bakers. For me this was a perfect mix, as the more professional questions they asked Miyuki helped me understand bread baking more intimately.

The most fun for me was interacting with the other students and being in the hands-on "laboratory." Most of the breads we baked consisted of just flour, water, yeast and salt. But I've learned more (a LOT more) about how to develop flavor in a consistent and orderly way - using sourdough and diastatic malt, for instance. I've also learned how to shape/form my breads properly.

Miyuki said that skill with bread scoring, to break out that open crust, comes with practice. Oh, gosh, what a punishment! Excuse me while I go back to practice baking a lot more yummy bread. ✨

## INTRODUCTION TO ARTISAN BREAD

June 19 - 20

### Hosted by

The San Francisco Baking Institute  
South San Francisco, CA  
Erin Bailey and  
Laura Luna - Liaisons

### Instructor

Miyuki Togi



CLOCKWISE FROM TOP LEFT: Class members shape baguettes for proofing. Cutting a few shaped baguettes to make 'epis'. Instructor Miyuki Togi oversees the shaping of baguettes, and demonstrates the proper technique.

PHOTO: ZACH HERTZ

# Breads from THE WOOD-FIRED OVEN

By **SAMUEL FROMARTZ** Guild Member and Serious Home Baker, Washington, DC



For those who wanted to learn about wood-fired baking, Jeffrey Hamelman's class at the King Arthur Flour Baking Education Center gave a solid introduction. A dozen teachers, professional and serious amateur bakers descended on Norwich, Vermont, for the one and a half day class, which included techniques, in-depth oven discussions and baking in the massive Le Panyol oven on-site.

The first day was devoted to doughs. We shaped seeded sourdough loaves that Jeffrey had already mixed up, then fed a culture for a miche we would bake the next day. Also on deck - a pizza dough that would retard overnight, whole wheat flatbread and socca, a chickpea dough with the consistency of batter cooked in a pan.

For the flatbread with high-extraction flour, Jeffrey had mixed unyeasted dough eight hours earlier. We then scaled out two ounce portions and, after half an hour, flattened them with a rolling pin into eight-inch disks. With a



bit of filling - spicy tomato or feta cheese, scallions and cilantro - we folded the disks in half and sealed the edges. They puffed up in the oven in about 30 seconds. Needless to say, the class devoured them.

The next morning, Jeffrey fired up the oven again. "Thin sticks are best," he said, adding kindling 2-3 inches in diameter. With the fire roaring, we mixed our miche dough, then let it rise and shaped it during the day.

We made pizzas for lunch with the dough and toppings of our choice. Once in the oven, the outer crust puffed up quickly in the 750-degree heat and was done in all of two minutes. The pizza did not

disappoint. Jeffrey then raked out the coals and let the heat subside, so we could bake our seeded loaves and then the giant miches - all of which marked a delicious end to an extremely productive class. ✨



TOP: Students in the class scale out ingredients. MIDDLE: Instructor Jeffrey Hamelman scales dough. BOTTOM: Students in Breads from the Wood-Fired Oven socialize with instructor Jeffrey Hamelman.

# GLUTEN-FREE BAKING

By RENEE ZONKA

Guild Member and Associate Dean, Kendall College, Chicago, IL

**Managing gluten is integral to quality bread making. As bakers, we try to romance the dough by manipulating it through fermentation, folding and resting, all in hopes of creating the perfect cell structure to capture gases for the perfect rise and crumb. Suddenly, we are faced with a request to produce a baked good that is gluten-free. It can be quite a challenge for those who know how to modify a recipe for gluten-free and nearly impossible for those who don't.**

The purest of all bakers feel it cannot be called bread without gluten and shudder at the thought of modifying formulas to produce a yeasted product without gluten. But there is a growing population that is demanding gluten-free products. This rapidly growing industry brings about 1,500 new products to the market each year. Gluten-free breads, crackers, cookies, pies, muffins, and breakfast goods are found on the shelves and in the freezers of grocery stores. Even good tasting, gluten-free beers have hit the market at a remarkable rate. The market demand is so strong that even big companies like General Mills and Kellogg have started to make gluten-free mixes and cereals. So what is driving this demand?

The US population has seen a rise in gluten intolerance over the past 10 years from 1 person in 350 to 1 person in 120, depending on what area of the country is being reviewed. It is estimated that at least 1% of the population in the United States have gluten intolerance or celiac disease, and it is thought that, of this group, as many as 95% have not yet been diagnosed with celiac disease. The cause of this rise has proven difficult to pinpoint. It is speculated that as physicians become more aware of the symptoms of the disease, they are testing more frequently, and these tests are increasingly more accurate. Others point to the prevalence of wheat in our diet, with the result being an increased sensitivity to it. Whatever the reason, celiac disease is becoming better known by the community as it increases in incidence.

Celiac disease is not a wheat allergy. It is different from an allergy because it does not cause an immediate threat to the body, such as anaphylactic shock. It

is a chronic digestive disorder with a genetic predisposition to intolerance of the gluten molecule. This intolerance is categorized as an autoimmune disease that produces antigens to destroy the gluten molecule. The destruction usually occurs in the upper part of the small intestine. The small intestine has finger like projections known as villi. In gluten intolerance, the villi are destroyed by the antigens. The villi erode away, and the small intestine tissue becomes smooth and no longer absorbs nutrients or digests lactose. This is why many people who are gluten intolerant are also lactose intolerant. Other allergies such as egg, soy and casein are often common with people who have celiac disease.

Sensitivity to gluten varies; there are three main categories. Those who are gluten sensitive can consume gluten on occasion without much damage occurring, with only a few bothersome symptoms. People who are gluten intolerant have more severe reactions to gluten and continually feel bad, with symptoms of bloating, distention, diarrhea, foginess, abdominal pain, rash, low energy and low growth rate. However, at times this same population may have no symptoms at all. They will seek medical attention but are often misdiagnosed as having irritable bowel syndrome, gastrointestinal disturbance, Crohn's disease or psychological issues. These people continue to feel bad for many years. It takes an average of 11 years for diagnosis. Gluten intolerance that is not treated over time causes deterioration in the body. It can trigger other autoimmune diseases like lupus, juvenile diabetes (Type 1), Hashimoto's thyroid disease, dermatitis herpatiformis, fibromyalgia, infertility, low growth rate in children,

central nervous system disorders, vitamin and mineral deficiencies, kidney disease, and osteoporosis. It is important to get a proper diagnosis so that treatment can occur and long-term damage can be avoided.

Diagnosis is a two-step process. A blood test for specific antigens is done. If it is positive, the next step is a biopsy of the small intestine. Cells of the small intestine are checked for damage. If there is damage, a diagnosis of celiac disease is made.

The third category, celiac disease, is gluten intolerance that has been clinically diagnosed. This may take a couple of attempts, since there are high incidences of false negatives. Once the diagnosis of celiac disease is made, the only treatment is a gluten-free diet. Many people who feel they might be gluten intolerant will put themselves on a gluten-free diet. However, if they want to be tested, they must go back to eating gluten again. For many people, it is not worth the suffering to get a formal diagnosis. They will just continue to follow a gluten-free diet.

Once the diet is followed with 100% compliance, the small intestine heals and functions properly again. This may take three to four months. The disease never goes away but is controlled. If someone is non-compliant, the reaction to the gluten ingestion is immediate. The body's defenses immediately begin. The tissue of the small intestine is attacked by the natural antigens seeking the gluten molecule. This is why compliance is imperative. Each person's sensitivity to gluten varies from few symptoms to feeling very ill when walking into a bakery where flour is airborne. Individuals quickly learn how to manage their disease.

A person with celiac disease becomes a private investigator, searching to uncover all of the hidden forms of gluten in food and non-food items. Reading labels becomes very important. The labeling laws have regulated manufacturing

environments for some allergens but have not addressed gluten. A labeling law specifically for gluten was proposed but never passed because of the discrepancy of acceptable parts per million of gluten. It is anticipated that the law will be redrafted soon.

The task of selecting items that are truly gluten-free is daunting. There are many foods that are naturally gluten-free, such as produce, fresh dairy, meats, rice, potatoes, eggs, plain nuts, sorghum, buckwheat, quinoa, amaranth, teff, tapioca, xanthan gum, guar gum, coffee and some tea. Grains that need to be avoided are: wheat, including bulghur and semolina. Also, wheat's close relatives, spelt and kamut, are difficult to digest. Other problematic grains include rye, barley, and non gluten-free oats. Foods to be avoided are pastas, processed foods, soy sauce, baked goods, crackers, breads and cookies. Fortunately, there are many gluten-free alternatives available that

simulate these popular and enjoyable foods. In addition, gluten is found in non-food items such as generic medications, body creams, makeup, lipstick and some shampoos. It can be overwhelming to purchase totally gluten-free items; it's a complete lifestyle change.

What about the person who likes to dine out or purchase items from bakeries? This is difficult, and the person is dependent on the knowledge and integrity of the professional food preparer to provide truly gluten-free food. There is a large demand from the gluten-free community for baked goods; fulfilling that need can be quite profitable. The baker who decides to offer gluten-free products has a responsibility to be forthright. The challenge for the baker is possible cross contamination of wheat, rye and barley flours with equipment, surfaces and people, and the flour is also airborne. To provide a gluten-free product, an area needs to be cordoned off, free of

gluten flours. Equipment and baking pans, rollers, sheeters, tools and utensils should be new and dedicated to gluten-free baking. Ovens need to be cleaned, and crumbs burned. It is best to have a separate oven. If these requirements cannot be met, then gluten-free products should not be offered.

The challenge and the reward for the baker to provide a gluten-free product is learning new formulas using non-gluten containing flours and gums that attempt to replicate their gluten counterpart. It is learning a new skill and putting baking science into play. When success is achieved and the product is delicious, the lucky gluten-free consumer will be overjoyed. There is nothing better than seeing the pleasure and excitement of someone biting into a delicious treat that had been forbidden for a long time, or a bride being able to eat wedding cake on her special day. It is challenging, rewarding and profitable. ✨

## GUILD MEMBERS USING HEIRLOOM WHEAT

By THOMAS LEONARD

Guild Member and Founder, Wheatfields Bakery Café, Lawrence, KS

**In the last issue of Breadlines (Volume 18, Issue 2 - June, 2010) Thom Leonard surveyed wheat in all its current forms in his technical article: "What Wheat Is: From Landrace to GMO". In this article Thom talks with a couple of Guild Members who are using flour milled from traditional varieties of wheat (and other grains) in their bakeries.**

### Red Hen Baking Company

The sticker on the front of the bag of Red Hen Baking Company's Miche says "With Heirloom Grain." Text on the back of the bag briefly explains that some of the flour is milled from "Turkey" hard red winter wheat, the wheat that Mennonite families carried with them when they immigrated to Kansas in 1873. This is the bread equivalent of a restaurant serving a tomato salad made from Cherokee Purple heirloom tomatoes - except that the bread really doesn't look significantly different than other bread on the shelf. And while it has great flavor - it's not so obviously different from other well-made, naturally leavened, hearth-baked breads.

Like heirloom vegetables and fruit, flour from heirloom wheat costs more than flour milled from modern varieties.

So why does Red Hen use flour milled from Turkey wheat? Randy George, who owns the Middlesex, Vermont, bakery with his wife, Eliza Cain, explains: "Some of our reasons for using the Turkey flours are very much like our reasons for using organic ingredients; we believe in the ideas of organic agriculture, and we want to support the people involved. With the Turkey flour, there really isn't that big of a flavor difference, especially with the refined, roller-milled flour." Randy goes on to say that there may be a marketing advantage, but that Red Hen hasn't really



PHOTO: THOM LEONARD

A whole wheat loaf baked by author Thom Leonard using Turkey Wheat. David Bauer from Farm and Sparrow Bakery says of baking with this wheat: "With Turkey I can make the kind of bread I like."

capitalized on that, beyond the little bit of information on the bags, and a brief story on the bakery's website.

Randy sees using flour milled from heirloom wheat as part of the same milieu as hearth ovens, natural leavening, and hand shaping - and that is integral to his vision of bread making. Making bread the way they do allows their bakers to be part of a tradition of baking that started thousands of years ago and continues

*Continued on next page*

**ABOUT TURKEY HARD RED WINTER WHEAT**

The Turkey variety of hard red winter wheat was introduced to Kansas in 1873, carried by Mennonite immigrants from Crimea in the Ukraine who were fleeing Russian forced military service. While no statistics were kept of the actual amount of seed carried in this earliest introduction, estimates based on vernacular history range from as little as 360 pounds (one peck per each of 24 families) to as much as 36,000 pounds (one bushel per each of the 600 families). This is enough to plant 6 to 600 acres.

The Mennonite history relates that this seed was carefully hand selected for the soundest kernels and packed in the luggage of the immigrants on their long journey to new farms in a new and distant land. These farm families gave us more than seed – they also carried with them the agricultural knowledge and skills necessary for this crop to be successful in Kansas, where the climate and soils were much like the Ukraine.

The farmers and the wheat thrived – the variety proved well-adapted to the soils and the hot summers and cold winters of the Kansas plains.

In the mid-1880s, grainsman Bernard Warkentin imported some 10,000 bushels of Turkey seed from the Ukraine, the first commercially available to the general public. That 10,000 bushels (600,000 pounds) would plant some 150 square miles (10,000 acres). By the beginning of the 20th century, hard red

winter wheat, virtually all of it Turkey, was planted on some five million acres in Kansas alone. In the meantime, it had become the primary wheat variety throughout the plains from the Texas Panhandle to South Dakota. Without Turkey wheat, there would be no Breadbasket.

Today hard red winter wheat is planted on twice the acreage in Kansas than a century ago, some ten million acres. While half the genes in the modern wheat crop have their origin in the old Turkey wheat, only a hundred acres of actual Turkey were planted for harvest in the summer of 2009, on the same north-west Kansas farm that is the source of the heirloom flour in our bread.

In the field, Turkey wheat is taller than its modern semi-dwarf descendants. It yields less wheat per acre but does retain its cold and drought hardiness and its resistance to the most common wheat diseases.

(In 2009 Turkey variety hard red winter wheat was added to Slow Food USA's Ark of Taste. Though not generally regarded as a bread wheat, Sonoran White Wheat was also added to the Slow Food USA Ark of Taste in 2009, and is available regionally. For more information on these wheats and the Slow Food USA Ark of Taste, go to: [www.slowfoodusa.org/index.php/programs/ark\\_product\\_detail/turkey\\_hard\\_red\\_winter\\_wheat/](http://www.slowfoodusa.org/index.php/programs/ark_product_detail/turkey_hard_red_winter_wheat/))

**HEIRLOOM WHEAT**

*Continued from previous page*

yet today. Heirloom wheat, especially the Turkey wheat he uses, fits into that same tradition. From the beginning days of Red Hen, Randy and Eliza wanted to know the source of their flour and “to be involved in its story.” Today most of the bakery’s flour comes from either Le Meunerie Milanaise Mill across the border in Quebec or from Heartland Mill in Marienthal, Kansas – see Randy’s article in the June 2010 issue (Volume 18, issue 2) of Bread Lines. He likes using Heartland’s flour, not just for its performance quality, but also because he likes supporting a small mill that was started by a group of farmers. At Heartland, Randy observes, wheat is not just a commodity, but the tangible evidence of the mill’s relationships with the growers.

When flour milled from Turkey wheat became available, Red Hen was one of the first to start using it. For Randy, using the heirloom wheat deepened the “story,” which now included the story of the old wheat variety and deepened the nature of the bakery’s relationship to the one of the primary ingredient sources. He now knew not just the mill, but who had grown his wheat and the history of the variety being grown. This is identity preserved flour taken to the extreme.

“We’re not using this wheat because it’s old. We’re not into historic preservation,” clarifies Randy. “We use machinery, we have a modern, gas-fired oven, but it is important that we see that we are carrying on a tradition. The Turkey flour is part of that. This is not the past; this is something that is happening here and now.”

Here are a few comments from Randy on using the Turkey flour:

*“At first it was a little challenging, but I like being challenged . . . The bread is really good. . . Why make bad bread? There’s a little less loaf volume. The bolted flour is fabulous with all kinds of flavor.”*

*“This is good flour – we’re not doing this because of any special qualities that anyone is going to notice. . . For now,*



PHOTOS: THOM LEONARD

An example of Thom Leonard’s whole wheat batards, made with 100% Turkey wheat.

*we're using the Turkey flours in breads with long traditions and with some whole grain: pain de campagne, pain au levain, and our miche."*

*"Dough from the flour is a little less tolerant than that from our regular organic white flour. We have reduced the times for mixing, fermentation, and final proofing."*

(Some of the lack of tolerance may not be a trait of Turkey wheat but rather may be due to low protein in the 2009 crop. Wheat protein was in the high 10s, with white flour protein around 9%.)

### Farm and Sparrow

David Bauer bakes bread and pastries in a converted two-car garage at his home in Marshall, North Carolina, in a custom-built wood-fired oven. Virtually all of the wheat flours used in their breads are milled from Turkey heirloom wheat. Many of Farm and Sparrow's bread varieties also include a fair amount of alternative wheats (spelt and Kamut), and rye. The Turkey wheat is not the only old variety David uses. A local farmer provides grits from white corn that has been grown on his family's farm since "before the Civil War."

David uses older grain varieties primarily because of personal preference, and makes a living in the process. When I asked him why he liked the flour, he explained that he liked breads with a more tender crumb that result from flours with lower gluten contents. He finds the dough made with the Turkey flours extremely "giving," though not nearly as extensible as Kamut or spelt. "Whole wheat breads made with high protein wheat may smell great and have good volume, but the finished crumb is tough. With Turkey, I can make the kind of bread I like," David reports. "There are challenges with some variations in hydration and mixing times, but this is really not an issue. I like to have my hands in the works." When David started to learn to bake, he thought the learning process might take a year, and then he could start his career and just bake. Now he says he's beginning to see

how much there is to learn, and realizes that he's "just getting started, and could spend the next 100 years learning. Using these older grain just opens more possibilities."

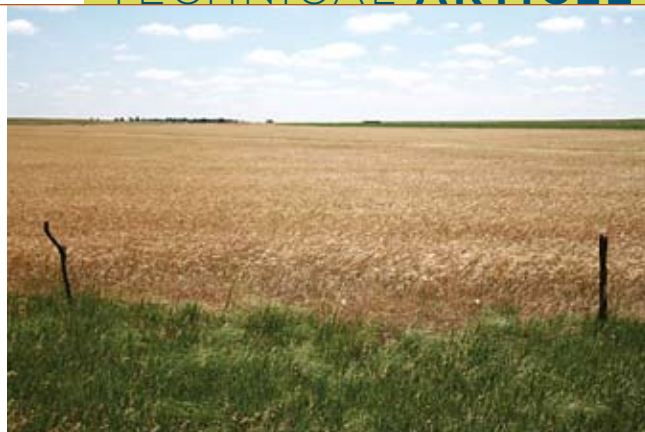
Neither of these bakers is using old grain varieties because they're going to "make a million bucks" (Randy said that), but more because of the cultural connections, because it fits into their personal vision of what it is to be a baker, and because the wheat offers them rewarding challenges. There are at least three other bakeries using flour from Turkey wheat in at least some of their breads. ✨

**ADDENDA:** In Canada, quite a few bakers are using flour milled from Red Fife hard red spring wheat. What Turkey is to the winter wheat bread basket, Red Fife is to the wheat lands of the northern prairies. Much good information can be found online, starting here: [www.grassrootsolutions.com](http://www.grassrootsolutions.com).

More about landrace and heirloom wheat can be learned at the following websites or blogs:

- Anson Mills: [www.ansonmills.com](http://www.ansonmills.com)
- The Whole Grain Connection: [www.sustainablegrains.org](http://www.sustainablegrains.org)
- The Heritage Wheat Conservancy: [www.growseed.org](http://www.growseed.org)

All the 2008 and 2009 Turkey wheat came from one farm: the Stephens' Family Farm in Jennings, Kansas. The 2010 harvest is from the Stephens' Decatur County farm plus three others in Scott and Wichita counties in west-central Kansas. Heartland Mill makes three flours from the wheat: stone-milled whole wheat, stone-milled bolted flour and roller-milled unbleached flour. The whole grain wheat berries are also available.



A field of Turkey wheat on the Stephens' Family Farm in Jennings, Kansas.

### A QUESTION ABOUT PROTEIN QUANTITY

Because the entire available Turkey crops of 2008 and 2009 were from one farm, and because the protein of those crops was low, especially in 2009, bakers who chose to use flour from Turkey wheat were faced with making bread with lower protein flour than that to which most US craft bakers have become accustomed. In 2009 the wheat protein was under 11%, with roller-milled flour protein averaging in the high nines. Of the five bakers with whom I have spoken, all were happy with the bread they made from the three flours they used: whole wheat, bolted, and roller-milled. At least one of the bakers actually preferred the bread made from the Turkey wheat.

Is this a property unique to the Turkey wheat? Or would good quality wheat from other low protein, hard red winter wheats perform as well? We've become accustomed to using nothing below 11% protein in our breads, and many mills offer "artisan bread flour" that is closer to 12.5% protein.

*Thom Leonard has been involved in the re-introduction of "Turkey" hard winter wheat since the early 1980s. "Heritage Grain and Seed" is the name given to an heirloom flour project founded by Mr. Leonard and Deborah Peterson in 2008. Heartland Mill, Inc., a supplier of Turkey wheat and flours is a client of Mr. Leonard's consulting business.*

## TEAM USA 2010:

By JEREMEY GADOUAS Bread Bakers Guild Team USA 2010

## Introduction to Viennoiserie

We asked Jeremy Gadouas, the Viennoiserie representative for Team USA 2010 to write an article about the fundamentals of croissant dough. He has made many thousands of croissants in the last year, both in practice and in production, and we hope his experience helps you in your pursuits for the perfect croissant. The photos are from Dara Reimers (Artistic Design, Team USA 2008) who helped coach the recent practice at the San Francisco Baking Institute, where the final team decisions were made.

– Introduction by Solveig Tofte, Guild Board member and Team USA 2010 Coordinator

## OVERVIEW

When mixing croissant dough, there are some important factors that need to be considered, all revolving around time and temperature. It is important that this dough, which is refrigerated after mixing, starts with a higher temperature, as this allows the dough to ferment as it cools, creating flavor and strength. If properly fermented, this dough can be chilled to a low temperature to allow for easier handling and sheeting, without sacrificing the flavor. And the strength gained through fermentation will help the dough form strong, thin layers for a flaky finished product with a honeycomb interior.

The temperature and consistency of the laminating butter and détrempe (dough block) need to be similar so they sheet out together. The butter needs to be pliable so it will form sheets between the dough layers – if it's too hard, it will crack. Select butter with high plasticity – some butters tend to crumble when preparing the butter block. Many bakers prefer a higher-fat butter for lamination, somewhere in the 82-84% range.

The easiest way to incorporate this dough into production is to mix it about 12-14 hours before it will be laminated. The butter blocks can be made ahead of time and can be used as needed. The dough also needs to relax under refrigeration between turns and final shaping. This will help to insure that cut shapes will not shrink during processing. A colder dough will also help with handling. These are general guidelines and can be modified to fit your bakery's schedule and employee skill level.

## CROISSANT DOUGH MIXING METHOD

- Place all ingredients in a bowl of a spiral or planetary mixer with hook attachment.
- Adjust water temperature so final dough temperature is between 82-84°F. Mix in

1st speed for four minutes to incorporate ingredients.

- Mix on 2nd speed to achieve medium gluten development. This should take three to four minutes, depending on dough size and mixer speed.
- Block out dough into a rectangle and put into a covered plastic container. Refrigerate at 38-40°F for 12-14 hours.

## DÉTREMPE AND BUTTER PREPARATION

- Take dough out of the refrigerator, remove dough from container, and degas on bench. Run dough through a reversible sheeter to about 8mm. This will completely degas and even out the détrempe. The dough block will be around 18"x14". Cover with plastic and place in freezer for 30 minutes.
- To make the butter block, cut butter into ½" slices and lay them on heavy-duty plastic or silpat. Place another piece on top and pound out with a rolling pin until malleable. Run butter through the sheeter until about 8mm thick. Clean up the edges so you have a rectangle that is approximately 16"x12". The length should closely match the width of the détrempe. Place between two sheets of parchment and refrigerate.

## CROISSANT DOUGH (Straight Dough)

TOTAL FORMULA		
Ingredients	%	kilograms
Bread Flour (11.5 - 12% protein)	100.00%	2.250 kg
Water	30.59%	0.687 kg
Milk	24.59%	0.550 kg
Salt	2.00%	0.045 kg
Instant Yeast	1.25%	0.028 kg
Sugar	12.00%	0.270 kg
Non Diastatic Malt Powder	0.50%	0.011 kg
Butter	4.00%	0.090 kg
<b>Total</b>	<b>174.93%</b>	<b>3.931 kg</b>
Roll-in Butter	27.00%	1.061 kg



To make the 'butter block' pound until malleable and then run through the sheeter until about 8mm thick.



Place butter in the middle of the detrempe and fold dough to meet in the middle with a slight overlap.



Begin sheeting the dough. The initial thickness will be 12-16mm with a final thickness of 3-4mm.



For pain au chocolat cut 7" x 3¼" rectangles and place one chocolate baton along the folded edge.



Fold edge over to cover the chocolate and place two more chocolate batons at folded edge. Roll up with edge underneath.



Finished pain au chocolat.

### LOCK-IN AND LAMINATION

- Laminate using three single-folds. If the dough is very cold, you can do the first two single-folds back to back and then rest it in the freezer for 20 minutes. Complete the final turn and freeze for at least one hour before the final sheeting.
- Sheet out the détrempe to 24" long by 16" wide. Work the butter with a rolling pin until it is the same consistency as the détrempe but still cold. Place the butter in the middle of the détrempe with the short edge facing you. There will be a slight bit of dough showing under the edge of the butter. Fold the dough to meet in the middle and slightly overlap one side over the other. Press the dough into the butter, using a rolling pin.
- Start sheeting down the dough to increase the width. This will be somewhere between 16 to 12mm, depending on dough size. Turn the dough 90 degrees, and square off sides with a rolling pin. Continue sheeting dough down to 7-7½mm. Complete single turn and repeat for second turn. Cover and freeze for 20 minutes, then complete last turn.
- Place back in freezer for at least one hour. If dough freezes, place in refrigerator to thaw before final sheeting.

### SHAPING, PROOFING, AND BAKING TRADITIONAL CROISSANT

- Sheet dough to 19" wide and turn 90 degrees. Continue sheeting dough down to 3-4mm. The final thickness of the dough can change with different machines. Roll up dough and transfer to bench. Relax it by lifting the edges down the length of the dough. Cut the dough down the middle so that you have two strips 9½ inches wide. At this point you can stack the two pieces or cut each one individually. Using a chef knife, cut each triangle about 4" wide. Each piece should weigh between 85-95g. Continue until you have cut the whole strip.
- Lengthen each triangle by lightly pulling from the base to the point. Set it on the table – pull corners out and fold over. Roll dough up, making sure not to use too much pressure. Try not to pull the point of the dough under the finished croissant. This can tighten the piece and cause the top to fall over while proofing and baking. Place up to 15 pieces per sheet pan, and egg wash.
- Place in proofer at around 80°F with a relative humidity of around 85°F. After 45 minutes, egg wash again. Proof for 1½ - 2 hours. The croissants are ready

when a slight indentation is left when pressed and the layers just begin to show separation.

### PAIN AU CHOCOLAT

- Sheet dough to 20" wide, and turn 90 degrees. Sheet down to 3-4mm. Final dough width should be 21". Cut into three 7" strips, then cut ¾" wide. Place one chocolate baton at base of each piece. Fold edge over to cover the chocolate. Then place two chocolate batons together at folded edge. Roll the dough up, making sure the edge is underneath the finished piece. Egg wash and proof the same as the traditional croissant.

### BAKING

- All ovens are different, so you need to find the right temperature for your particular oven. These temperatures were tested using rack ovens. Temperatures can range between 380 and 430°F. Convection ovens can be between 380 and 400°F. A small amount of steam may be used; an appropriate amount is 3-5 seconds; however, excellent results may be achieved without steam. Bake for about 14-18 minutes, depending on piece sizes and desired color. ☀



For croissant cut the dough into two 9½" wide strips and cut out triangles 4" wide at the base.



Lengthen each triangle slightly and roll up without applying too much pressure. Place the point under the finished piece.



Prior to placing in the proofer, egg wash the croissant, then again after 45 min. Proof for 1½ and 2 hours.



Bake at the appropriate temperature and time for your oven. A small amount of steam may be used if available.



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**LECTURE SERIES – 8:30 - 11:30 am\***

**Monday** – Didier Rosada and Jeff Yankellow, “Commercial Yeast-Based Preferments”

**Tuesday** – Jeff Yankellow and Craig Ponsford, “Sourdough (or Levain) Based Preferments”

**Wednesday** – Ciril Hitz, “Breakfast Breads & Pastries: an Artisan Approach”

**BAKING DEMONSTRATIONS** Observe Guild instructors presenting demos during all four days of the tradeshow in bakeshops hosted by General Mills and the Lesaffre Yeast Corporation.

**GUILD BOOTH – #4052** Visit the Guild booth - network with other members, listen to a wheat presentation, and have a Guild author autograph his or her book.

**GUILDHALL GATHERING** September 27, 6:00-8:00pm, Tempo Lounge, Las Vegas Hilton. No RSVP necessary. Buy your own drink and join us!

**\*For registration to IBIE and the morning lecture series visit [www.ibie2010.com](http://www.ibie2010.com).**



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