



Shaping the knowledge and skills of the artisan  
baking community through education since 1993

## Try This At Home Series

April 24, 2020



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## Certified and Certifiable

Mitch Stamm and Arlo Brandl

Meet Arlo Brandl, the Bread Bakers Guild of America first double certified baker. He is a Certified Bread Baker (CBB) and Certified Viennoiserie Baker (CVB). I met Arlo at Wheatstalk. We were standing next to each other and struck up a conversation that has endured. His baking passion, baking sensibility, and fearless nature were palpable. I don't know what he was thinking. "Hmmm, I live in a community of 8,500 in the shadow of Zingerman's Bakehouse. I'm going to open a bakery." In our conversations and correspondence, he always references his family and his community. His baking is an extension of that love and commitment.

I asked Arlo about certification. Not one to look back, he is eager and focused to take the capstone, the Certified Artisan Baker exam, a two-day exercise that encompasses bread, Viennoiserie, and bakery management.

Not unlike our daily routine, the certification exams demand focus, determination, and the ability to shift on the fly. However, candidates for certification are further challenged by unfamiliar equipment, conditions, and ingredients. Candidates must remain poised and focused while being observed by certified evaluators. Arlo

summed it up, "If a candidate for certification practices and studies, the exam is simply another bake." Arlo was organized and upbeat for his CBB exam. His products reflected the skill and alacrity with which he worked. Throughout the day, his station was clean and organized. He was never idle and he never appeared rushed. Imperturbable, he embraced the critique as another learning opportunity. He may have asked more questions than the evaluators.

Arlo, let's talk about this love of rye. You do not have a love of rye; you have ORC, Obsessive Rye Compulsion. I understand. I have a friend who has the same affliction. I – I mean he - likes to use rye in everything. Not light, medium, or dark, but whole grain. Laminated dough with 50% whole grain rye is exciting to work with. The results are rewarding. I especially love *pain au chocolat* with rye. Rye complements chocolate and nuts so well that a rye/chocolate/nut brownie is one of my favorite iterations. Have you tried making granola with rye flakes in lieu of oats? It's become a staple in my house.

Arlo, our hour is up. But, our time isn't.

Until we bake again,  
Mitch

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My love for rye is unnatural and all consuming! From growing my own to harvesting, milling and turning it into bread at my bakery. Alisyn proclaims that I'm 'putting it in everything we make' at the shop. I was even this close to naming my daughter 'Ryelee' when I learned we were having our child! Someone stop me!

That being said, it was a quick decision when Mitch reached out to ask if I'd write about baking during these times. Whether at home on my days off or at the shop, I am always curious and intrigued by the profiles of my fresh ground rye flour and the pairings that can stem from varieties that I receive from Janies Farm, and the anticipation of waiting to see what my own crop this 2020 brings forth.

This past quarter I've had the opportunity to experience and use; Aroonstook for my 80% and above rye breads thanks to its activity levels, ash and hydration qualities. My last batch of Brassetto with a hint of cinnamon-like aroma complimented my Rye-Raisin Toast bread and Oatmeal Raisin Cookies. And now, the newly arrived Danko that greatly piques my curiosity.

Today, I share with you a fully robust loaf of rye that brings parts of my community into play. Perhaps you can find grain in your community that will add a uniqueness different from mine that retains the familiar and comforting, timeless connection between beer and bread. If you do not have a mill at your home or shop, seek out a medium particle sized whole-grain rye flour for optimal flavor. Your fermentation times may need adjusting as well.

Using my local brewery's full bodied Porter, fresh milled Brassetto rye (medium coarseness, unsifted) and a touch of European-style butter from the local dairy farm, and a short fermentation made possible by honey and fresh milled flour, the Plentiful Porter Rye is sure to be a flavor powerhouse, and something to look forward to with that beautiful chunk of cheese in your fridge for a quick baker's snack; Or perhaps, maybe just a crusty end to gnaw on as my daughter Penelope seems to enjoy on our porch swing these Spring afternoons in Michigan.

Among the grief and uncertainty, I take a breath and it seems the only cares in the world are hoping that the birds don't stop singing, the tulips around my home continue blooming a little while longer, and what a distinct pleasure and honor it is to bake for my town once again.

Arlo

## PORTER RYE Contributed by Arlo Brandl

		TOTAL FORMULA		RYE SOUR		FINAL DOUGH	
		%	Kilograms	%	Kilograms	%	Kilograms
Total dough weight		1.367 kg		Total flour fermented in rye sour		19.97%	
				Rye flour		36.84%	
Total flour	100.00	0.701	100.00	0.140	100.00	0.561	
Rye flour*	54.21	0.380	100.00	0.140	42.78	0.240	
Bread flour	45.79	0.321			57.22	0.321	
Water	19.97	0.140	100.00	0.140			
Salt	2.00	0.014			2.50	0.014	
Fresh yeast	1.28	0.009			1.60	0.009	
Porter	48.79	0.342			60.96	0.342	
Honey	10.98	0.077			13.73	0.077	
Butter	10.98	0.077			13.73	0.077	
Rye sour starter	1.00	0.007	5.00	0.007			
Rye Sour					51.16	0.287	
<b>Totals</b>	<b>195.01</b>	<b>1.367</b>	<b>205.00</b>	<b>0.287</b>	<b>243.67</b>	<b>1.367</b>	

\*Freshly milled one hour before mix

## PROCESS—Porter Rye

Preferment		Rye Sour
Mix	Type of mixer	By hand
	Time	Until incorporated
Ferment	Time/temperature	12:00 at 68°F
Final Dough		
Mix	1 <sup>st</sup> speed	0:04
	2 <sup>nd</sup> speed	0:04
Ferment	Time	1:00
Shape	Divide	680g
	Preshape	Round
	Rest	0:10—0:15
	Shape	Boule in basket
Proof	Time	0:50—1:00
Bake	Scoring	None, place seam up
	Temperature	460°F
	Steam	Yes
	Vent	After 10:00 Finish bake at 420F

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Process Notes

*(No process notes for this formula)*