IABE BRINGS BIG GAINS FOR WHOLE GRAINS

By JOHN UNREIN  Guild Board Member, Bread Lines Managing Editor, Editor of Bake Magazine — Kansas City, MO

A whole grains bonanza was on full display at the first-ever International Artisan Bakery Expo March 5-7, 2019, in Las Vegas, NV. Bread bakers, pizza makers, and exhibitor members of The Bread Bakers Guild of America dug their fingers into bread and pizza doughs, checked out the latest new specialty and organic flours and grains, and learned innovative tips and techniques from BBGA instructors that are sure to help bread bakers raise their dough to a higher level.

The Guild enjoyed successful representation at the IABE, held in conjunction with the annual International Pizza Expo, where attendees talked shop with dozens of bakery exhibitors including King Arthur Flour, Central Milling, and Lesaffre Yeast Corporation.

The IABE presented a deep dive into education about sprouted grains and specialty grain blends like Camas
Nine years ago, Craig Ponsford and Abe Faber prepared me for this job. I accepted it, but only briefly. I had just come off of BBGA Team USA 2008, had been involved with many facets of the Guild’s mission, and was ready to serve. However, this was a display of serious hubris — I thought I could be the Chair AND open a bakery at the same time. That was insane and thankfully Jeff Yankellow took the job. I stayed on the Board until 2015 when I stepped off because the rest of my life got in the way. I missed the camaraderie and that sense of being part of something bigger than myself, and was happy to accept a spot on the Board late last year.

I have been a member of the Guild for 20 years — I joined while in Peter Reinhart’s class at the California Culinary Academy in 1999. While in Peter’s class we followed the team’s progress, pored over back issues of Bread Lines, and happily sent in money we didn’t really have to become student members. The Guild has made me who I am as a baker, and I deeply value all of the friendships and knowledge I have gained over the years. I am so grateful for the generosity shown to me by so many of you.

We are emerging from a year of big changes, which is exciting (and sometimes challenging). Jeff Yankellow and Phyllis Enloe were able to retire from their posts as Chair and Vice Chair after nine years of tireless effort, Stanley Ginsberg graciously stepped in to lead and share his business acumen, and Laverne Dicker retired after 10 years of managing our membership and running Bread Lines. The office moved from Sonoma to Petaluma, and now Cathy Wayne and Rebecca Miller are doing great work keeping things on track. We owe them all a debt of gratitude.

The Guild has always been about education, and our strength lies in our collaborative relationships. The overarching goal is to create events and opportunities to help us all do our best work — for me that means staying true to artisanal standards, embracing learning as a lifelong pursuit, treating colleagues with kindness and respect, and being generous with time and knowledge. We are stronger together, and I am continually heartened by all of the people willing to do so much work to make so many great things happen.

This notion of “best work” is prevalent in every aspect of the BBGA. For those of us on the Board, we rely on each other to speak openly, seek consensus, and get the job done. The office staff counts on us to be communicative and sensible, and to be mindful of our shared responsibilities. Our donors trust us to be responsible with their money and reputations. And all of these things happen because we are here to serve our incredibly passionate members. None of us are here to satisfy our own egos or pursue our own agendas. We are here to help foster a more skilled and engaged artisan baking community.

Looking forward, we are preparing for IBIE, training BBGA Team USA 2020, and lining up next year’s Regional Events. At IBIE we will stage four days of demos, run an Artisan Marketplace sampling everyone’s products, and hold a good-natured competition showcasing our certification program. Our Vice Chair Mitch Stamm has assembled an incredible team of organizers and is completely dedicated to introducing the joy of volunteering to the next generation of bakers, both through his work on the Board and as an instructor at Johnson and Wales.

We have launched our three-year fundraising cycle and are grateful for all of the new and renewing donors. I realize most of us don’t have stacks of idle money — but donating (anything!) is a huge help. Luckily, our members have more interests than ever before, and we do our best to reflect this in our offerings. We teach about in-house milling, bake with different grains and heritage wheats, and offer deep-dive science classes. We use your donations to help with events like WheatStalk, our scholarship and certification programs, and to support other baking-related events like the Grain Gathering, the Kneading Conference, and the Asheville Bread Festival. Thanks to all of our donors we are in a position to share our success and help strengthen our community.

I look forward to the year ahead, and am pleased to be back at work with my esteemed colleagues. Thank you all for everything you do to keep our artisan baking scene interesting and alive!

SOLVEIG TOFTE, CBB, CVB
Board Chair and
Owner, Sun Street Breads
Minneapolis, MN
The Bread Bakers Guild of America gratefully recognizes its 2019–2021 fundraising partners for their generosity.

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first met Rob Kabeary in 1994 in Boulder, CO, at a little bakery called Daily Bread. I was 18. Just as I was learning the ropes, he came along. My job at the time was shaping dough. We had a ton of dough to shape solo, and whenever help would come along, you’d surely take it. The olive dough was so sticky and wet, and the rye dough was just slimy, and no matter how careful you were with it, you’d get it stuck everywhere, to everything. Or at least I would.

Rob rolled in from Nantucket in a souped-up white 1988 VW Westphalia Syncro Vanagon, loaded down with custom bike parts, books, and cassette tapes. He’d been baking on the island for a long spell, and it was time for him to head west and find a place on the great western expanse to plant his own bakery. Boulder was a stop on that tour.

Rob was the mixer at Daily Bread, and what seemed like mountains of dough to me was really a walk in the park for Rob. Rob was a fast, intense, no-BS guy. There is a breed of bakers, most of them old and surly, who believe in speed. It doesn’t matter if you are baking thousands of pounds of bread on a Friday night for the farmers market, or a few hundred for a slow Monday. You bake bread and move like a bull was chasing you down a cobblestone street.

Eventually, Rob left Boulder and landed in Ketchum, ID. Later that same year, he would open Big Wood Bread. Big Wood was a soulful space filled with light and art. A huge piece of Bread and Puppet’s artwork hung from the rafters above the registers, and music filled the air.

Just under a decade later Rob made his way south to Durango where, on the outskirts of town, off Florida Road he opened Bread Bakery. The cyclists followed him there, and it was hard to tell whether you were standing in front of an eatery or a bike shop sometimes.

Rob would often make the trip up from Durango to buy equipment in Denver and he’d crash at my place. Once he arrived at my bakery with a van load of his beautiful, round 3-kilo miche sourdough whole grain loaves that would always be adorned with peace signs carved into the top. The plan was to take this van load up to Aspen during Food & Wine that weekend and do a midnight run where we’d hang the loaves on street signs, posts and fences throughout the town. This was Rob’s idea of spreading peace.

Rob baked bread and made food and provisions so that he’d always have a key to unlock every door to every heart. He was a missionary, and his mission was to inspire and provoke by any means necessary each human being that he could. He’d give you a huge loaf of bread and bag of granola, a big sweaty, bristly hug, and he’d disarm you. Then he’d get to work. Bread not bombs.

I thought that my relationship with Rob was special. He was so intense and crazy, surely he had but a small circle of friends like me, because who could ever have enough energy to burn so brightly for more than just a few folks. It seemed like being Rob must have been utterly exhausting, but I don’t think it really was for him.
His memorial service was in Durango, and was held in the middle school auditorium. As my wife, three boys, and I pulled into town, just barely in time for the service as we found ourselves stuck in traffic. I soon noticed the traffic was caused by what seemed like a mile-long procession of people on bicycles doing a slow roll from his bakery to the middle school. The auditorium was as packed as a Burning Spear concert with Rob's friends filling the entire venue and spilling into the lobby. As it turned out, Rob was not just my little secret. I have never seen a memorial service with so many people in attendance. His friends and family played music, read poems, and laughed and cried together. I realized in that auditorium that the world just lost one of the most beloved peace pilgrims that had ever sprung from this earth. The sheer magnitude of people who came to see him off was astounding.

The following morning Rob's business partner Jeffe invited all of his baker friends to come and bake bread together. It was a beautiful morning as we all rolled dough on Rob's wooden table and shared stories.

*From The Durango Herald: Robert Allen Kabeary, Jr., 61, passed away December 1, 2018. He is survived by his partner Nanette Cresto, daughter Sailor, brother Kyle Shaw Kabeary of Gulf Shores, Alabama, and his sister Reed Frances Kelley, who resides in Lansing, Michigan. Robert was the founder and leader of the bakery Bread LLC in Durango and spent his life using his culinary talents and artistic sensitivity to engender love and nurture the deepening of community.*

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**CERTIFIED VENNOISERIE BAKER**

The Guild’s Certification Committee — Solveig Tofte, Mitch Stamm, Melina Kelson, Jory Downer, and Jeffrey Hamelman — has been working for several months on the second tier of BBGA certification, Certified Viennoiserie Baker (CVB). The first tier, Certified Bread Baker (CBB), has been live for about two years. And now the second level is ready to be brought to the membership.

The five of us met at the College of DuPage in Glen Ellyn, IL, on February 1 and 2, 2019, to take the practical test, streamline it, refine the products and the timings, and focus on a range of questions we were not able to adequately answer until we had the opportunity to take the actual test. The facility was excellent, as was the dedicated assistance of Nancy Carey, who oversees the baking and pastry program at the college, and who made sure we had all we needed at all times.

The Certified Viennoiserie Baker exam for the most part follows the same format as the Certified Bread Baker exam. Candidates first must pass a 100-question written test (administered online). Upon successful completion, the candidate then takes a practical test, held at various venues around the country. For the Viennoiserie practical, candidates have two hours the evening before the full test day, during which time they scale and mix doughs and organize themselves for the next day's work. On that second day, a broad variety of pastry products is made from five different doughs over a seven-hour period. After a very detailed judging, each candidate is offered a thorough critique with the judges, and they are informed on the spot whether or not they have passed.

Have you wondered how your baking skills are relative to those of your peers? If so, you may wish to consider applying for the Certified Bread Baker test, Certified Viennoiserie Baker test, or both. The first offering of the CVB Practical Exam will be at College of DuPage, July 19-20, 2019. As for the Certification Committee, we now turn our sights on the third and final realm, which will test one's skills with both bread and pastry: Certified Artisan Baker. Stay tuned....
Welcome Our Newest Guild Members January through March 2019

IN DIVIDUAL M E M B E R S

Teodoro Alonzo
Anthony Arcuri
Marc Aubertin
Daniel Bailey
Jules Beauchemin
Jenny Belliveau
Chelsea Berry
Jos Bosch
Francois Boucher
Francis Brennan
Debra Callahan
Janette Candido
Dennis Capozza
Gabriel Carbajal
Matthew Carlisle
Kitty Carruthers
Norreen Carruthers
James Cheatwood
Reg Conrad
Maggie Conrad
Clenilson Dantas
Jacob D’Aoust
Teresa Davis
Monica De Castro
Mary Denham
David Dooley
Allison Duwe
Shane Edelman
Joan Edelsohn
David Eliazarian
Bill Ernst
Sean Flyr
Roger Fraich
Stephan Gambill
Lorraine Giurlani
Kimberly Golden
Brooke Hanes
Paula Hasbargen
Constance Hicks
Yule Hodgert
Kyle Huntzinger
Eric Jacquinet
Michael Johnson
Matthew Jones
Jennifer Kahane
Sidney Kass
Loring Knoblauch
Brocha Knopfer
Rosemary Koepel
Maria Kozí
Joshua Kranz
Joel Kroecker
Lewis Krzyczkowski
Alan Landon
Amy Levien-Kalinova
Jhooa Lu
Patricia Lundelius
Paul Mack
Bill Macomber
Dennis Maggiora
Gretchen Malay
Leanne Mazurick
Jeff McCarthy
Melissa McGlynn
Jill McIntosh
Marty Meade
Raffi Morales
David Morton
Sherry Nehr
Luther Nieh
Christopher Nielsen
Tracy Nobles
Kate Nobles
Madalyn Nones
Jayne Norlin
Jeffrey Norman
Stephanie Nugent
Gerry Oakley
Ron Parker
Theresa Peeples
Steve Petermann
Doug Petersen
Jeffrey Pond
Jim Reitz
Daniel Rivat
Jonathan Robbins
Ryan Rothmaier
Julie Rubin
Peppa Safford
Carl Schaumann
Philip Schoner
Adam Schwed
Betsy Simson
Jill Sloane
Shawn Smith
Amie Spieth
Kenneth Spilfogel
Emily Spurlin
Gordon Stewart
Debbie Swenerton
Joyce Tang
Carlos Tayag
Neil Tigner
Daylan Torres
Donna Trauger
Stefano Tulipano
Gus Tunstall
Vincent Tursi
Brady Vickers
Dean Webb
Earl Weintraub
Kate Weise
Clay Westbrook
Scott Wiener
Sharon Willson
Douglas Winters
Dan Yoder

COMPANY MEMBERS

Lucky Penny Bread – San Rafael, CA
Montage Hotel – Bluffton, SC
Moonrise Bakehouse – Brooklyn, NY
Only Sourdough, LLC – Schuylerville, NY
Pancho Anaya Bakery – Tulsa, OK
Pizza Univ & Culinary Arts Ctr – Beltsville, MD
Purebread – Ottawa, ON CAN
Rail Trail Flatbread Co – Hudson, MA
Serenity Farm Bread – Leslie, AR
Sigmund’s Pretzels – Brooklyn, NY
Sugarfue! – Gnadenthal, OH
The Cake Korner & India Cafe – Artesia, CA
The King’s Roost – Los Angeles, CA
The Rye Berry Bakery & Café – Hamilton, NY
The Wayfare Baker – Bethlehem, PA
Toast of Syracuse – Syracuse, NY
Vanilla Bean Bakery & Cafe – Helena, MT
Your Chef to Go, Inc. – Newnan, GA
Yum Bakery – Calgary, AB CAN
The city of New Orleans is vibrant, bustling with music, history, tradition, food, and even in late September, it is very hot. On my drive down from OWL Bakery in the cool mountains of Asheville, NC, it was hard to imagine laminating any type of dough without butter melting and the dough becoming sticky. But when I arrived in the air-conditioned kitchen of Delgado Community College at 7 am, the break room was already filled with bakery owners, employees, avid home bakers, and culinary students in white chef coats munching on pastries that some angel in the culinary department had prepared for us. It was a refreshing contrast from the scorching heat just outside the doors.

Our instructor, Jory Downer, a second generation master baker from Chicago, had gotten there who knows how early to prepare for the day ahead. His jovial demeanor helped us all feel at ease as we settled in and got to work. We started out degassing and weighing the croissant dough that he had prepared and left to ferment in the fridge the night before. Once the dough was weighed out and shaped into a rectangle, it went straight back into refrigeration to keep it cold until it was time to laminate. We then weighed out the butter, and the spirited among us pounded the cold butter with rolling pins into the rectangles that would later be enclosed inside the dough. We all gathered around the sheeter to watch as Jory demonstrated rolling out the dough into a larger rectangle, the length of it being just under three times the width of the butter block. He then placed the butter in the center of the dough and folded both sides over to the center of the butter block, leaving a narrow gap to fill in with dough from the sides he was about to trim. After trimming, he made a dough and butter sandwich with all sides exposing the butter. We watched as he passed the dough back and forth through the sheeter, incrementally making the dough longer and thinner. When it was extended to the desired length, he folded both ends of the now rather long strip of dough over itself to meet each other off center. That new rectangle was then
folded in half to create one final rectangle. This fold is known as a double book fold. What started out as three layers quickly became twelve and would be multiplied many times by the end.

Now it was time for his dough to rest as we all paired up and did it on our own, making the most of the school’s two sheeters. The beauty of the sheeter is efficiency: what takes many strokes of a rolling pin can be done in one pass through a sheeter, which is very helpful when your goal is to keep the dough and the butter cold and firm in a warming kitchen. Although the class was geared toward making larger batches of pastries on a sheeter, we learned concepts that can translate to home-baking as well. We discussed, for example, what to look for in dough strength and texture and what type of butter — at least 82 percent butterfat — is best to use. We also practiced using our hands to test the pliability of the dough and butter, indicating whether or not it was time to continue laminating.

As we cut our croissant triangles, each group was eager to inspect the cross section to see their results. It’s amazing to see the impossibly thin layers of butter running throughout the dough. While letting our first laminations rest, we mixed the dough for puff pastry. What came next was a two-day whirlwind of mixing, layering, resting, folding, shaping, proofing, and baking. We made three types of laminated doughs: croissants, danish, and puff pastry. This gave us the canvas to make a long list of pastries.

Palmiers, Galette de Rois, Torta Russa, Parisian Flan, traditional croissant, chocolate croissant, cream cheese danish, apricot danish, raspberry danish; and the list goes on. I personally was excited to learn some new shapes for danishes to bring back home and try out at OWL. I think a highlight for everyone was the hustle of the bake. We all had a role to play when it came down to baking the hundreds of pastries that we had made together. Perhaps the most impressive part was how casually and effectively Jory delegated tasks to each student to make the whole symphony come together harmoniously and within the time frame we had. Those moments reminded me of that ten minutes leading up to the opening of the bakery back home each morning — quickly working to fill up the pastry case before the doors opened. It was beautiful to see Jory, a humble master of his craft, perfectly balance so much with such grace. You could tell he had done this before. It’s nice to know that, as the rest of us returned to our bakeries to apply what we learned, Jory flew down to some beach in Florida where he was able to spend some well deserved vacation time with his family.

PHOTO: CONNIE COX

PHOTO: CONNIE COX

PHOTO: CONNIE COX

CLOCKWISE FROM TOP LEFT: Student’s Pithiviers or “King Cakes” cooling before final decoration. Instructor Jory Downer weighs out butter to be laminated into puff pastry. Pain Aux Raisins filled with pastry cream and raisins and glazed with simple syrup. Cake rings and paring knives were used to cut and score the Galette de Rois. Beautiful layers of traditional croissants.
A pastry cream and puff pastry formula using a mixture of bread and pastry flour.

**PREPARE – PASTRY CREAM**
- Measure all ingredients before beginning the process.
- Add sugar and salt to milk in a copper kettle.
- Scrape out seeds of vanilla beans and add them to milk with the pods.
- In a small bowl whisk together water, egg yolk, corn starch and Elsay powder until completely dissolved.
- Bring ingredients in the copper kettle to a boil and add some to egg yolk mixture to warm.
- Add egg yolk mixture to kettle and cook until it thickens.
- Remove vanilla pod and pour mixture into a pan.
- Cover with plastic wrap making sure entire surface is in contact with plastic wrap and refrigerate.
- You might want to rinse vanilla pods and add them to your vanilla sugar bucket.

**PROCESS – Puff Pastry**
- Spiral mixer
- Improved, until smooth
- 1:00 in retarder
- Roll-in butter, flour
- Plasticize using any method
- Chill until same consistency as détrémpe
- 5 single folds
- 0:45 after first 2 folds
- 0:45 after 3rd fold
- Refrigerate overnight
- 16 pieces for pithiviers, 8 ea for tops and 8 ea for bottoms
- 88” long, divided into 8”–11” pieces
- 100% almond crème, 30% pastry crème
- Fill each piece with 11 oz. of filling
- After assembly apply egg wash
- Refrigerate overnight or freeze
- Egg wash a second time, cut and score
- Convection
- 0:55 at 400°F
- Glaze with simple syrup

**TABLE 1: PUFF PASTRY**

| Total dough weight | 5.515 kg |
| Total détrémpe weight | 3.249 kg |

**TABLE 2: PASTRY CREAM**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>%</th>
<th>Kilograms</th>
</tr>
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<tbody>
<tr>
<td>Milk</td>
<td>100.0</td>
<td>3.740</td>
</tr>
<tr>
<td>Salt</td>
<td>0.38</td>
<td>0.014</td>
</tr>
<tr>
<td>Sugar</td>
<td>24.24</td>
<td>0.906</td>
</tr>
<tr>
<td>Vanilla bean*</td>
<td>0.10</td>
<td>0.004</td>
</tr>
<tr>
<td>Water</td>
<td>12.12</td>
<td>0.453</td>
</tr>
<tr>
<td>Egg yolk</td>
<td>24.24</td>
<td>0.906</td>
</tr>
<tr>
<td>PatisFrance Elsay Cream†</td>
<td>4.17</td>
<td>0.156</td>
</tr>
<tr>
<td>Corn starch</td>
<td>4.17</td>
<td>0.156</td>
</tr>
<tr>
<td>Unsalted butter</td>
<td>6.06</td>
<td>0.227</td>
</tr>
<tr>
<td>Vanilla extract</td>
<td>1.14</td>
<td>0.045</td>
</tr>
<tr>
<td><strong>Totals</strong></td>
<td>176.62</td>
<td>6.605</td>
</tr>
</tbody>
</table>

*About 2 vanilla beans at this batch size.
†Elsay is a trademark and brand of Paris Gourmet of New York Inc.
‡Author prefers Mexican and organically grown vanilla.

Brittany Ansell proudly displays her completed Galette de Rois. King Cakes crowned and dusted with confectioners sugar.
Baking with Didier Rosada was a fun way to witness a master at work. He and his assistant, Katherine Cruz, were both very skilled, friendly, and eager to pass on their knowledge. To quote our teacher, “A baker must take the time to develop their practical and technical skills. By training your hands to recognize the gluten development and consistency of the dough and applying learned technique, you can be aware of when a dough has the desired attributes.” While instructing the Holiday Breads class that took place at the Revent American Test Bakery located in Somerset, NJ, Didier Rosada made sure to demonstrate that every batch of dough is different and that attention to detail is required at every stage of these delicate and enriched doughs.

With eight different breads to make, the schedule for our two-day class was planned out to the minute. It wouldn’t do the breads justice to talk about them all because of the extensive time, effort, and detail that went in to each one. Therefore, I have highlighted the process of some of my favorites.

We started day one with coffee and pastries provided by skilled Revent baker, Lisa Kirschner, followed by introductions to the teacher, assistants, and students. On the roster was the delicate Italian Pan d’Oro (Bread of Gold), which was baked in a decorative metal mold. When taken from the pan and cooled, it was dusted with powdered sugar to resemble the Alps.

We tackled Mexico’s traditional Pan de Muertos (Bread of the Dead), which had a shaping process that created a distinctive skull and crossbones on top of a large base. After baking, it was slathered with melted butter and coated in granulated sugar. Flavored with steeped anise water and orange blossom water, the slight aromatic sweetness made it my favorite bread of the weekend. I used this recipe immediately upon my return. The timing was perfect. Dia de los Muertos was fast approaching.

Then European Lemon Rye Rolls, made for the New Year to pair with seafood, used a rye starter mixed the day before and fermented overnight until ripe. Once shaped the size of small lemons (mini stout batards), they were dusted with flour and scored lengthwise three or four times. If scoring was executed after proofing, we ran the risk of the delicate rye breads collapsing.

The Italian Rotolo di Natale (Christmas Roll) and Pompe à l’Huile (olive oil Christmas bread from the Provence region of France) were also mixed, shaped, and baked on day one.

The day before our first class, the levain for the Pan D’Oro was fed and repeated.
every four hours so that the acidity and bacteria would not build up, allowing for better flavor and a longer shelf life, and so that it would have ample leavening power. In total it should be fed at least four or five times.

The mixing process for the Pan d’Oro would span the majority of the class because three doughs were mixed before our final dough was created. We mixed the first and second dough consecutively so that they could ferment for approximately two hours in an 86°F proofer with a dough temperature of 76°F before incorporating them both into a third dough that would then ferment for 3 hours at approximately 79°F maintaining a dough temperature of 76°F before being added to the final mix. While the first dough contained natural leavening, the second dough had commercial osmotolerant yeast added to ensure that the final product had consistent fermentation and good gas production. The combination of the first two doughs into a third would help create a strong dough that would be flavorful and long lasting once baked.

I used this process in the development of my Panettone recipe and the results of the leavening power as well as the flavor were astounding. and were baked first thing in the morning on day two. When tasting, the resulting bread was so tender and flavorful that I knew the long process of mixing and fermentation was necessary for such results.

Every bread we made in the class had a preferment that was mixed the day before the final dough. With so many starters with different attributes, time is important but you also need the ability to recognize when a starter is ready to be used in case the time or temperature is adjusted. You want to catch your starter before it starts to collapse, and if the starter is domed, then it is too early. Catching it in between these two stages should be the apex of its fermentation.

While mixing, Didier would reserve water, sugar, butter, eggs, and additives adding them only at the appropriate times and sometimes not adding the entire weighed out amount. This...
THE BREAD BAKERS GUILD OF AMERICA

allowed the dough to maintain its right consistency. Things like butter, sugar, and hydration can negatively affect the gluten development if added too early or all at once. Some of the rules to deliberate when to add these enriching ingredients are such:

1. Using baker’s math, if there is less than 10% butter you can add it all at once, otherwise you want to wait until the gluten is 80% developed and add it toward the end of your mix. Be sure that it is not cold and is pliable so that it can incorporate well.

2. For sugar additions, if more than 12% is used in a recipe you want to use osmotolerant yeast to ensure that the fermentation is not negatively affected.

3. The number of stages you use to incorporate sugar also depends on the percentage in the recipe. If the final dough is less than 15% sugar it can be added at one time, 15–20% sugar, must be added in two stages, and if it contains 20–30% sugar then three stages of sugar incorporation must occur.

On day two we executed The Irish Barmbrack, a traditional Irish bread made for Halloween, speckled with whiskey-soaked raisins. It contained whole wheat flour which gave it a more substantial taste and texture — perfect for soaking up the whiskey that is typically poured over the bread each day as it ages for about two weeks.

We also made the Pan de Treize Desserts, a bread that contains thirteen different types of fruits and nuts and is traditionally made for the Christmas season in France. They were both shaped similarly — pre-shaped as rounds and then flattened with a rolling pin and placed in a shallow, round paper mold to proof and bake. Both were also dusted with flour and scored in a checkerboard pattern.

The Colomba di Pasqua (Bread of Peace), which contained candied orange and chunks of marzipan, was placed in a dove-shaped paper mold. For each loaf we pre-shaped three pieces into tight rounds, one larger piece for the body of the bird and two smaller pieces for the wings. The final shapes were batards — one long bâtard to fill the body space and two smaller bâtards to fill the wing spaces of the mold. Once proofed they were topped with a

CLOCKWISE FROM TOP: Pan D’Oro (means bread of gold). Baked in a mold and topped with powdered sugar to resemble the peaks of the Alps. Students shaping Lemon Rye Dough. Head Revent Manager Brad Winnaman, Didier Rosada, his assistant Katherine Cruz, and head baker at the test bakery Lisa Kirschner. Scoring the Pain aux Treize Desserts — a bread filled with 13 different types of dried fruit, candied fruit, and nuts.
glaze which consisted of stiff egg whites, corn flour, hazelnut flour, bread flour, sugar, vanilla extract, and vegetable oil — all gently whipped together with a paddle. We were careful not to add too much of the mixture because it could weigh down the dough when baking, and a thick coating would overpower the flavor of the bread. It was finished off with slivered almonds, which resembled the feathers of a dove. The glaze became a crunchy and flavorful topping on the bread once baked. It is also typically used in the production of Panettone, another enriched holiday bread.

While mixing the various enriched doughs, Didier explained the purpose and reactions of the different additives, showing us the color and elasticity of them in each of its stages. By taking a piece of the dough and stretching it to a windowpane, the way it breaks (in a straight line) is an indicator of good gluten development. The ingredients used like sugar, milk, eggs, and fats (butter and cocoa butter) were all purposeful in order to create a certain level of softness, color, flavor, crumb, nutritional value, and shelf life.

Students chatted about their bakeries and home tests, exchanging priceless information with each other about our experiments and expanding each other’s knowledge of our industry. Whenever encountering other, more experienced bakers than myself, I try to soak up all the knowledge I can from them, not knowing when I might have another chance to learn from people with such diverse baking backgrounds. It’s hard to get away from production to take classes like Didier Rosada’s holiday breads when the breads at home need constant attention and care. However, simply reading a book or watching an online video cannot match the amount of knowledge you can gain from watching a master like Didier or being surrounded by very skilled and experienced bakers.

I feel so lucky to have been able to be a part of this class that took place in the Revent Test Bakery in Somerset, NJ. I recommend to any baker the value of taking a class like this where you can share and learn with the other wonderful bakers in our industry such as April Hall from Wild Yeast Bakery, a community supported bakery in Oregon, or Tomer Zilkha who teaches baking, owns Patisserie Florentine in New York, and wants to expand his offerings. I made invaluable connections with my classmates and hope to see them at other industry events in the future. At the end of the two days we all left with smiles on our faces and bags full of bread to share with friends and family. After all the best part of the baking process is the moment someone else enjoys it.
This ring of dough is usually baked in Italy for Christmas celebrations. The combination of soft enriched dough and crunchy filling creates a delicate texture, while the appealing presentation makes Rotolo di Natale a festive centerpiece.

**PROCESS — Rotolo di Natale**

**Preferment**
- **Sponge**
  - **Mix**
    - Type of mixer: Spiral
    - 1st speed: 0:05
  - Ferment Time/temperature: 12:00 at 75°F

**Final Dough**
- **Mix**
  - Type of mixer: Spiral
  - Mix style: Intensive
  - 1st speed: 0:05
  - 2nd speed: 0:08
  - Dough temperature: 76°F
- **Ferment**
  - Time/temperature: 1:30 at 75°F

**Shape**
- Divide: 400 g
- Preshape: Cylinder
- Rest: 0:20
- Shape: See process notes
- Proofing device: Sheet pan
- Proofing time/temperature: 1:30 at 82°F
- **Bake**
  - Oven type: Deck
  - Score: None
  - Steam: 2 sec
  - Time/temperature: 0:25 at 350°F

**ROTOLO DI NATALE**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Total Formula</th>
<th>%</th>
<th>Kilograms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total dough weight</td>
<td>26.720 kg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total flour fermented in sponge</td>
<td>19.97%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread flour*</td>
<td>100.00</td>
<td>12.495</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>36.01</td>
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<td></td>
</tr>
<tr>
<td>Whole milk</td>
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<td>1.497</td>
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<tr>
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<td></td>
</tr>
<tr>
<td>Rum</td>
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<td>0.500</td>
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</tr>
<tr>
<td>Salt</td>
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<td>Osmotolerant instant yeast</td>
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<td>Sugar</td>
<td>22.41</td>
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<td>Unsalted butter</td>
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<tr>
<td>Orange zest</td>
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<td>Sponge</td>
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**TOTAL FORMULA**

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<th>%</th>
<th>Kilograms</th>
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</thead>
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<td></td>
<td></td>
</tr>
<tr>
<td>Total flour fermented in sponge</td>
<td>19.97%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread flour</td>
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<tr>
<td>Sponge</td>
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**PROCESS — ROTOLO DI NATALE**

- Flatten, spread filling, roll, and form into a crown.

**ROTOLO DI NATALE — FILLING**

<table>
<thead>
<tr>
<th>Ingredients</th>
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<th>%</th>
<th>Kilograms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walnut pieces</td>
<td>15.00</td>
<td>1.500</td>
<td></td>
</tr>
<tr>
<td>Pine nuts</td>
<td>8.00</td>
<td>0.800</td>
<td></td>
</tr>
<tr>
<td>Sugar</td>
<td>10.00</td>
<td>1.000</td>
<td></td>
</tr>
<tr>
<td>Cocoa powder</td>
<td>5.00</td>
<td>0.500</td>
<td></td>
</tr>
<tr>
<td>Orange zest</td>
<td>3.00</td>
<td>0.300</td>
<td></td>
</tr>
<tr>
<td>Lemon zest</td>
<td>1.50</td>
<td>0.150</td>
<td></td>
</tr>
<tr>
<td>Dark raisins</td>
<td>16.00</td>
<td>1.600</td>
<td></td>
</tr>
<tr>
<td>Rum</td>
<td>6.50</td>
<td>0.650</td>
<td></td>
</tr>
<tr>
<td>Egg white</td>
<td>35.00</td>
<td>3.500</td>
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**TOTALS**

<table>
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<tr>
<th>Ingredients</th>
<th>%</th>
<th>Kilograms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total filling weight</td>
<td>10.00</td>
<td>10.000</td>
</tr>
</tbody>
</table>

**PROCESS — FILLING**

- Soak the raisins in rum overnight.
- Coarsely chop walnuts.
- Combine walnuts, pine nuts, sugar, orange zest, lemon zest, and cocoa powder in a bowl.
- Beat egg whites until stiff.
- Add raisin and rum mixture.
- Fold into beaten egg whites.

FROM LEFT: Rotolo di Natale. The baker is adding the filling to it before it is rolled up. The Rotolo di Natale dough being rolled up and overlapped at the seam.
When I signed up for Mike Zakowski’s class “Bialys and Farmers Market Breads,” it was during my fifth season of baking for a very busy farmers’ market in my hometown of Whitefish, MT. The class was to take place two weeks after the end of the market season — perfect timing, perfect topic!

As it would happen, several weeks before the class, I decided to make this my last season for the farmers’ market, and I accepted a job offer from the owner of the bakery where I rent space. Hmm… the timing was still good, but the focus of the class? I wasn’t so sure.

I didn’t need to worry! The class, as I have found with other Guild events, had a wonderful mix of home bakers, market bakers, bakery employees, bakery owners, and everything in between. We all came with our own individual expectations and desires for the two days that we would spend together. And I don’t think anyone left disappointed.

In any baking class, I feel that if I can get one good formula and learn one good technique — the class is a success. I got both of those from our time with Mike, and I also got something that ran a little deeper. I got a glimpse of how to bake for the long term.

Baking is a labor-intensive profession. How do you keep the love alive during the long hours and all too often slim-profit margins? Two main points that Mike came back to time and again were — “know your dough” and “do what works for you.”

I know I’m not alone in experiencing the frustration of looking up a baking issue online only to get a myriad of (and often conflicting) advice. Adding to the complexity of things is the growing interest in using locally grown and milled grains. Local flours are a wonderful thing to use, but they aren’t like mass-produced white flour that is blended for maximum consistency in performance. To get a bread you can steadily be proud of, Mike stressed the importance of knowing your dough. In fact, he doesn’t just call himself a baker, but a baker-observer.

When using a new flour, this observation starts with the levain. How much water is the new flour absorbing? How quickly is it fermenting? Knowing how a flour is performing early on gives us an idea of what we need to do to achieve a successful end product. Mike mixes almost all his doughs by hand and says that is the best way to feel how your dough is coming together. After mixing, comes a series of strength-building folds. This is another opportunity to see how the dough is coming together, developing, and changing. All through fermentation you need to touch it, watch it, see how it is being affected by time and temperature,
and adjust as needed. Cut it open to see the structure. Is it ready to shape or does it need more time to expand and develop?

Becoming a baker who truly knows her dough is probably a life-long pursuit. Even Mike says that “it’s always a mystery — that’s the challenge and the fun.” By practicing and observing, we learn what is going on in that tub of flour, water, salt, and microbes. Then, it becomes easier to react to differences in flours, temperature, and other variables. The more we observe and predict outcomes, the more enjoyable the baking process will be and the less stress we will feel. Know your dough!

Another point Mike came back to time and again was the importance of doing what works for you. Come up with a schedule that works for your lifestyle and needs. Do an autolyze if the timing is right; don’t worry too much if you can’t. Use refrigeration (to hold your dough at fermentation or after shaping) to bake when it works for you — the baker. Plan your batch sizes around the capacity of your oven. Are you getting too many specific requests from customers? Don’t be afraid to say no. Mike’s philosophy is that you should make bread for you. If you make a bread that works for you from start to finish, you will likely have a bread that customers want and a process that promotes baking for the long term.

I came home from the class with a packet of unique formulas — some of which I will play with, try to adapt to my local flours and my baking schedule, and hopefully work into my line-up. The two that I will start with are the Baguette de Tradition — a higher whole-grain baguette than my go-to and one that gets a longer, colder fermentation — and the Pain de Campagne, a bread that I think will work well with my local flours.

I also learned some techniques that will improve my baking. We learned that a shorter but more numerous slash pattern will promote a more evenly open crumb and prevent too-large holes from forming. And we were encouraged to look outside our profession for inspiration. Who would have known that a section of gutter guard from the hardware store, used as a stencil, would make such a gorgeous loaf?

In short, “Bialys and Farmers Market Breads” provided what I had hoped to get out of the class — specific formulas and techniques — and also something a little more philosophical yet practical. I gained some skills and I gained a better understanding of how to bake for the long term. Know your dough, do what works for you, and bake on!

A shout-out to Craig Ponsford, Arielle and Nicky Giusto, and everyone else at Central Milling’s Artisan Baking Center. What a beautiful baking facility, and thanks for the amazing lunches! 🍞
# IN GLUTEN WE TRUST

## EINKORN BROT

Created by the Bialys and Farmers Market Breads Class

100% freshly milled einkorn with cracked toasted einkorn and toasted sesame seed.

**PROCESS – Einkorn Brot**

### Preferments

<table>
<thead>
<tr>
<th>Mix</th>
<th>Type of mixer</th>
<th>Length of time</th>
<th>Einkorn Sourdough</th>
<th>Soaker</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Hand</td>
<td>Until incorporated</td>
<td>Hand</td>
<td>Until incorporated</td>
</tr>
</tbody>
</table>

| Ferment | Time/temperature | 10:00–12:00 at 75°F | Until water absorbed |

### Final Dough

<table>
<thead>
<tr>
<th>Mix</th>
<th>Type of mixer</th>
<th>Length of time</th>
<th>Dough temperature</th>
<th>Einkorn Sourdough</th>
<th>Soaker</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Hand</td>
<td>Until incorporated</td>
<td>75°F</td>
<td>Hand</td>
<td>Until incorporated</td>
</tr>
</tbody>
</table>

| Ferment | Time/temperature | 2:00 at 75°F | Folds/interval | 0:30, 1:00, 1:30 |

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<tr>
<th>Shape</th>
<th>Divide</th>
<th>800 g</th>
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<tr>
<td></td>
<td>Preshape</td>
<td>Round</td>
</tr>
<tr>
<td></td>
<td>Rest</td>
<td>0:10</td>
</tr>
<tr>
<td></td>
<td>Shape</td>
<td>Cylinder</td>
</tr>
<tr>
<td></td>
<td>Proofing device</td>
<td>Loaf pan</td>
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</tbody>
</table>

| Proof | Time/temperature | 1:30–2:00 at 75°F |

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<thead>
<tr>
<th>Bake</th>
<th>Oven type</th>
<th>Deck</th>
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<tbody>
<tr>
<td></td>
<td>Stencil</td>
<td>Baker's choice</td>
</tr>
<tr>
<td></td>
<td>Score</td>
<td>Baker's choice</td>
</tr>
<tr>
<td></td>
<td>Steam</td>
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<tr>
<td></td>
<td>Time/temperature</td>
<td>0:45 at 500°F</td>
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### TOTAL FORMULA

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<tr>
<th>Ingredients</th>
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<th>SOAKER</th>
<th>FINAL DOUGH</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>%</td>
<td>Kilograms</td>
<td>%</td>
<td>Kilograms</td>
</tr>
<tr>
<td>Einkorn flour</td>
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<td>4.561</td>
<td>100.00</td>
<td>0.684</td>
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<td>80.00</td>
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<td>Salt</td>
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<td>3.00</td>
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<td>Cracked Einkorn*</td>
<td>10.00</td>
<td>0.456</td>
<td>50.00</td>
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<td>Sesame seeds</td>
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<td>0.456</td>
<td>50.00</td>
<td>0.456</td>
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<td>50.00</td>
<td>2.280</td>
<td>250.00</td>
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<tr>
<td>Juuri†</td>
<td>0.15</td>
<td>0.007</td>
<td>1.00</td>
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<td>Soaker</td>
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<td></td>
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</tr>
<tr>
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<td>252.45</td>
<td>11.514</td>
<td>176.00</td>
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</table>

*The cracked, toasted Einkorn is cooked with the water. When the water is no longer showing, but the grain are quite viscous, turn off the heat, add the toasted sesame seed and cool overnight.

†Stone-milled rye starter, 120% hydration

PHOTO: MIKE ZAKOWSKI

LEFT: Finished Einkorn breads. BELOW: Mike inspecting his Einkorn breads.

PHOTO: NICKY GIUSTO
Baking is often about solving problems, from the baking side (how do I make something moister, drier, shinier?) to the business side (how do I fill an order for 300 rolls tomorrow when my mixer just died?). In the Principles of Formula Development class on December 7 and 8, we took problem solving to another, more organized level.

In a class taught by Amber Eisler and Richard Miscovich with the assistance of Jess Meyers in the sunny kitchen of the King Arthur Flour facility on Norwich, VT, bread bakers — both professionals and passionate home bakers alike — set out to solve the problem “how do I make this bread?”

“This bread” was whatever each group envisioned. Breads ranged from a whole wheat and rye bread to a naturally leavened whole wheat sourdough to my own oatmeal bread — inspired by one of my favorite breads that the owner of BiBi Café and Bakery (and my boss) Fataneh Dowlatshahi makes.

In addition to the small group projects, we designed and made one bread as a class project. This served as our basis for a refresher on baker’s percentage and a lesson on how to manipulate a formula to get what you want in your final product.

On day 1, we sat around the white board and pictured our class bread: it would be like an Italian durum bread, but with more whole grains to provide some substance. We didn’t want to lose the light and crusty feel of the original loaf, so we settled on 25% whole wheat flour, 35% AP flour, and 40% durum flour. Salt and yeast were easy — given the advice to start a bread at 1.8% salt and .3% instant yeast. With the water percentage, we had to make a guess and then hedge our bets. We ended up deciding on 80% water with a little more than half in a levain that we were to make that day.

On day 2, we gathered around the mixer and discussed how we would go about getting the bread we wanted now that we had calculated the math. Importantly, we wanted to put the water in gradually until we had a feel we liked, and then weigh the remainder and make a note. This changed our water percentage to 77%.

While that proofed in bulk, we worked on our own projects — coming together again to weigh (680 grams) and preshape (loose rounds) the durum loaves, and then again to make and score the batards that would be the final shape.

The bonus of any class is the extra shaping and scoring practice under the guidance of our instructors. Also many of our classmates were professional bakers, and we were shown four different methods to shape the batards. Later, as we shaped and scored our own projects together, we had even more...
insight into rounds, rolls, baguettes, and a variety of scoring methods — both functional and decorative.

We seeded the tops of the durum batards before baking, a decision that was both delicious and a little problematic, as we had trouble tasting the flavor of the bread alone. As Richard suggested, a better test would have been to seed only some so we could taste the difference. Despite that small misstep and a slightly thicker crust than we planned, the final product did turn out very close to our vision.

From start to finish — from vision to tasting — the class taught us how to solve problems. As participant and serious home baker Marco deVito said, “Helping us develop tools to analyze options and trade-offs has helped me look more creatively in developing and modifying formulas. I can more effectively figure out how to get the results I want and work through my time and equipment constraints.”

My own oatmeal bread, which I had based on a more instinctual recipe from its creator, was good…but not quite right. I plan to bring down the percentage of whole wheat flour and increase the water. After taking this class, I feel confident I can adjust and end up with the correct final product. Problem solved.

PHOTOS: MARCO DeVITO

PHOTO: DANIEL STEINBERG

BELOW: Shala Irby (L) and Nicole Walsh (R) shaping batards with Ashley Murray, Beth Rodio, and Amber Eisler looking on. BOTTOM LEFT: Sara Scudier scoring baguettes under the watchful eyes of instructors Richard Miscovich and Amber Eisler. BOTTOM RIGHT: Beth Rodio (L) and Shala Irby (R) preparing to score boules.
Enjoy this flavorful bread with butter and any food pairing.

**DURUM WHOLE WHEAT BREAD**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Total dough weight</th>
<th>Total flour fermented in levain</th>
<th>Whole wheat flour</th>
<th>Bread flour</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>18.250 kg</td>
<td>35.00%</td>
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<thead>
<tr>
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<th><strong>Kilograms</strong></th>
<th><strong>%</strong></th>
<th><strong>Kilograms</strong></th>
<th><strong>%</strong></th>
<th><strong>Kilograms</strong></th>
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<tbody>
<tr>
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<td>100.00</td>
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<td>2.77</td>
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<td>Instant yeast</td>
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<td>126.54</td>
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<td><strong>Totals</strong></td>
<td>182.50</td>
<td>18.250</td>
<td>235.00</td>
<td>8.225</td>
<td>280.77</td>
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*Hard winter wheat (11%–12% protein)
†100% bread flour, 125% water, 10% starter

**PROCESS — Durum Whole Wheat Bread**

**Preferment**
- Mix: Spiral 1
- Mix: Spiral 2
- Hold back: Salt
- Mix style: Improved
- 1st speed: 0:03
- Autolyse: 0:20
- Add: Salt
- 1st speed: 0:03
- 2nd speed: 90 sec
- Time/temperature: 12:00–15:00 at 65°F

**Final Dough**
- Mix: Spiral
- Mix style: Improved
- Hold back: Salt
- Mix: Spiral 2
- 1st speed: 0:03
- 2nd speed: 90 sec
- Time/temperature: 2:30 at 72°F–75°F
- Fold: 0:50, 1:40
- Dough temperature: 75°F–78°F

**Ferment**
- Time/temperature: 2:30 at 72°F–75°F
- Time/temperature: 0:50, 1:40

**Shape**
- Divide: 680 g
- Preshape: Round
- Rest: 0:20
- Shape: Round
- Proofing device: Brotform

**Proof**
- Time/temperature: 2:00 at 72°F–75°F
- Time/temperature: 0:35 at 450°F

**Bake**
- Oven type: Deck
- Score: Standard with straight blade
- Steam: 2 sec
- Time/temperature: 0:35 at 450°F

LEFT: Durum whole wheat bread. BELOW: Richard prepares to divide durum dough — formula visible in background.
BBGA is pleased to announce its 2019 regional events theme, “The Power of Flour.” We have selected top instructors from around the country to share their expertise, innovative ideas, and overall passion that drives them to the bench each day. Fourteen classes are scheduled in different locations from coast to coast. For more information or to register visit bbga.org/events.

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<tr>
<th>Date</th>
<th>Event Title</th>
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<tr>
<td>MAY</td>
<td>THE SCIENCE BEHIND SOURDOUGH</td>
<td>Karl De Smedt</td>
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<td>JUNE</td>
<td>LEARN TO MAKE PIZZA LIKE A PRO</td>
<td>Noel Brohner</td>
<td>King Arthur Flour at The Bread</td>
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<td>HERITAGE WHEAT BREADS</td>
<td>Ellen King</td>
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<td>AUGUST</td>
<td>A MODERN APPROACH TO CLASSIC VIENNOISERIE</td>
<td>Charles Niedermeyer</td>
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<td>SCALDS, SOAKERS, AND STARTERS</td>
<td>Stan Ginsberg</td>
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<td>SEPTEMBER</td>
<td>LAMINATION: LAYERING ARTISAN QUALITY WITH COMMERCIAL EFFICIENCY</td>
<td>Ciril Hitz</td>
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<td>IBIE 2019</td>
<td>THE RESURGENCE OF RYE HONORING ARTISAN PRINCIPLES IN COMMERCIAL APPLICATIONS</td>
<td>Stan Ginsberg</td>
<td>Visit The BBGA Booth &amp; Café</td>
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<td>SCALDS, SOAKERS, AND STARTERS</td>
<td>Matt McDonald</td>
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<td>HOLIDAY BREADS &amp; WINTER PASTRIES</td>
<td>Robert Jörin</td>
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<td>NOVEMBER</td>
<td>DOUGHS THAT FLOW: MAKING FRIENDS WITH HIGH-HYDRATION DOUGH</td>
<td>Noah Elbers</td>
<td>King Arthur Flour</td>
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Country Mill’s Organic Three Sisters Porridge, a mixture of purple karma barley, gazelle rye, and streaker oat flakes. Tom Hunton, owner of Camas Country Mill, which operates a stone mill in Oregon’s Willamette Valley and focuses on whole grain flours, and Kevin Morse, chief executive officer of Cairnspring Mills, which focuses on European-style bread flours, shared that the future is bright for local grains.

“We pay growers $1.50 to $2 a bushel more than commodity wheat,” said Morse, who talked up local grains from Washington and Oregon (Cairnspring exhibited local flours made with Edison hard white spring wheat and Skagit 1109 hard red winter wheat). “The bar is definitely higher, and they have to earn it. We have no false notion that our flour will replace commodity flour, but we are certainly going to offer a choice and a whole new variety of flours that you can’t find elsewhere. Consumers today are willing to pay for certain attributes. That’s what makes it work.”

Newly-formed 4 Generations Organic, based in Alva, OK, featured “estate grown” hard red wheat grown in Oklahoma and used by innovative bakeries such as Bellegarde Bakery in New Orleans.

King Arthur Flour dished up delicious pizzas made with premium pizza flours and hosted innovative pizza education sessions led by top names in the pizza industry, including Chris Bianco and Leo Spizzirri of the new North American Pizza & Culinary Academy.

Central Milling featured the “greatest hits” of pizza flours, including their Tony Gemignani California Type OO Flour, one of most versatile around. On display was also Central Milling’s full range of specialty flours including durum, spelt, rye, and Khorasan.

Home baker and educator Guy Frenkel, who demonstrated at the Mockmill booth, carried bags of specialty grains from local farmers in surrounding areas of his home city of Los Angeles: malted purple barley, Ethiopian blue tinge farro, and yellow dent corn. “One of the reasons I believe in fresh milling is the local farmers I work with. Every year, it’s a golden harvest, and I want to use everything they grow,” he says. “We discuss the upcoming crop and envision new breads that will best utilize the new grains.”

Frenkel does not work for a prominent bakery or own a retail shop. Rather, he is an award-winning storyteller and a senior creative executive who also happens to be an influential bread baker. His talents are blossoming to where many top names in baking follow him regularly on Instagram (@ceorbread). For his small batches, he uses the new Mockmill 200 stone mill from Wolfgang Mock.

“I have the privilege of playing in the R&D department,” Frenkel said at IABE where he prepared a dough with Peruvian purple corn and roasted purple sweet potato that he dehydrated into fine particles. “For me, every dough is a blind date.” He reimagines flavors with inspirations from many cultures. “I am putting in purple corn,” he explains of one ingredient, “so it will smell like a tortilla.”

Nicholas Ahrens, product applications culinologist for Bay State Milling in Quincy, MA, created a sprouted sourdough cold fermented bâtard specifically for the IABE, which was a huge hit with attendees. The formulation brings together Bay State’s Heritage European Artisan Flour and BeneGrain sprouted wheat flour. Heritage European is a low-protein patent flour with good absorption and volume. BeneGrain sprouted whole wheat flour brings a slight maltiness and a sweeter flavor profile than a traditional whole wheat flour. The resulting loaf has a light sour and malty flavor. Each morning, Ahrens made the dough for the next day right inside Bay State’s booth. He cold fermented the loaves for 18 hours and then baked them on the show floor.
SPROUTING IN POPULARITY

Expect sprouted grains to surge in popularity, according to a GlobalData consumer survey that noted 60% of U.S. shoppers think sprouted grains and seeds have a positive impact on health.

Bread expert Peter Reinhart, a Johnson & Wales University baking instructor and noted author, says that he believes sprouted grains are going to get bigger and bigger in America. “Sprouting the grain makes the grain taste better, in my opinion,” he says. “We are right at the tipping point of sprouted grains becoming a bigger part of the American diet.”

Richard Miscovich, associate professor at Johnson & Wales University in Providence, RI, offered tips on how to make sprouted grain power bars. Start with grains like spelt or Kamut® and cover with an inch or two of water for 24 to 36 hours. To rinse, you can use a colander or thin mesh sieve. “Temperature will affect the rate of sprouting, as well as how often you rinse,” Miscovich says.

The enzymatic activity converts starch to sugar and unlocks a lot of vitamins. It’s important to recognize the process of sprouting grains also deactivates phytic acid, which will bind up with valuable minerals like zinc inside the digestive system, making the minerals no longer bio-available. “I find that intriguing,” he adds. Be careful to avoid over-sprouting because the grains or seeds become tough and can taste grassy.

Tom Gumpel, former vice president of research and development for St. Louis-based Panera Bread, shared insights into the positive road ahead for sprouted grains. Gumpel presented a broad look at how Americans view the benefits of bread and explained the dietary values of sprouted grains for individuals who are seeking ways to improve gut health. More people are starting to understand that avoiding gluten or carbohydrates is not a one-size-fits-all approach to their diets. “The next level of nutrition is, how does this work for you, the individual?” Gumpel said. “Nature should tell us that every one of us is different.”

Ciril Hitz, owner of Breadhitz Inc., recommends the importance of cold fermentation to gain more strength in your doughs. “It depends on where you live, but if you live in a super-hot environment, freezing grains can be great,” he suggests. “Chill your grains so they are super cold.”

BUILDING ON THE BASICS

Melina Kelson educated attendees about the three types of yeasted preferments, in efforts to “demystify” the increasingly common practice of using starters to influence the final dough. The main quality of pâte fermentée, the first example, is elasticity. It builds strength in your dough and makes it more elastic, as well as adding buttery tones. The desired hydration is 60–65%.

A poolish gives your dough extensibility and a sweet, nutty flavor, Kelson says. A typical poolish has 100% hydration and is fermented at room temperature for 12 to 16 hours. Finally, a biga is a stiff preferment with only 50–60% hydration. It does not contain salt. The main quality that a biga brings to your dough is structure. “It is a more common choice for something like a pan loaf or a sweet profile dough when you are not developing acidity. It’s a good choice for weak flour or enriched bread.”

Pierre Zimmermann, master baker and owner of La Fournette in Chicago, demonstrated a convenient and simple method of producing artisan breads that your customers can watch you bake and enjoy inside your cafe with ease. “We make fougasse every day in Chicago,” he said during a demo at the Lesaffre Yeast Corporation’s booth. “It’s a bread that bakes very quickly and doesn’t require years of shaping experience like a baguette.”
IABE WAS A SUCCESS!

By Cathy Wayne
BBGA Executive Director

BOOTH EXHIBITORS INCLUDED MANY GUILD MEMBERS:
- 4 Generations Organic Wheat
- Abel & Schafer USA
- Ardent Mills
- Bay State Milling Company
- Camas Country Mill
- Central Milling Company
- ChemxWorks
- General Mills, Inc.
- Grain Craft
- Guisto’s Specialty Foods & Flour Mills
- King Arthur Flour
- Lallemand Baking
- Lesaffre Yeast Corporation
- Mockmill
- Middleby Bakery Group
- Oliver Packaging & Equipment Co.
- Pizza University & Culinary Arts Center
- Problend-Eurogerm
- Sosland Publishing Company
- WP Bakery Group USA

Didier Rosada presented demonstrations in both the King Arthur Flour booth and LC Bakery Equipment booths. Mel Darbyshire baked samples in the Small Family Farm booth. Pierre Zimmermann was joined by Deborah Ott and members of Bread Bakers Team USA 2020 Nicholas Zimmermann and Kate Goodpaster. Don Guerra baked in the ProBake booth. Nicky and Arielle Giusto were presenting samples of both bread and pizza.

Attendees of IABE and the Pizza Expo were able to attend both sections of the exhibit hall and attend demonstrations and lectures throughout.

The Bread Bakers Guild’s booth presence was well visited and continuously busy. Attendees grabbed 500 Bread Lines and hundreds of membership brochures. The Guild staff and Guild member volunteers signed up new members: 21 company members and 21 individual members.

The winners of the daily apron drawings were:
- Gus Tunstall — BBGA Apron
- Alan Negrete — BBGA Apron
- Kristi Aragon — White Bark Workwear Apron

Thank you to Charlie Pennes of White Bark Workwear for donating an apron for the drawing.

The Guild has committed to continue its partnership for IABE in 2020 with the organizer, Emerald Expositions.

We hope to see you all March 31-April 2, 2020!

The three-day event was accented by 24 demonstrations and 32 seminars. Many of the events featured several Guild Member/Instructors:

DEMONSTRATIONS:
- Applying the Universal Numbers System in Lamination — Peter Yuen
- Baking with Sprouted Grains — Richard Miscovich
- Hand Mixing with Heritage Grains — Ellen King
- New Product Demo: Kouign Amann — Peter Yuen
- Out of the Box Croissant — Peter Yuen
- Out of the Box Donuts — Rachel Wyman
- Working with Ancient Grains — Ciril Hitz

SEMINARS:
- Business Planning for Profits and Growth — Stanley Ginsberg
- Designing and Starting an Artisan Bakery in 2019 — Michael Eggebrecth
- Demystifying Prefermentation — Melina Kelson
- Finding & Keeping Your Best Employees — Leslie Mackie and Scott France
- Future of Bread — Peter Reinhart
- Lifestyle Choice, Farmers Market Style — Mike Zakowski
- Maintaining Margins in a Specialty Bakery — Amy Scherber and Ellen King
- Successful Bakery Cafes: More than Coffee & Donuts — Solveig Tofte and Rachel Wyman

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We hope to see you all March 31-April 2, 2020!
So, you came to Vegas for the first ever International Artisan Bakery Expo in March of this year, congratulations! That means you were able to absorb key information from a large number of our foremost bakers like Ciril Hitz, Solveig Tofte, Amy Scherber, Peter Yuen, Ellen King, just to name a few. But, did you leave without eating pizza? That would be almost impossible. However, if you managed to miss the pizza side of the conference here are a few insights into current pizza-making trends that surfaced in Vegas and may peak your curiosity:

- Skip using olive oil on the pan when pushing out Sicilian, Roman and sometimes Detroit pan pizzas. Instead use vegetable shortening which allows dough to adhere and reduces the snap back.

- Intensive mix just accelerated to “hyper-mixing” which is used by numerous pizza makers to increase dough strength and introduce air into their high-hydration, big hole pizza doughs.

- Hyper-mixing is now being coupled with 15% starter and long room temperature ferments and/or multi-day retarding without any commercial yeast. This impresses the pizza competition judges and emphasizes a general desire by pizza makers to increase the digestibility of pizza, appealing to the non-celiac, gluten sensitive population (and judges after eating pizza for three days).

- While the trend for long fermentation times continues, others are seeking to shorten the time from mix-to-bake without adversely impacting the final pizza product. New flour blends are coming out that include dried natural sourdough starters which the Italians call pasta/lievito madre. These flours claim to dramatically shorten mix-to-bake times with flavor and digestibility equal to a 72-hour ferment. This will probably be more evident at the 2020 conference.

- Other future trends include black rice flour currently used in Italy. The influence of this flour on pizza dough (and how it is different from white rice flour) is yet to be determined. There is also continued interest in the technique of “boiled flours” (or “boiled doughs”). This technique, long used by Japanese bakers, shortens processing times while yielding a high-quality product. The use of this could help both pizza makers and artisan bakers.

Having attended both the artisan side and pizza-making side of the 2019 conference, I saw ample inspiration and insights coming from both sides of the house. This cross-pollination should spark new and interesting techniques and products for next year’s conference. So, do not miss it. Mark your calendars for March 30 to April 2, 2020. ✨
In 1934, the French culinary writer Curnonsky (his pen-name) dubbed Lyon, France, as the International Capital of Gastronomy. For those who have not been, Lyon is an incredibly exciting place to visit for numerous reasons — a prominent one being that the city is home to 224 culinary markets open weekly and the permanent grande dame of them all, Les Halles de Lyon Paul Bocuse, the fabulous indoor food market named for the famed French chef Paul Bocuse, who was a Michelin 3-starred chef for more than 50 years.

I am fortunate because Lyon happened to be the site of this year’s Sirha International Hotel, Catering and Food Trade Exhibition, the massive foodservice show that I was graciously invited to cover earlier this year. The January 26–30 event — regarded as the single largest foodservice trade show in the world — attracted a record 225,031 professional visitors (up 8% from 2017).

This trip, in particular, proved a wild ride because it started in San Francisco where I would meet in Petaluma, CA, for my first board meeting of The Bread Bakers Guild of America. The next morning, I would fly to Lyon. Usually, I can sleep on plane rides, but not this time, so I hit the ground running after 13 hours in the air and a 30-minute (50€) cab ride to the fancy Eurexpo exhibition park.

After all this jet lag and fatigue, imagine my delight to see a familiar face immediately once inside the Sirha show when I approached the Lesaffre booth, where Déborah Ott was busy baking mini breads. I’d first met Déborah in 2017 at the first-ever Assembly of Extraordinary Bakers in Chicago and then a year later in Paris when she won the 2018 World Master Baker title in gourmet baking for global inspirations from france

By JOHN UNREIN  Guild Board Member, Bread Lines Managing Editor, Editor of Bake Magazine — Kansas City, MO

Finalists participating in the Coupe du Monde de la Pâtisserie, which celebrated its 30th anniversary at Sirha 2019, showcased wonders in sugar art, chocolate desserts and the first-ever 100% vegan dessert (bottom right).
her home country of France. She is such a great global ambassador for bread bakers because she possesses such a positive attitude and is so highly skilled at her craft. Later, I was excited to hear from World Baking Champion Pierre Zimmermann of La Fournette Bakery in Chicago that Déborah is moving to Chicago this summer to work for Pierre’s bakery!

During Sirha, Deborah chatted with me briefly about the popularity of mini breads she was producing, which showcased the most significant trend on the global food scene — snacking.

Why the snacking trend matters is that out-of-home (OOH) breakfast is now viewed as an important opportunity for retail operators and bread bakers, according to new research from The NPD Group, released at Sirha 2019.

OOH breakfast visits increased in 9 out of 13 countries tracked last year, even as total foodservice orders were flat. OOH breakfast visits grew a whopping 8% in France in the year ending September 2018, and they’re growing in Europe, Russia, Canada, Australia and the United States.

Breakfast sandwiches/muffins was the number 1 item ordered for OOH breakfast, with a few exceptions. Brazilians like to order toasted French bread for breakfast, while the French are partial to croissants. In the United States, we love our breakfast sandwiches.

Another trend that I witnessed firsthand was the continuing rise in popularity of laminated doughs. At Sirha, Bridor unveiled their new Breizh’n’Roll, a hybrid pastry that is inspired by the traditional kouign amann. Breizh’n’Roll is a recipe inspired by the traditional Breton kouign amann made from croissant dough, along with butter and sugar. The texture is both crispy and soft. Made with 100% pure butter, each 85-gram pastry features a golden, caramelized crust after baking.

Flavored chocolates are another significant development and an important one to bakers looking to create unique flavor profiles. Valrhona is aiming to shake up the world of chocolate with an all-new addition to its couverture range. The latest challenge met by Valrhona’s teams of flavor experts is an innovation that unlocks real benefits for professionals across the food industry — the first-ever dark choco-

Chocolatier
OLIVIER SAINTEMARIE
Chef Olivier Saintemarie is the Executive Pastry Chef at JBI Inc., Les Chefs de France in Lake Buena Vista, Florida. He serves as the Executive Pastry Chef at the French Pavilion at Epcot, leading in 2014 the opening of the company’s brand new 7,000-square-foot bakery and production kitchen. His team of 35 takes care of bread and pastries for “Les Halles” Bakery shop, “Les Chefs de France,” the 220-seat Brasserie style restaurant, “Monsieur Paul,” the 110-seat fine dining and “L’Artisan des Glaces”, the artisan style ice cream shop.

Sugar Artist
NICOLAS CHEVRIEUX
Chef Nicolas Chevrieux brings a wealth of talent as Executive Pastry Chef at Maison Kayser USA, where he creates elegant French pastries, often re-interpreting classics by using new techniques or novel flavor combinations, inspired by his numerous travels around the world. He oversees a team of 60 pastry cooks in charge of executing delicious French pastries with the finest ingredients and impeccable technique.

Ice Carver
VICTOR DAGATAN
A Philippines native based in Marietta, Georgia, Victor Dagatan works as a food artist and pastry cook at the Ritz Carlton Hotel and an ice carver in Atlanta. His achievements include a gold medal at the 2009 ACF Ice-Carving Championships in Atlanta, silver medal at the 2010 National Ice Carving Association World Championships, and bronze medal at 2011 World Ice Art Championships.
late flavored with lightly salted butter caramel. Caranoa 55% delicately blends powerful luxury cocoas, creamy lightly salted butter, and smooth, soft caramel enhanced with a pinch of fleur de sel.

Barry Callebaut’s new Ruby chocolate is acclaimed by chefs and chocolatiers from around the world because it is made using the Ruby cocoa bean and delivers a wide array of taste and pairing opportunities. A unique processing method by Barry Callebaut unlocks the flavor and color tone that are naturally present in the bean. The taste experience is described as an intense sensorial delight — a tension between berry-fruitiness and luscious smoothness.

And a new addition in vanilla, Norohy (which will be available in 2020) is being brought to market by global pastry professionals Trimeta in Madagascar and Valrhona in France. “We want to change the world of vanilla,” Vincent Siguad, chief executive officer for Norohy, told me at Sirha 2019.

Part of the driving force for such new products is a back-to-nature approach. This was the sweeping overall movement demonstrated by many of the exhibitors and events at Sirha.

Pastry chefs competing in the Coupe du Monde de la Pâtisserie, which celebrated its 30th anniversary at the Sirha, enjoyed the challenge of a new requirement this year to create a 100% vegan dessert. Several teams chose to go for simple ingredient substitutes, while others pushed the creative limits with plant-based desserts that featured beets or turnips. Team USA Chef Nicolas Chevrieux expressed great enthusiasm for competing in such a prestigious event that honored nature’s place in the food sector.

“Vegan pastry is a very big challenge for pastry professionals. Without eggs, cream, or butter, a traditional French pastry is not the same,” said Marie-Odile Fondeur, general director for Sirha.

Team USA crafted a stunning vegan dessert on their way to a fourth-place finish overall in the contest. Team USA’s Victor Dagatan won the Sculpted Ice Prize. Composed of three specialists for chocolate, sugar and ice sculpture, each of the 21 teams competed during 10 hours in a series of imposed tests. A jury composed of top international figures judged their technical skills, know-how, and creativity.

For the first time ever, Malaysia won the Coupe du Monde de la Pâtisserie. Winning team members were Wei Loon Tan (sugar specialist), Otto Tay (chocolate specialist) and Ming Ai Loi (ice specialist). Malaysia stood out among the other competitors under the watchful eye of Gabriel Paillasson (president and founder of the contest), Philippe Rigoliot (president of the International Committee), Etienne Leroy (president of the jury) and Gilles Renusson (president of honour).

“It is the first time Malaysia is on the podium and it’s a new proof that in life when you are a good worker and you have a good professor, you get that kind of result,” Gabriel Paillasson, president and founder of the contest, said. “The presentation work was great, and they followed the rules. It is important to me that the whole pastry world evolves, and all teams have increased their level.”

The top five countries (in order) were Malaysia, Japan, Italy, United States, and United Kingdom. Malaysia also obtained the best marks in the tasting category and was presented with the prize offered by the President of the French Republic.

**KEY FOODSERVICE TRENDS**

From January 26–30, the 19th Sirha took place in Lyon, featuring innovative exhibits and 25 contests representing all trades (cheese specialists, butchers, bakers, pastry chefs, baristas and more). The contests included the finals of the Bocuse d’Or and Coupe du Monde de la Pâtisserie.

Food Service Vision and Sirha have carried out a large-scale multi-source survey to capture the major current and short-term influences in Food Service. The seven main influences that concern four categories of trends are the following: Awareness (Flexitarians and Responsibility), Wellbeing (Naturally good), Territoriality (Locavorism and Globalization) and Augmented Experience (Convenience and Emotions). These precursory signs already affect all sectors of catering and Food Service and will become increasingly important within the next three years.
“Consumers are increasingly aware of the impact they have on our environment but also of what’s good for their health. They also want to find establishments that offer actual emotional experiences. We have carried out some long-term projections in order to anticipate consumers’ future behavior even further,” Fondeur said.

**AWARENESS**

Today, consumers are aware of our environment and the new food balances that are required. They look to vary their diet by reducing, for example, their meat intake, drawing on the diversity offered by legumes and plants to ensure their daily protein intake. Eating less for a better diet implies becoming more responsible for one’s food intake: by paying attention to the origin of the products but also by reducing one’s carbon footprint: local sourcing, waste management, etc.

**WELLBEING**

Eaters are aware of the impact of their diet on their health. They naturally turn to healthy products, regardless of the place they get them from: restaurant, canteen, café, take away, etc. Professionals in the industry need to reorganize their supply chain and agri-food industrials must adopt more virtuous production methods, such as organic labels and certificates of origin.

**TERRITORIALITY**

Be it for ecological, economic or identity-related concerns, chefs and guests alike aspire to go local. This also offers an excellent opportunity for regional producers and associations to boast and promote their local gastronomy, as an important asset for tourism. At the same time, the foodservice sector is experiencing unprecedented international growth: certain products and concepts are being exported to create unique “fusion” gastronomy, and major brands propose a standardized offering all around the world.

**AUGMENTED EXPERIENCE**

Beyond the plate, guests are looking for an experience that is fluid and memorable thanks to the décor, spectacle or new services on offer. There criteria are a major source of appeal and attract much attention on social networks with the boom in home delivery and new forms of entertainment. Digital tools also contribute to make life easier — preparation, presentation, reservations, orders — both for customers and restaurateurs, and can significantly change the way chefs work in the kitchen.

**BOCUSE D’OR**

The Bocuse d’Or was one of the main highlights of the trade fair and paid tribute to celebrated French chef Paul Bocuse with a platter theme (roasted...
rack of veal five ribs) test designed to challenge the participants’ fundamental technical skills. More than 2,000 enthusiastic supporters also marveled before the superb chartreuses with vegetables and shellfish required as a tribute to Joël Robuchon.

Millions of fans around the world and as far as China also followed the show live on internet and the social media. The award ceremony was packed with emotion and the crowd cheered the exceptional gourmet artists for a long moment. It is Denmark that finally won the prestigious trophy considered as the grail, the ultimate token of recognition for chefs all around the planet.

The Bocuse d’Or brought together 24 participants from all continents for two days of intense competition. Initiated in 1987 by Paul Bocuse, over the course of more than 30 years the contest has become a fantastic springboard for chefs, promoting culinary savoir-faire and gastronomic heritages from around our planet.

After winning bronze, silver and gold awards, Rasmus Kofoed as a coach now helped Denmark win a second gold prize and the best commis prize. Denmark has participated 17 times to the contest and got on the podium 5 times: once with gold, three times with silver and once with bronze. The United States team finished ninth in the rankings.

CENTER FROM LEFT: Team USA completed an artistic sugar piece that featured elements of nature and movement. At right, Team USA’s Victor Dagatan won the Sculpted Ice Prize. BOTTOM: Malaysia celebrates their stunning victory in the Coupe du Monde de la Pâtisserie on the final day.
IBIE 2019 is focused on artisan baking.

Accordingly, the Bread Bakers Guild of America (BBGA) will have a stronger presence at the expo than previous editions. Educational opportunities will be more abundant and there will be a serious but entertaining competition.

Do you dream of baking with the BBGA legends? Would you like a stage in their bakeries? Then, IBIE 2019 is the answer to your dreams. You can bake alongside industry leaders in Bakery Café at IBIE. You will help them prepare for their demos and bake products for sampling.

Demonstrations on the celebrity stage include Nicky Giusto, Jory Downer, Matt McDonald, Ciril Hitz, Solveig Tofte, Leslie Mackie, Craig Ponsford, Stan Ginsberg, Nicholas Ahrens, Billy Manzo, Jane Cho, Bobby Shaffer, Megan Forman, Kristen Lopez, Rick DeMaria, Lauren Haas, and Martin Philip. You will have the opportunity to break dough with industry leaders.

Classes Include

**CIRIL HITZ** — Artisan vs. Industrial Lamination  
**MATT McDONALD** — Keeping It Simple  
**STAN GINSBERG** — All Rye, All The Time

A new component of IBIE will be the BBGA All-Star Bake Off in a competition kitchen. Baking Team USA members Ciril Hitz (2002), Jory Downer (2005), and Solveig Tofte (2008) will serve as team captains. Their teammates will be selected from the pool of candidates enrolled in the certification process.

The products line will be based on Baguette with poolish, Challah, Sweet dough, and Brioche — products included in the Certified Bread Baker and Certified Viennoiserie Baker exams.

This is a rare opportunity; the candidates selected will be exposed to the critical thinking, planning, and organization that these BBGA icons employ in testing and in daily production.

**Education Centric**

The IBIEducate program for the International Baking Industry Exposition (IBIE) is its largest education program to date and the broadest offering in the industry. More than 100 sessions are designed to deliver fresh, forward-thinking perspectives on business, marketing, and creativity for the baking industry at IBIE 2019 on September 7-11 in Las Vegas.

The new full day of learning will occur on Saturday, September 7. The speaker roster includes some of the industry’s leading thought leaders and influencers, including Jory Downer, Ciril Hitz, Jacquy Pfeiffer and Peter Yuen.

Classes have been broken into specialized tracks to deliver the latest techniques and cutting-edge trends that inspire creativity and increase sales. The comprehensive program covers topics across the entire business and baking spectrum including business management and marketing, artisan and specialty foods, and much more.

To see the full IBIEducate program and to register, visit IBIE2019.com.
On a Tuesday in late September, 2018, a group of Americans gathered in the lobby of Helsinki’s Hotel Fabian. There were 18 in all, most of us dedicated bread nerds, both professional and home bakers. All of us were united in our desire to experience rye on its home turf and hungry to expand our knowledge, both intellectual and sensual, of America’s most underappreciated grain.

We were a BBGA group to the core, drawn largely from our membership. The Guild supported and publicized the tour; in return, each participant’s tour cost included a $400 gift, earning them a complimentary one-year membership and listing as a “Bakers’ Bunch” donor. Each group member also received an inscribed copy of The Rye Baker.

My goal in designing the tour was not simply to visit as many bakeries and eat as much rye bread as possible — although I think we did pretty well on both counts — but to provide both historical and geographic context for rye’s role in two extraordinary rye-centric culinary traditions.

In the countries surrounding the Baltic Sea, rye bread is more than the mainstay of traditional diets; it’s a divine gift and a source of national identity. Rye bread, Finnish Bakers Association Executive Director Mika Väyrynin told us, has official standing as Finland’s national food. In Latvia, Aglona Bread Museum Director Vija Kudiņa described rye bread’s iconic status. “Bread,” she said, “is a blessing from God: if it falls on the floor, we pick it up and kiss it; if one turns a loaf upside down, bad luck will surely follow.” And so, we saw, we made, and we ate some of the world’s best rye breads with gusto, appreciation, and reverence.

Our itinerary took us not just to the usual tourist sites but also to farms, mills, and bakeries where we experienced firsthand the methods and techniques that make Finnish and Latvian rye breads so special.

Our first full day started at the Finnish Bakers Association (Suomen Leipuriliitto), where Mika Väyrynin gave us an overview of Finland’s bread and bakery markets. A week later, in Riga, we had a similar presentation at the Latvian Bakers Association (Latvijas Maiznieku biedrība). I found it especially interesting that the challenges facing both Finnish and Latvian bakers are a lot like the challenges American bakers faced two or three decades ago: industrial-scale bakeries and mass distribution pushing small-scale craft bakeries out of business.

And craft bakers are fighting back. In Helsinki, Teemu Aura and Markus Hurskainen, founder-owners of one of Finland’s most innovative bakeries, Pâtisserie Teemu & Markus, welcomed us into their commissary. Although most of the day’s production had already taken place, they gave us a tour of their 3,000-square-foot facility, as well as a
sampling of their products, including filled sweet rolls (pulla), and the famous Finnish cinnamon buns called korvapuusti. We also
got to taste their rye breads, which are considered
some of Helsinki’s best. I especially liked
their smoked rye bread (riihiruisleipā), a traditional loaf that uses smoked
flour, and which recalls the
traditional practice of fire-
drying grain during the long,
dark Finnish winters. Other
bakeries, such as Leipomo
Väyrynin and Levain in
Helsinki, Backers and
Wi-Box in Raseborg, and
Leipomo Halme in Espoo,
are keeping the old traditions alive
and finding new applications for the
unruly weed.

In Helsinki, as in Latvia the following
week, we did a lot of walking. On the
Esplanadi, Helsinki’s most stylish shopping
street, we were given a presentation at
the Fazer Café, the retail flagship of one
of the Nordic countries’ largest baker/confectioners. Later, we dropped in to
Ekberg Café, Helsinki’s oldest bakery-café,
for coffee and snacks. Some of us visited
the basement food hall at the Stockmann
department store — a foodie’s dream.
That evening, we ate at Savotta, another
atmospheric northern Finnish restaurant
whose menu includes not just reindeer and
salmon, but moose (unavailable when we
were there) and bear.

After a couple of days in Helsinki, it was
off to Raseborg on Finland’s southwestern
coast, where the towns were small, the
birch and pine forests deep, and the
“Moose Crossing” signs ubiquitous. In
Bollstad, Olle Lindholm of Backers Baker
AB put us to work shaping his award-
winning hapanleipää, the familiar ring-
shaped flat loaves that are stored on poles
hung from the ceiling. In Raseborg, Niklas
Näsman, head baker and grandson of the
founder of Wi-Box Bageri, took us through
his workshop and gave us samples of
his twice-baked malt rye (malla leipää).
In Tammissaari, Finland, Anna Alm, the
tenth-generation owner of Mörby Gård, an
organic farm that’s
been in operation
since the 1300s, took
us into her fields to
show us firsthand her
rye, wheat, and cattle
operation. A bag of
her rye flour came
back home with me
and promptly morphed into hapanleipää.

When we weren’t visiting bakeries and
farms, we saw sites of historical and
cultural interest before it was time to
return to Helsinki for our flight to Latvia.

In Riga, the largest city in the Baltics, we
stayed at the center of Old Town in an
ultramodern hotel built behind an eigh-
teenth-century facade. We wandered the
cobblestoned streets, had pastries from
Rigensis, in my opinion one of Riga’s best
pâtisseries, and took a walking tour of
the city’s Jugendstil (Art Nouveau) district.

On a day trip that took us southwest
of Riga we visited Lāči Bakery, where
founder-owner Normunds Skaugis gave
us the grand tour. We ended up in front
of a bank of wood-fired ovens, where a
wooden tub of bulk-fermented saldskāba
(sweet-sour) rye dough waited for us.
Normunds demonstrated and we followed
suit, shaping our own loaves, just like the
production workers at the next oven. Our
loaves immediately baked at 800°F for
15-30 seconds to set the crust and then
moved to a second oven to bake off at
400°F. After lunch at the Lāči Café, our
loaves, glazed with a solution of potato
starch and shrink-wrapped for the trip
back home, came out on a trolley.

Later that day we visited Lielezers Bakery,
in Limbaži. There, head baker Valters
Kanopa gave us samples of some rye-
Based cookies he’s developing and took us through his bakery. Unlike the two-oven baking we saw at Lāči, Lielezers uses a gas-fired, five-zone tunnel oven that starts at 750°F and ends at 375°F. Same idea, different execution.

Leaving Riga, we traveled east and south. In Ranka, Juris Paulovičs greeted us at Ķelmēni, the farm he bought in 1991, just as Latvia was throwing off the Soviet yoke. A mechanical engineer by training, Juris decided to try his hand at rye farming, with some success. In 1997, however, the rye market collapsed. Facing bankruptcy, his wife suggested they bake the unsalable grain into bread. The rest is history: today, Juris and his children grow, mill, and bake their own grain into what many Latvians regard as their country’s finest rye breads — a bulging bag of which each of us was given as a parting gift.

Rye bread of extraordinary quality was everywhere — even your hotel breakfasts featured intensely flavorful rye bread of consistently high quality. At lunch and dinner, there was more of same. And the bread isn’t only eaten as bread: at Folkklubs Ala, a cellar cabaret in Riga’s Old Town, deep-fried garlic rye sticks called grauzdiņi were the preferred beer snack.

In the restaurants, hotels and guesthouses we visited, the dessert menu always included one or more rye bread sweets, from fruit and whipped cream parfaits to cheesecake.

Wherever we went, the breads reflected local tastes and regional cultures. In Helsinki, they were satisfyingly sour and nutty, reflecting the traditions of eastern Finland. In Raseborg, whose culture carries a strong Swedish influence, the breads were sweet and often contained dried berries; at Svartå Manor the house-made sweet rye even contained a sprinkling of chili flakes (!!!). In Latvia, the breads were dense and sweet-sour with hints of caraway and anise. Some held minute orange flakes of shredded carrot; others were dark, moist and rustic with flavors assertive enough to complement the hearty stews, soups, cured meats, and cheeses typical of the Latvian diet.

Latgale, which lies in Latvia’s far southeast, was our final destination. In Maltas, we visited the farm studio of 5th generation potter Aivars Ušpelis, who digs his own clay from the local soil and who uses a kick-wheel and wood-fired kiln to produce the traditional black pottery of his ancestors. At Andrupene Country Farm, we got a taste of life in rural Latvia until the mid-20th century and had the first of those amazing banquets, where some of us got happily drunk on šmakovka. In Aglona, we toured the Basilica of the Assumption, the seat of Roman Catholicism in majority Lutheran Latvia. At the Bread Museum, also in Aglona, we made rye loaves from flour ground on a stone hand-mill and had the second of those traditional Latgalian dinners.

Before returning to Riga and the conclusion of our tour, we spent a morning in Daugavpils, Latvia’s second-largest city and one whose culture reflects the influences of neighboring Russia, Belarus, and Lithuania.

For a baker and rye lover like me, our journey was 12 days of heaven — an exploration not just of the unique breads of a less-traveled part of the world, but also an opportunity to come face to face with centuries-old traditions and the people who continue to perpetuate them.

In fact, the trip was such a profound and exhilarating experience, I’m doing it again this year. For details, please visit theyebakertours.com.

Teemu Aura slicing smoked rye bread.

TOP LEFT: Lāči Bakery founder-owner Normunds Skauģis shows a loaf right out of the oven. LEFT: Bread for sale at Riga’s Central Market. RIGHT: Olle Lindholm’s award-winning ring bread.
So often I feel that I have more good fortune in this baking life than I deserve, and that feeling was strongly amplified when I was asked to teach two three-day baking classes in St. Petersburg, Russia, in September. The reason for the request was that both the first and second editions of the book BREAD that I wrote have been translated into Russian, and the publisher felt that there might be interest among Russian bakers in my teaching a class. There was more interest than anticipated, so the one initial class became two, and enough remaining interest, after the second class filled, to offer a webinar, subscribed to by 140+ home bakers. These intrepid bakers followed along with the class, making the products as we did, in batch sizes that matched the capacity of their home ovens.

The organizers had asked what I wanted to teach; I replied that I wanted to teach whatever was most beneficial to the students. I was surprised when the students, queried on their preferences, primarily requested sourdough breads, particularly rye sourdoughs. I didn’t expect this because I always considered Mother Russia to be one of the expert rye bread centers of the world. So, the backbone of the classes was generated by the rye culture that I brought with me, begun and first fed in August 1980, and still making bread after all these years (though never having been fed in a Russian hotel room). The product line ranged broadly — we made several rye breads and one white dough (baguettes), T80 brioche that we used for both Savory Breakfast Eggs and Ginger-Honey Braids, and T80 blitz puff pastry for pithiviers, Tarte Flambée, and cheese sticks.
The flours were interesting. I spent the day before the first class scaling doughs and fillings, making sourdoughs and soakers, and test baking so I could get a sense of the ovens and the flours. Among other things, I tested four different types of white flour, and while they had good flavor, I was surprised at the whiteness of the baguette crumb, despite very gentle mixing. The rye flours were lovely, enough so that I decided to bring some sourdough back with me, even though I had left a healthy specimen at home in Vermont. The one I brought home had been fed daily for two weeks with Russian flour, and I was glad to mix some of it into the home culture. Now I will bake breads with a micro-part of Russian rye in them.

Of the 28 total hands-on students, 22 were women. This fascinated me, and I wondered if there was some fundamental cultural explanation for this. It turns out that there is. Twenty-seven million Russians lost their lives in World War II, and while millions were female, the majority were male. It was the females who were required to take on many of the roles of society that had once been primarily the domain of men. Rampant male alcoholism during the post war communist years (which has waned significantly) also contributed to the necessity for women to lead. In my brief time teaching, I met women who were sturdy, competent, curious, and committed.

One delightful part of the classes took place at the end of the third (final) day. The students, the two organizers, my wonderfully skilled interpreter, and I walked 10 minutes to a restaurant, and there we spent a few final hours eating, drinking, and casually visiting. Every 10 or 12 minutes, someone would stand and offer a heartfelt and spontaneous toast. My favorite came from Anna, a young woman with an open face and serene spirit. Her toast was so touching that I won’t write her concluding words here — they may become a tattoo!

Anyone who has read 19th century Russian novels likely feels that Russians have a big soul. I am happy to report that what I saw of that soul was both large and passionate, resonating with love of life.

All in all, I could not have asked for more from this trip; the entire experience was exhilarating and deeply moving. I confess that I didn’t make efforts to learn Russian before the trip, so I was limited in my ability to communicate. I felt fortunate that most of the people I encountered knew some English, and many spoke it quite well. During the dinner that I shared with the students at the conclusion of the second class, a woman baker from Moscow told me she was going to teach me the most important expression I’d need to know. “What is it?” I asked. “Ziyeh Bok,” she responded. When I asked her what it meant, I felt like those three little syllables were encapsulating the entirety of my experience: “F---ING GOOD!”

FROM TOP: Students pay close attention to instructor Jeffrey Hamelman, and later learn about briochie, shaping walnut rye and scoring baguettes. St. Petersburg subway station. Scoring baguettes with a group of orphan children.
**BRAIDED BRIOCHE with FRESH GINGER**

Contributed by JEFFREY HAMELMAN

---

**PROCESS** - Braided Brioche with Fresh Ginger

<table>
<thead>
<tr>
<th>Preferment</th>
<th>Biga</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mix</td>
<td>Spiral</td>
</tr>
<tr>
<td>Length of time</td>
<td>Until incorporated</td>
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<table>
<thead>
<tr>
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<th>Time/temperature</th>
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</thead>
<tbody>
<tr>
<td></td>
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<table>
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<tr>
<th>Final Dough</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mix</td>
</tr>
<tr>
<td>Mix style</td>
</tr>
<tr>
<td>Hold back</td>
</tr>
<tr>
<td>1st speed</td>
</tr>
<tr>
<td>2nd speed</td>
</tr>
<tr>
<td>2nd speed</td>
</tr>
<tr>
<td>Dough temperature</td>
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</table>

<table>
<thead>
<tr>
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<th>Time/temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2:30 at 70°F–75°F</td>
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<table>
<thead>
<tr>
<th>Add</th>
<th>Time/temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>As needed until completely cold</td>
</tr>
<tr>
<td></td>
<td>12:00–48:00 at 38°F</td>
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</table>

<table>
<thead>
<tr>
<th>Retard</th>
<th>Degas</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>As needed until completely cold</td>
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<table>
<thead>
<tr>
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<th>Time/temperature</th>
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<tr>
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<td>2:00 at 85°F</td>
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<table>
<thead>
<tr>
<th>Glaze</th>
<th>Time/temperature</th>
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</thead>
<tbody>
<tr>
<td>Egg wash</td>
<td>2 sec</td>
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<table>
<thead>
<tr>
<th>Shape</th>
<th>Divided Shape</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>40 cm long strands; assemble coiled 3-strand braid</td>
</tr>
</tbody>
</table>

| Proofing device | Buttered 18 cm rings |

<table>
<thead>
<tr>
<th>Bake</th>
<th>Oven type</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Convection</td>
</tr>
<tr>
<td></td>
<td>Steam</td>
</tr>
<tr>
<td></td>
<td>2 sec</td>
</tr>
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</table>

| Time/temperature | 0:30 at 347°F; lower temperature if braid is darkening too quickly |

<table>
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<tr>
<th>Makeup</th>
<th>Garnish</th>
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<tr>
<td></td>
<td>Reserved honey syrup; see process notes</td>
</tr>
</tbody>
</table>

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**Fresh ginger gently simmered and macerated in honey gives this brioche a subtle and delicate aroma and flavor. Type 80 flour lends additional structure and depth of taste to this special braid.**

---

**BRAIDED BRIOCH WITH FRESH GINGER**

**TOTAL FORMULA**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>%</th>
<th>Kilograms</th>
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</thead>
<tbody>
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</tr>
<tr>
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<td>100.00</td>
<td>10.000</td>
</tr>
<tr>
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<td>5.600</td>
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<tr>
<td>Eggs</td>
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<tr>
<td>Salt</td>
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<td>0.200</td>
</tr>
<tr>
<td>Fresh yeast</td>
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<td>0.600</td>
</tr>
<tr>
<td>Unsalted butter, cold</td>
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<td>3.500</td>
</tr>
<tr>
<td>Sugar, sifted</td>
<td>10.00</td>
<td>1.000</td>
</tr>
<tr>
<td>Biga</td>
<td></td>
<td>4.129</td>
</tr>
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</table>

**TOTAL** | | 22.300 kg |

**TOTAL DOUGH**

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<th>%</th>
<th>Kilograms</th>
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</thead>
<tbody>
<tr>
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<td>2.500</td>
</tr>
<tr>
<td>Type 80 flour*</td>
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<tr>
<td>Whole milk</td>
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<tr>
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<td>Unsalted butter, cold</td>
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<tr>
<td>Sugar, sifted</td>
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<td>1.000</td>
</tr>
<tr>
<td>Biga</td>
<td>55.05</td>
<td>4.129</td>
</tr>
</tbody>
</table>

**TOTAL** | | 22.300 kg |

---

**MIX**

The day before mixing Brioche dough, peel ginger, slice it thinly, and gently simmer it in good honey for 10 minutes.

Cool to room temperature. Reserve leftover honey for glaze.

Mince ginger very fine, and reserve 50 g for each 400 g of Brioche dough.

---

**FERMENT**

At end of Brioche bulk fermentation, mix honeyed ginger into dough, observing proportion of minced ginger to dough.

Retard overnight.

---

**PROOF/BAKE**

Divide into 150 g pieces. Roll each of 3 strands to about 40 cm long. Braid, coil, and place into buttered 18 cm rings.

Proof about 2 hours.

Bake at 347°F for approximately 30 minutes, lowering temperature if the braid is darkening too quickly.

Glaze with reserved honey while still hot.

---

*11%–12% protein, .80 ash
†Baker’s choice for egg wash
Once upon a time
my mom wrote a book... well hold on
and let me go back a little further. Once
upon a time mom met dad, okay that is a
better place to start. My name is Angela
Wilson. I am a pastry chef instructor in
New Orleans at Delgado Community
College and I grew up in southern
Louisiana. Now I know what you are
thinking, “isn’t this article supposed to be
about Italian cookies?” Don’t worry it will
be, just a little context first. My mother is
a French/German descendant, not true
bred Cajun; but growing up in Louisiana,
we all think we are Cajuns, so there’s
that part. She married a Sicilian/Anglo
descendant – dad. My mother grew up in
a very food-oriented family so of course
took an interest in my father’s family food
customs. Except, I had the only Italian
grandmother in the world who really did
not cook. Pie at Nonna’s house came out
of a box. She was, however, a successful
business woman and an accomplished
piano player. This did not stop my mom.
She pursued my dad’s other family
members and developed an interest in
Italian cooking and heritage. And then
she wrote a book! My mother has written
a few cookbooks over the years, but she
developed an interest in Italian culture in
Louisiana and wrote *Louisiana’s Italians,
Food, & Folkways*, where you will find
stories, recipes, and pictures of me as a
child. There is a picture of a young me
at a St. Joseph’s altar that we had in our
house one year — the year my dad was
running for sheriff (which was the reason
for the altar). Now for the real story.

From a young child I remember St.
Joseph’s Day, March 19th. Mom, a teacher,
would take the day off and she and my
aunt Joel would sign us out of school.
Usually my best friend was included in
this adventure, too. I am not sure her
parents ever really understood but were
happy to give their youngest child over
to this crazy lady (my mom). Together,
Mom and Aunt Joel would have mapped
out our route the night before. It was St.
Joseph’s Day in Southern Louisiana, and
we were going to see every St. Joseph’s
Day altar we could find. In a sensible,
orderly fashion we would make our way
through 4 parishes (counties to non-
Louisianans) and eat our fill of pasta and
free cookies!

Italian/Sicilian immigrants came to
Louisiana in the 1800s and brought their
customs with them. One such tradition
pays homage to St. Joseph with offerings
of food in an elaborate display referred
to as the “altar.” St. Joseph’s Day is
celebrated in Italy/Sicily and southern
LA (and one place in Texas, I’ve heard).
The altars are a way to express thanks to
St. Joseph. A family or community would
pray to St. Joseph for help and commit to
having an altar in his name in hope that
prayers would be answered. It started
with a famine, as many things have. The
famines of the Middle Ages are the most
commonly accepted legend of the altar.
Crops failed, and faith prevailed. The
Italian farmers were left with hopes and
prayers. They prayed that St. Joseph
would intercede for them and that their
crops would rejuvenate. The lowly fava
bean survived and was what tied them
over. It is now referred to as a “lucky”
bean and given away at altars.

Franciscan monks declared March 19th as
St. Joseph’s Day in the 15th century, and it
is celebrated around the world by people
of Italian/Sicilian heritage. Although the
altar in this form is only found outside
Italy in southern Louisiana, the day is
celebrated anywhere that has a strong
Sicilian immigrant population.

The altars are full of food offerings. The
public eats a meatless pasta (meatless
because it happens to be during Lent) and cookies, and goodies are given away. Collections are taken for charity and the food on the altar is donated to places that need it.

The foods are vast and varied as you can see from the photos, but one thing stands out — the cuccidati. As a cookie, the cuccidati is simply a dried fruit/fig/spice filling encased in a cookie dough and iced (sometimes with sprinkles). But as a showpiece, the cuccidati takes on a special presence in the display. Giant elaborate cookies are formed into symbolic shapes of the monstrance, cross, chalice, wreath, heart of Jesus, palm, St. Joseph’s sandal, rooster, and St. Lucy’s eyes, to name a few. They are made with the same type of dried fruit/fig/spice filling, and a base is cut for the varying shapes. Here the special cookie maker’s tools are used. This can be anything deemed worthy by the cookie maker. Knives and cutters are used to make their intricate designs interwoven in the piece before it is baked. The result is a fanciful showpiece representative of something symbolic to the day, and they have an essential presence on the altar.

As pastry chefs and bakers, we think of showpieces made of chocolate, sugar, pastillage, or dead dough. An altar such as this not only makes use of cookie dough to fashion the symbolic cuccidati but also giant bread dough pieces in the same varying shapes. We often overlook some of the simplest mediums to make an impression. Gingerbread used to make Christmas displays can be used throughout the year as a medium for a showpiece as can cookies such as this. A showpiece can be anything that makes an impression, and these lovingly made cookie showpieces are representative of what else we can do to make the impression that pastry chefs thrive on.

Information in the article may or may not have been stolen from mom’s book! Thanks Mom, love you, Angela the pastry chef.

---

**Cuccidati**

Contributed by Angela Wilson

Large Cuccidati are decorative fig cookies that can be used as centerpieces. Sicilian in origin, they can most often be found on St. Joseph altars.

**Cuccidati Filling**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Total weight</th>
<th>%</th>
<th>Kilograms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dried figs</td>
<td>28.52</td>
<td>0.25</td>
<td>0.225</td>
</tr>
<tr>
<td>Raisins</td>
<td>28.52</td>
<td>0.25</td>
<td>0.225</td>
</tr>
<tr>
<td>Orange peel*</td>
<td>3.80</td>
<td>0.03</td>
<td>0.030</td>
</tr>
<tr>
<td>Candied citron</td>
<td>14.20</td>
<td>0.12</td>
<td>0.112</td>
</tr>
<tr>
<td>Honey</td>
<td>10.77</td>
<td>0.08</td>
<td>0.085</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>0.13</td>
<td>0.001</td>
<td></td>
</tr>
<tr>
<td>Black pepper</td>
<td>0.13</td>
<td>0.001</td>
<td></td>
</tr>
<tr>
<td>Ground allspice</td>
<td>0.13</td>
<td>0.001</td>
<td></td>
</tr>
<tr>
<td>Pecans</td>
<td>13.81</td>
<td>0.109</td>
<td>0.109</td>
</tr>
<tr>
<td>Totals</td>
<td>99.99</td>
<td>0.789</td>
<td></td>
</tr>
</tbody>
</table>

*About 1 medium orange

**Process – Cuccidati Filling**

- Grind figs, raisins, orange peel, and citron.
- Add honey, spices, and nuts.

**Cuccidati**

Contributed by Angela Wilson

---

**Total Dough Weight**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>%</th>
<th>Kilograms</th>
</tr>
</thead>
<tbody>
<tr>
<td>AP unbleached flour</td>
<td>100.00</td>
<td>1.135</td>
</tr>
<tr>
<td>Milk</td>
<td>79.91</td>
<td>0.907</td>
</tr>
<tr>
<td>Egg</td>
<td>13.22</td>
<td>0.150</td>
</tr>
<tr>
<td>Salt</td>
<td>0.09</td>
<td>0.001</td>
</tr>
<tr>
<td>Baking powder</td>
<td>3.70</td>
<td>0.042</td>
</tr>
<tr>
<td>Shortening</td>
<td>26.96</td>
<td>0.306</td>
</tr>
<tr>
<td>Sugar</td>
<td>17.62</td>
<td>0.200</td>
</tr>
<tr>
<td>Vanilla</td>
<td>0.62</td>
<td>0.007</td>
</tr>
<tr>
<td>Anise extract</td>
<td>0.62</td>
<td>0.007</td>
</tr>
<tr>
<td>Totals</td>
<td>242.73</td>
<td>2.755</td>
</tr>
</tbody>
</table>

---

**Process – Cuccidati Mix**

- Warm milk. Add shortening, salt, sugar, vanilla, and anise extract.
- Beat eggs. Add milk mixture to eggs and beat until fluffy and light.
- Sift flour and baking powder together.
- Add milk and egg mixture. Lightly knead to a dough. Rest 15 minutes.

**Makeup**

- Roll dough and cut into desired shapes.
- Cover the surface of the cut dough piece with the filling, leaving a one inch border.
- Egg wash the border and cover with the second piece of dough. Place desired design on top using cutters or paring knife.
- Place a long skewer under filling to provide support. Seal edges using a fork or imprint a design around the edge.

**Bake**

- Bake at 325°F for 0:25 or until browned.
ONE YEAR.

We have been open for one year, in business for three. This anniversary has given me cause to reflect on how far we have come in the last year — and maybe the last three years. “Black” (Michael Blackburn) and I were cooks when we discovered a mutual love of making bread. Hurricane Sandy separated us for a time taking with her our homes and livelihoods, but upon returning to Long Beach three years later we discovered we had both adopted the same hobby. Making too much bread for ourselves, we had stumbled upon a growing demand for quality bread in our community. We had found something we loved but had a life’s work ahead of us. When it came to baking bread, I had no formal training — just love, curiosity, and commitment. As I reflect, my mind is drawn to many places and times on this journey, but to an all too brief set of days last fall before opening our doors. My colleague and friend, Sean Favata, and I literally set out on the open road to learn from some of the most esteemed members of the bread community in the Northeast Region — with much appreciation to Amy Halloran for orchestrating our introductions.

We set out on a chilly day in middle October. Our first day took us first from Long Beach to Providence where we met Jim Williams at Seven Stars and toured his commissary, a remarkable comparison to ours. He never stopped working during our considerable time at Berkshire Mountain Bakery and we followed, desperately trying to retain as much information as possible. It was Richard who talked us through space, size, and logistics. And, learning that our space was 744 square feet including that for customers, he assured me that we had what we would need. His first space was just little bigger than what ours would be. His insights were such that I even considered delaying our opening for an opportunity to stage with the man they call “Mr. Sourdough.” The Berkshires are lucky to have this wild, outside-the-box thinker who is baking such wholesome bread for them.

That night we pitched tents in freezing temperatures and enjoyed the day’s spoils. The next morning, we were off to Elmore Mountain Bread and New American Stone Mills to meet Blair and Andrew Marvin. As the GPS took us down the small road to Elmore Mountain Bread, I was sure it couldn’t be right. I couldn’t believe that it was possible to build such a well-regarded business in one’s own yard. One of the highlights during our brief time there was meeting others in our same position. There were three young women on their own tour from Portland, ME, to learn as we were from this talented pair. Kerry Hanney and Emma Schacke both went on to open their own bakeries while Emily Pappas now operates Main Beer Company’s brand-new wood-fired oven in Freeport, ME. Unfortunately, we were beginning to see that our timeline was far too short and before long we were saying our goodbyes and heading to the Berkshires to be ready for the next day.

We were up early and off to meet Richard Bourdon, a man of unmatched energy. He never stopped working during our considerable time at Berkshire Mountain Bakery and we followed, desperately trying to retain as much information as possible. It was Richard who talked us through space, size, and logistics. And, learning that our space was 744 square feet including that for customers, he assured me that we had what we would need. His first space was just little bigger than what ours would be. His insights were such that I even considered delaying our opening for an opportunity to stage with the man they call “Mr. Sourdough.” The Berkshires are lucky to have this wild, outside-the-box thinker who is baking such wholesome bread for them.

Next stop, Penn Yan, NY, to visit Klaas and Mary-Howell Martens. My knowledge of their work preceded our introduction. I first learned of them in The Third Plate by Dan Barber and then even more during a stagiaire position in Barber’s kitchen at Blue Hill at Stone Barns. During that time, one of my jobs was to prepare the “Rotational Risotto,” a concept dish created to utilize often discarded cover crops. Blue Hill was working with farmers like the Martens to change our food system and stimulate the diversity that would allow farmers greater reward for their organic efforts. Now I would get to see the other side of the equation.

We first met Mary-Howell at the mill. She took time out of a clearly busy day to explain their philosophy at Lakeview Organics — primarily providing quality organic grain as feed for organic livestock farmers — and then drew us a map with directions to find her husband. We made a right at an intersection that didn’t show evidence of another person for miles, but there in the distance was a lone tractor. The land gently sloped giving us unobstructed views of the Finger Lakes. We just stood in the road and admired the sight as the tractor made its way to our side of the field. The roar of the engine halted and out jumped a large man in blue coveralls and a baseball cap. Although intimidating in size, I found him to be soft-spoken with a unique way of carefully choosing his every word.

We must have spent nearly two hours exploring his farm as he explained the nature of eco-tomes, soil health, crop diversity, and the evolving nature of our food economy — the other side of the Blue Hill equation. His eyes lit up as he told us about weeds that had popped up in several spots within the field — good weeds, mustard greens, signs of good soil. This man’s understanding was astounding. Before leaving, he had found mustard greens for us and — dirt and all — we popped them into our mouths as the sun began its descent in the sky. What a pop of flavor! He picked a bunch and insisted...
This creative bread features a slight bite from the inclusion of al dente prepared quinoa. Its overall texture is surprisingly light with a moderately open crumb.

### RED QUINOA

**Contributed by Raymond Smith**

**PROCESS — QUINOA**
- Rinse quinoa until liquid runs clear.
- Simmer with water or liquid of choice at 1 to 1.8 ratio of quinoa to water; remove lid once all water is absorbed.
- Cool to room temperature, spreading on a sheet tray to cool quickly.

**PROCESS — Red Quinoa**

<table>
<thead>
<tr>
<th>Preferment</th>
<th>Levain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mix</td>
<td>Planetary or by hand</td>
</tr>
<tr>
<td>1st speed</td>
<td>Until incorporated</td>
</tr>
</tbody>
</table>

| Soak | Time/temperature | 10:00–12:00 at 63°F |

**Final Dough**

<table>
<thead>
<tr>
<th>Mix</th>
<th>Type of mixer</th>
<th>Planetary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hold back</td>
<td>Salt, quinoa</td>
<td></td>
</tr>
<tr>
<td>1st speed</td>
<td>0:33</td>
<td></td>
</tr>
<tr>
<td>Autolyse</td>
<td>0:40</td>
<td></td>
</tr>
<tr>
<td>Add</td>
<td>Salt, quinoa</td>
<td></td>
</tr>
<tr>
<td>1st speed</td>
<td>0:03</td>
<td></td>
</tr>
<tr>
<td>Dough temperature</td>
<td>70°F</td>
<td></td>
</tr>
</tbody>
</table>

| Ferment | Time/temperature | 17:00 at 40°F |
| Fold | Time/temperature | 0:20, 0:40, 1:00 |
| Shape | Divide | 700 g bâtard or 1500 g boule |
| Rest | Round |           |
| Rest | 0:10–0:15 |           |
| Shape | Bâton or boule |           |
| Proofing device | Couche for 700 g bâtard, basket for 1500 g boule |
| Proof | Time/temperature | 16:00 at 40°F |
| Bake | Oven type | Deck |
| Score | Bâton: 3 slashes, boule: square edge score |           |
| Steam | Yes |           |
| Open damper | Once crust begins to color |           |

**RED QUINOA**

<table>
<thead>
<tr>
<th>Total dough weight</th>
<th>13.043 kg</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>%</th>
<th>Kilograms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total flour</td>
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<td>6.441</td>
</tr>
<tr>
<td>Bread flour*</td>
<td>11.80%</td>
<td>0.671</td>
</tr>
<tr>
<td>Whole grain flour†</td>
<td>0.00%</td>
<td>0.671</td>
</tr>
<tr>
<td>Water</td>
<td>0.00%</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>0.00%</td>
<td></td>
</tr>
<tr>
<td>Quinoa</td>
<td>0.00%</td>
<td></td>
</tr>
<tr>
<td>Paprika</td>
<td>0.00%</td>
<td></td>
</tr>
<tr>
<td>Cayenne pepper</td>
<td>0.00%</td>
<td></td>
</tr>
<tr>
<td>Starter**</td>
<td>0.00%</td>
<td></td>
</tr>
<tr>
<td>Levain</td>
<td>0.00%</td>
<td>1.393</td>
</tr>
<tr>
<td>Totals</td>
<td>183.38%</td>
<td>13.043</td>
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**PROCESS — Red Quinoa**

<table>
<thead>
<tr>
<th>Mix</th>
<th>Type of mixer</th>
<th>Planetary or by hand</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st speed</td>
<td>Until incorporated</td>
<td></td>
</tr>
</tbody>
</table>

**Total flour**

<table>
<thead>
<tr>
<th>%</th>
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</tr>
</thead>
<tbody>
<tr>
<td>9.44%</td>
<td>6.441</td>
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</tbody>
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**Bread flour**

<table>
<thead>
<tr>
<th>%</th>
<th>Kilograms</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.80%</td>
<td>0.671</td>
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</tbody>
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**Whole grain flour**

<table>
<thead>
<tr>
<th>%</th>
<th>Kilograms</th>
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</thead>
<tbody>
<tr>
<td>0.00%</td>
<td>0.671</td>
</tr>
</tbody>
</table>

**Water**

<table>
<thead>
<tr>
<th>%</th>
<th>Kilograms</th>
</tr>
</thead>
<tbody>
<tr>
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<td></td>
</tr>
</tbody>
</table>

**Salt**

<table>
<thead>
<tr>
<th>%</th>
<th>Kilograms</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.00%</td>
<td></td>
</tr>
</tbody>
</table>

**Quinoa**

<table>
<thead>
<tr>
<th>%</th>
<th>Kilograms</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.00%</td>
<td></td>
</tr>
</tbody>
</table>

**Paprika**

<table>
<thead>
<tr>
<th>%</th>
<th>Kilograms</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.00%</td>
<td></td>
</tr>
</tbody>
</table>

**Cayenne pepper**

<table>
<thead>
<tr>
<th>%</th>
<th>Kilograms</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.00%</td>
<td></td>
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</tbody>
</table>

**Starter**

<table>
<thead>
<tr>
<th>%</th>
<th>Kilograms</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.00%</td>
<td></td>
</tr>
</tbody>
</table>

**Levain**

<table>
<thead>
<tr>
<th>%</th>
<th>Kilograms</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.00%</td>
<td>1.393</td>
</tr>
</tbody>
</table>

**TOTAL FORMULA**

<table>
<thead>
<tr>
<th>Total dough weight</th>
<th>13.043 kg</th>
</tr>
</thead>
</table>

**LEAVAIN**

| Total flour fermented in levain | 9.44% |
| Bread flour | 11.80% |
| Whole grain flour | 0.00% |

**FINAL DOUGH**

| Total flour fermented in levain | 9.44% |
| Bread flour | 11.80% |
| Whole grain flour | 0.00% |

we take some home. With that, we shook hands, relayed our deepest appreciations, and continued our way.

About an hour away, we made our final stop at Farmer Ground Flour. We were behind schedule, rushing to get there, and our spotty cell service prevented us from letting miller Greg Moll know that we were on our way. We finally pulled up, crossing paths with a young man driving a tractor, Greg himself, who graciously turned around to give us the tour. Thanks to Regional Access, a food distributor supplying regionally-sourced products, we had been using their flours since the early days and were eager to see the place and meet the people.

Over the course of our few days on the road we discovered the interwoven connections of the grain community and the inherent support network within that. Greg’s hospitality was mirrored at each stop. It was at Berkshire Mountain that I first realized how each place differed in size, style, and energy; but each one contributed something vital to the community. From the start, we have always believed that if Blacksmith’s was to join this community, we needed to be better connected to the people who had committed their lives to authenticity from the field to the flour to the bread. They were our teachers. We walked away from that trip eager to get back and get open, and yet were keenly aware of how much there was left to learn. I ordered proofing baskets based on a recommendation from Jim, began playing with a new bread using Klaas’ rye, and engaged a technique recommended by Richard Bourdon. Those days were quite possibly one of our most important decisions before opening our own business. The cooking world can be a cutthroat place. The baking world was cut from an entirely different cloth. There are so many people out there looking for their way in this world. I’m thankful to have found my way and I hope that by reading this some of you may be inspired to go out, ask questions, get dirty, and be a sponge around people gracious enough to give you their time. It has proven to be invaluable.
Even before opening Hewn, I knew that if I was going to open a bakery, I had to use organic or sustainably grown wheat. I had no interest in using conventional wheat, which is tasteless and stripped of all its natural nutrients. I just didn't feel good working with it. It would be like a chef at a fine restaurant sourcing produce from industrial farms.

Since Hewn is a “real” business, I no longer need to drive fifty miles to pick up sacks of flour because farmers and artisan millers deliver them to me. At Hewn, we work with several different farmers and millers in Illinois and Wisconsin. Meadowlark Organics, owned and operated by a family in Wisconsin, helps us source our spelt, rye, and Red Fife wheat flours. We obtain Rouge de Bordeaux wheat, grown in Montana, which is used in all of our breads. Harold Wilken, a family farmer in Illinois, grows our Turkey Red, Glenn, Warthog, and buckwheat. He also recently built two stone-ground mills. For the first time in decades, this allows consumers near Chicago access to locally stone-ground wheat varieties on a larger scale.

I also struck up a friendship with heritage corn and barley farmer Andy Hazzard at Chicago’s Good Food Festival in 2013. I asked her if she would be willing to grow a heritage variety of wheat for us to use at Hewn. She took on the challenge and found a handful of Marquis wheat seeds to use for the project. The initial planting was 2.2 pounds, and the plot was so small that we actually used scissors to harvest the wheat for the first year! Three years later, the successful Marquis wheat crop yielded about three thousand pounds of flour. Growing heirloom grains and baking the heritage way certainly takes time and effort, but it’s worth it — and not just because of the taste.

The historic origins of the word hewn suggest something made by hand. Perhaps, then, no other word better describes what we do at the bakery. Every day, we work hard to create something delicious and nutritious, cutting and shaping the dough by hand, with minimal equipment, the way our ancestors baked years ago.

I am a classically trained chef, but a self-taught baker. You, too, can learn to bake as I do, but you also have another important mission — to seek out and build the demand for heritage wheat. In recent years, our society has come to value heirloom vegetables and humanely raised meat. We can focus attention on the sourcing and quality of wheat, too. But it’s up to you to seek out and connect with farmers and millers in your community. Hopefully this group will continue to grow.

It’s also up to you to learn as much as you can about wheat farming and milling. As a history student, I’ve found that if we
Recipes for Rustic Breads and Pastries

At Hewn, we define heritage baking in the following manner:

1. The use of heritage, heirloom grains that are grown sustainably (without the use of herbicides and pesticides or other chemical inputs) and freshly stone-milled.

2. The use of a natural, sourdough-style starter rather than commercial instant yeast. Unlike instant yeast, natural starters (also commonly called levain, sourdough, or “mothers”) are made from wild yeast and help coax out the complex flavors of heritage wheat varieties. They also add moisture, tenderness, and even natural “preservatives” that change the pH so breads can stay fresh longer. Heritage breads don’t have as long of a shelf life as grocery store commercial loaves, but you’ll eat

 learns more about our past, we can understand the present. Only then can we work together to create a better future, not just for artisan bread bakers, sustainable grain farmers, and millers, but for all consumers and families.

Director of Baking Operations at Hewn — Evanston, IL

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MILLING & BAKING

them too quickly to even notice. Natural starters also add healthy bacteria, just like a wild culture adds healthy bacteria to yogurt and butter, which helps improve gut health. Natural starters also introduce that tangy taste that makes sourdough bread so addicting.

The downside to natural starters? Making one requires a commitment — you have to keep it alive by regularly feeding it. Just like a pet, you even have to think about what you’re going to do with it when you go on vacation.

The good news is that heritage baking requires nothing but some workspace, a heavy-duty ceramic or cast-iron pot, and an oven. The most important ingredients for making heritage breads are fresh flour, filtered water, salt, and lots of time and patience. I also recommend using local stone-milled flour, which will give your bread more complex flavors that are unique to your region.

Finding locally grown and milled flours in your region is not as difficult as you may think. I would first visit your local farmers’ markets to see if any sustainable grain farmers are selling freshly milled wheat flour. While I support working with artisan millers, you can also buy whole wheat berries from farmers’ markets, if available, and mill them yourself using special equipment. You can search for regional flour online as well. There’s nothing wrong with having bags of freshly milled flour shipped to you! Try a few different types out and choose the ones you like best. Another idea is to call a local artisan bakery and see from where they source their flour. Some bakeries (including Hewn) even sell artisan flour directly to customers.

<table>
<thead>
<tr>
<th>HERITAGE BREAD</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>HERITAGE BREAD</th>
</tr>
</thead>
</table>


total dough weight 1.940 kg

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>TOTAL FORMULA</th>
<th>LEVAIN</th>
<th>FINAL DOUGH</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% Kilograms</td>
<td>% Kilograms</td>
<td>% Kilograms</td>
</tr>
<tr>
<td>Total flour</td>
<td>100.00</td>
<td>0.047</td>
<td>25.00</td>
</tr>
<tr>
<td>Red Fife flour*</td>
<td>23.88</td>
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</tr>
<tr>
<td>Einkorn flour</td>
<td>47.76</td>
<td>0.500</td>
<td>0.500</td>
</tr>
<tr>
<td>Spelt flour</td>
<td>23.88</td>
<td>0.250</td>
<td>0.500</td>
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<td>High-extraction flour</td>
<td>4.49</td>
<td>0.047</td>
<td>0.047</td>
</tr>
<tr>
<td>Water</td>
<td>74.21</td>
<td>0.777</td>
<td>0.730</td>
</tr>
<tr>
<td>Salt</td>
<td>1.91</td>
<td>0.020</td>
<td>0.020</td>
</tr>
<tr>
<td>Starter†</td>
<td>9.17</td>
<td>0.096</td>
<td>0.096</td>
</tr>
<tr>
<td>Levain</td>
<td></td>
<td></td>
<td>19.00</td>
</tr>
</tbody>
</table>

| Totals        | 185.29 | 1.940 | 400.00 | 0.190 |

| NOTES |

: Preheat oven with Dutch Oven inside
: Remove Dutch Oven
: Place loaf in middle of pot

: Score
: Cover Dutch Oven with lid and return to oven

HERITAGE BREAD

Contributed by ELLEN KING

A rustic, jack-of-all trades loaf.
Voltaire was never seen hurrying home through the streets of Paris with a baguette under his arm nor for that matter a bag of flaky Parisian croissants. In fact, when Raymond Calvel arrived there in 1932 from his birthplace in the southwest of France, both were still brand new. The baguette, as we know it, began appearing on price lists around 1925. The truly defining aspects began to emerge toward the end of the First World War: the use of yeast only (a method called fabrication en direct) which brought considerably lighter loaves (an unknown delicacy up until now) and crusts with a distinctive crunch. And there was the question of size. In the beginning of en direct (which we call straight doughs), bakers continued to make the same large loaves they had made with levain and levain de pâte (a levain-yeast hybrid) doughs, but the new style begged to be eaten completely the day it was baked. So over time, loaf size became smaller to minimize leftovers. Thanks to its convenient size and greater proportion of crust due to its length, the baguette emerged as the preferred loaf. It was a Parisian phenomenon which would take many years to reach rural France.

All Calvel had seen prior to arriving in Paris to attend the Grands Moulins De Paris baking school were typical large loaves in the old style including 4-pound (2 kilogram/30 ounce) pains fendus — a style for which he would retain an affection for the rest of his life.

According to Hubert Chiron, the scoring of loaves with a blade was first mentioned in print in Vaury’s Le Guide Du Boulanger in 1834 (Les Pains Français, Chiron and Roussel, 2005). But it was with the baguette and its relatives, that scoring loaves became important. They were given five to seven slashes which, of course, helped the loaves expand to their full potential during baking, but when skillfully done added immensely to their beauty. Bakery owners chose their most impressive specimens for display in the front window, and for the more talented journeymen bakers (called fines lames — sharp blades), it became a way to distinguish one’s self. Otherwise, the loaves looked the same in every bakery. On the other hand, a perfectly good baker (in every other way) who lacked those skills could be let go. Surely, calling slashing a baker’s ‘signature’ dates from this time.

An illustration of a lame in a book from the very late 19th century (therefore pre-baguette) shows what looks like a regular kitchen knife. With the new emphasis on scoring and scoring skills, they evolved into the smaller more specialized blades like those still manufactured by Matfer. As far as I know, this is the only remaining brand of traditional blades. Calvel was never without a vial in his pocket containing a selection of different types of blades and a miniature stone to sharpen them. Other bakers often returned them to the dealer to be sharpened and attached them to their belts or carried them in a miniature holster to keep them handy.

These days, of course, most bakers use razor blades. A photo of a lame with a razor blade fixed to it appears in Émile Dufour’s Traité Pratique de Panification (1930), but older bakers I’ve been in touch with seem to agree that the general changeover to them took place in the early 1960s. Daniel Rivat, a baker at King Arthur Flour, reminded me that it coincided with the introduction of pain blanc, the intensively mixed and therefore cottony and flavorless new style of baking which would remain a black mark on baking in France until the early 1990s, and is still used for making cheap baguettes. The texture of these raw...
loaves — when ready to be loaded into the oven — were bloated and puffy and could have a fragile exterior. The extra sharpness of frequently changed razor blades solved the problem.

As bad as the loaves were in flavor and texture, their oven spring was such that when done by a skilled hand, the slashes (called the grignes) were beautifully defined and opened up spectacularly. The use of razor blades reduced the role of traditional lames to that of a holder, and as most of us who don’t travel with a vial of traditional blades in our pockets have found that, in a pinch, a whittled-down ice cream bar stick or a plastic take-out coffee stirrer can be substitutes. As a more permanent substitute, Jeffrey Hamelman has used a curved tine from a small garden rake. This makes the continued availability of traditional lames a pleasing anachronism. Unfortunately, my questions to Matfer about their origin, continued availability, and methods of manufacture fell on deaf ears.

When I began thinking about handles for blades, several French bakers mentioned the marseillaise, a homemade holder made from pliable metal (an olive oil can, for example). Looking into it further, it turned out to be an entirely different scoring device. Which instead of a whole blade, it placed only a small corner of one into the crease of folded metal. Depending upon the angle at which the blade had been placed, the lip of the slashes could be so thin and sharp that the sales staff had to be very careful when handling the loaves. They were still in use in the early 2000s and a friend assures me that despite the dangers — basically an accident waiting to happen — there must still be bakers who use them.

In France, toward the end of the 1980s, the use of razor blades in bake shops was banned. Or so it seemed. In fact it was more of a stern warning that appeared in an obscure general document about work safety and the dangers of extraneous matter in foods (the possibility of finding a blade or a piece of a blade in a loaf seems as unlikely as it would be excruciating, but it actually happened when a customer of a Montréal bakery found not one but two razor blades invisibly imbedded in her baguette). No deadline was stipulated because bakers would need time to readjust. The suggested general blade protocol might seem obvious but is always worth repeating: store them in a safe place (not above the mixer for instance), always have the same number in use so they can be easily accounted for, and only issue new blades upon surrender of the same number of used ones. Though there was no mention of an outright ban on razor blades (and it’s a very safe bet that Matfer’s traditional blades are rarely used on their own), manufacturers began producing new products with blades incorporated into the handle. Many of them didn’t look far for inspiration, producing what look like razor blades permanently encased in a plastic handle (the downside of these is that unlike razor blades which can be rotated — to put all four corners to use — there’s only a single right- or left-handed cutting surface). One exception is Scaritech. They produce a design which seems more inspired by the X-Acto Knife. It requires a bit of practice to find the right angle, but produces a thin, well-defined lip — similar to those of a marseillaise. The art of scoring no longer seems to receive the same attention that it once did. For understandable reasons, many new bakers feel pressure to get up to speed and have little opportunity to slow down to practice. Just as with a musical instrument, the best way to learn to be fast is to practice slowly and methodically. But there has also been a change in dough textures. The baguettes being made today are often made with very soft doughs that can be a bit shy on fermentation. Slack doughs with a tacky surface don’t open well. As a result, some bakers have resorted to making one incision along the length of the whole loaf. This is a reminder that slashes are done for aesthetics, but badly opened slashes can reveal problems elsewhere in the breadmaking process.

So far, I’ve never followed through on my ambition of at least once getting an old-fashioned lame sharp enough to be used on its own, but as I change razor blades, I often think of Calvel who was a formidable fine lame until his shoulder gave out when he was eighty or so. Bakers who saw him remove that vial from his pocket were inevitably curious, and as he explained the contents, he would always wistfully say, “But now Gillette has truly conquered the world!”

Professor Caivel and his young colleague, both extremely talented fines lames, after a friendly competition in Japan in the 1980s.
One of the large loaves that Raymond Calvel made from levain or levain de pâte dough before he arrived in Paris was the Fendu, a loaf which instead of being slashed was split almost all the way through with a rolling pin to create a trough which would open up as the loaf expanded during baking. They weighed four French pounds (2 kilograms, 4.4 pounds). The style disappeared not only because scoring was in fashion, but scoring was also much faster than interrupting the shaping process. The method works best and looks best with larger loaves (this loaf was weighed at 850 g /30 ounces), and these days is most often made with country doughs containing higher extraction flours or a small percentage of rye. To open well the dough should have a fairly high degree of strength. Large batches of fendus require too much time and trouble, but a few loaves borrowed from a large batch of other loaves can add interest to the bread display.

Sprinkle the loaf generously with flour and use a straight rolling pin with a fast, short back and forth motion to go almost all the way to the bottom leaving a 1” flap of dough holding the two halves together. Make sure that some flour remains on the sides of the trough or add more but avoid the bottom so that flour doesn’t get trapped inside the loaf. Holding the loaves in such a way that the folds don’t open up, place the loaves folds down onto couches. This would also be a nice use for those who own crown-shaped bannetons. Allow to rise as usual but avoiding overproofing and bake as for other items made with the same dough. When baking separately, add a bit less steam than usual for a more old-fashioned look.

Fendus look best when the shaped loaf being split is very slightly oval and tapered rather than a perfect cylinder. Place the shaped loaf seam side down on a floured bench and allow to rest for a minute or two. The method can also be used for round loaves.
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