

THE BREAD BAKERS GUILD OF AMERICA

BREAD Lines



Volume 28 – Issue 2 SUMMER 2020

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

HOME COUNTRY HEMP BREAD



PHOTO: ROY FRANKEN

By MICHEL SHRÖDER

Baker, Consultant and Team Holland Member
Pijnacker, The Netherlands

What do you think of when you hear the Netherlands? The Netherlands is famous for its windmills, flat landscape, cheese, clogs, tulips, red-light districts, and drug policy. When I am abroad, and people ask where I come from, I proudly say, the Netherlands. Then you already see them looking and thinking, ah, you like weed.

Continued on page 6

Positive things can come from the worst circumstances. In these notes I want to briefly address two terrible circumstances that the United States and the world have faced this year which are definitely showing major positive outcomes. One is the horrific murder of Mr. George Floyd, which was the most graphic testimony of a series of other recent cases where African Americans died in the hands of law enforcement officers. The other is the COVID-19 pandemic which is still hitting the world and amounts now to nearly 700,000 deaths worldwide. Over 150,000 of those have been in the United States. Even with all the pain caused by both circumstances, very important positive outcomes are following.

The outcry in response to Mr. Floyd's murder is bringing about overdue transcendental changes in every spectrum of society, which makes me feel that we are all witnessing one of the most important developments toward the eradication of racism and social injustice in history. Besides all the people that suffer first hand from the effects and abuse of the systemic racism existent in the United States and the world, people not part of the oppressed groups mostly knew or heard about it. But now the world was able to actually see how a defenseless human being was murdered in front of a camera, while others that could have saved his life only stood there safeguarding the perimeter for the perpetrator. Watching this incident brought tears, deep pain, and a strong feeling of frustration to many of us. As I saw that image, the feeling that took over my soul was that I wish I could have done something to save that man's life. That was a call to action. And I quickly understood that I needed to do more, maybe not for Mr. Floyd now, but to save others from ending up in the same tragic circumstances.

Individuals and organizations all over the world reacted to this and started taking action. Organizations that were otherwise passive about issues of social injustice understood that they needed to speak up and do much more to eradicate racism and other forms of social injustice.

On June 16, 2020, the Bread Bakers Guild of America issued a statement standing unequivocally against racism and in support of the overdue outcry of the Black Lives Matter movement. We acknowledged that we need to do better and we need to do more toward diversity, equality and inclusion, and that includes, in our particular profession, looking after the rights and dignity of all the immigrant men and women working in bakeries all over the United States. We also shared a list of initiatives that the BBGA is currently working on. The full statement follows these notes. I feel hopeful and optimistic when I see so many organizations, including the BBGA, reviewing their structures, rethinking their ways and taking actions against racism and toward diversity, equality and inclusivity. We are seeing things change which should have never been the way they were up to this date. That is happening!

On another spectrum is the COVID-19 pandemic, which has hit us hard in many ways. In addition to all the lives lost, it has also brutally impacted our baking profession and businesses. But even as such, I feel very optimistic about our future. And I'm not saying this in a vague effort to cheer myself or others up. I'm seeing a phenomenon unfolding in plain sight where the community is stepping up to support us, in different ways not quite as it used to be in pre-pandemic days, but they are saying loud and clear that they are there for us. We dug so deep into our continuous desire to make the best products we could and to serve our community the best way we could, that we now discover that while we were immersed in our task there was a community growing together around us, looking carefully and noticing our hard work and commitment, and it is now out there, stronger and more grateful than ever, standing behind us.

As a baker with a genuine commitment to serve our community, at no other time I've felt Pablo Neruda's famous words to be more meaningful and revealing when he artfully stated that "the best poet is he



PHOTO: COURTESY OF CARLOS RUIZ

who prepares our daily bread: the nearest baker who does not imagine himself to be a god. He does his majestic and unpretentious work ... handing us our daily bread as a duty of fellowship." And, if the poet succeeds in achieving this simple consciousness, this too will be transformed into an element in an immense activity, in a simple or complicated structure which constitutes the building of a community, the changing of the conditions which surround mankind, the handing over of mankind's products: bread, truth, wine, dreams. We (bakers) build communities, and these communities are strong.

In a not as poetic but more pragmatic note, we need to take actions to continue to be there for our community. That is, we need to follow a basic rule of supply and demand, we need to understand what our community needs, how and when they need it, and figure out a way to give it to them. The "what", "who", "how" and "when" certainly do not have the same answers they did a few months ago. Our customers' needs and priorities are certainly different. They now need products delivered at home, or curbside pick-up, or ordered online, cashless, contactless, or else. We need to pivot in that direction. The worst mistake would be to resist and try to make customers adapt to our ways. Pivoting is the most relevant concept for us these days, which is "a significant business change usually intended to help a business recover from a tough period or survive after experiencing factors that make the original business model unus-

tainable.” We need to pivot in the direction of those new “whats”, “whos” “hows” and “whens”. And while doing this we have to look further than our direct customer relationship, we also need to look internally to our ways of doing things, our systems and processes. I assure you that if you look carefully, you will find ways to do things better and faster.

This is what will make a difference in our businesses’ ability to evolve, survive and thrive, or remain static and disappear. By no means am I saying that it will be easy. In fact, the opposite is true. It has been hard, really hard in fact. But while going through this process we have been forced to finally do things which have been in the pipeline for too long. We have been able to come up with better, faster and easier ways to process orders and transactions, and have been able to identify and correct inefficiencies in our production processes. At the end, I’m absolutely confident that I have a better business model now than I did a few months ago.

Same goes for the BBGA as an organization. Our main sources of revenue have been absent, classes and membership renewals suspended and our sponsors facing their own challenges as well. Therefore, we have been meticulously looking into all our ways to make sure we can make it through. I’m sure that we will come out as a stronger organization. While this happens, we have continued working and planning our future events with a great deal of enthusiasm. We are eager to resume our offerings and come back with a stellar line up of events, classes, articles and more educational opportunities. I can assure you, on behalf of all the board members, that we will give our last drop of sweat to make it out of this period healthier and stronger to fulfill all your expectations, and as an organization more conscious and fully engaged in our duty to combat social injustice in any form.



CARLOS RUIZ

Board Member and Owner
El Horno de Pane — San Juan, Puerto Rico
IG @elhornodepane

Members of The Bread Bakers Guild of America,

We stand against racism and support the overdue outcry of the Black Lives Matter movement. The Bread Bakers Guild of America unequivocally believes in access, education and opportunity and that Black Lives Matter.

We should have done better in thoroughly addressing this issue in a more timely manner. We know that like many industries and organizations, the systemic structures of racism allow us to be complacent and result in vagueness in language or defensiveness about why we haven’t done more. This caused harm and we are sorry for that. We realize our statements haven’t relayed our commitments clearly and strongly enough. We could have done better. We do have concrete plans to move forward to build a more equitable industry. For those of you that feel we shouldn’t be saying anything, our commitment to equity and human rights requires that we do.

These days of turmoil have caused us to deeply reflect on where we are and envision positive, specific and measurable actions that will take us where we want to be. Here are some of the proposed initiatives:

- : Encourage leadership opportunities for Black, Indigenous, and People of Color (BIPOC) within BBGA such as board membership, content creation, special projects and committee work
- : Ensure the bench scholarship program is extended to BIPOC communities, even if they’re not a member of The Guild
- : Offer one year ‘welcome memberships’ to BIPOC communities and educators who are interested in the artisan baking industry
- : Rethink how the artisan bread industry appeals to BIPOC. For instance, culinary schools have many BIPOC students but few are drawn to the bread world. Why and how do we change it?
- : Increase the involvement of our BIPOC members through classes they instruct and *Bread Lines* articles they author
- : Create a database for members to discover opportunities to speak or demo in schools, particularly those with underfunded arts programs
- : Use our social media platforms to amplify the voices of BIPOC about their experiences in the artisan baking world
- : Use our social media platforms to highlight the work individual members are doing in their communities to support racial justice and equity
- : Build an apprenticeship program that links students directly to member artisan bakeries for paid training and membership opportunities
- : Continue to form a committee/working group on anti-racism, food justice and inclusivity

You can see there is a lot of work to be done. Although there is always plenty of work in The Guild, we acknowledge the pressing priority of these initiatives. We invite all members to work with us to improve equality, justice, and inclusivity in our part of the world. Please continue to share your ideas and feedback.

The recent weeks have proven that our community of bakers is strong. We want to work with you for real and lasting change, not just within our organization, but within the industry as a whole. The Bread Bakers Guild of America unequivocally believes in access, education and opportunity. And, that Black Lives Matter.

Sincerely,

The Board of Directors of the Bread Bakers Guild of America

Nancy Carey, Connie Cox, Melina Kelson, Richard Miscovich, Carlos Ruiz, Mitch Stamm, Eugenia Theodosopoulos, Solveig Tofte

THE BREAD BAKERS GUILD OF AMERICA TOOLKIT

By Eugenia Theodosopoulos
Guild Board Member, Membership
Chair and Co-Founder/Owner,
Essence Bakery Café — Phoenix, AZ

The Guild has always been about education and sharing the knowledge of our craft with other bakers. Personally, after an inspiring class, WheatStalk, or Guild event, I am always a bit deflated; I leave wondering when will the next time be that I can spend time with such incredible people? Interesting bakers that can literally discuss bread for hours and want to genuinely help me find solutions! If you enjoy your fellow bakers and want to meet more members in your area, I encourage you to organize or host a local event. Here are ways to meet and partner with your community:

- : **Sharing bread** — everyone brings a loaf of fresh bread to discuss
- : **Networking** — meet and greet local members over food/drink
- : **Local educational tour/visit** — grower, miller, brewery
- : **Particular grain-based beverage or food** — gather and discuss
- : **Panel discussion** — experts interviewed on specific subjects

To make sure your event is a success:

- : Contact and personally invite by evite, text, or call
- : Work with BBGA office for local contacts/organizations
- : Invite prospective members, especially bench workers

IG @essencebakery



Welcome
Our Newest
Guild Members
March
through
May 2020

COMPANY MEMBERS

American Baking Systems, Inc. — Cedar Rapids, IA
Bee Creek Bakery & Hearth Bread Co. — Platte City, MO
Brad's Breads and Bakery — Orange City, IA
Brightwater Center — Bentonville, AR
Caputo Bakery, Inc. — Brooklyn, NY
Fat Lady Baker — Marietta, GA
Haute Bread LLC — East Hartford, CT
Heart Stone Coffee — Phoenixville, PA
Independent Baking, Co. — Athens, GA
Milawa Bread — Milawa, Australia
Pane d'Amore — Port Townsend, WA
Simple Bakery & Market — Lake Geneva, WI
The Bread Butler — Albany, NY
Turano Baking Co. — Berwyn, IL
Wurst Pizza, LLC — New Braunfels, TX

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Clear Flour Bakery
Common Good Bakery
Crema Café & Artisan Bakery
El Horno de Pane
Essence Bakery Café
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**The Bread Bakers Guild of America gratefully recognizes its
2019-2021 fundraising partners for their generosity.**

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Elisabeth Walker
Ken Wilcox

HOME COUNTRY HEMP BREAD

Continued from cover

Together with my friend and team member Niek van Waarde, I participated in the International Bakery Cup at Sigep in Rimini, Italy. To develop a good program, you have to start preparing in time. We started at the kitchen table with Hans Som, eight months in advance. This man is the oracle of the Dutch Boulangerie team; if he sees a product, he can make it.

There are different categories in which a product has to be invented. Our goal was also to create a unique and original product for each category. The taste is important, but also the appearance. More and more, you see that the product is visualized to represent how it really tastes. We had to come up with something unique for the “Home Country Bread” category. Outside the box. The Netherlands has a unique drug policy. We wanted to do something with this.



Michel Schröder holding hemp bread.

We came up with the idea of making hemp bread. You can roast hemp seeds, and that gives a delicious full nut flavor. But it had to be even better than that. For the visualization, we started making bread in the form of a cannabis leaf. Everyone recognizes that. We already saw it all before us. The jury that eats that bread and gets stoned. Of course, not possible in reality because it is about the seeds and the taste. But we also found it exciting to do. Is it too shocking? Did we cross a line?

We decided to develop this idea further, regardless of lines. From June, we trained at least twice a week. Most hours were spent on weekends. The first products were not good yet. But we had a plan and an idea of how it should be. A couple of weeks later, the sandwich taste was good. We had ground flour from hemp seed. We added this to the dough. This made it a bit quieter.

Another nice twist to add more flavor to your bread is by flavoring water. We made licorice tea and used it instead of water. This gives it a somewhat special taste. We did not like the licorice tea to drink, but if it was not in the bread, you missed it. When the taste was good, I continued with the makeup.



FROM TOP: Team Holland at the competition. Left to right Michel Schröder, Niek van Waarde and Mike Onase. Show table from team Holland's winning products. Photo shoot recipe book. Niek van Waarde and Michel Schröder.



It had to become the shape of a cannabis leaf. We searched on the internet for visuals and to decide which model would be best. We decided to bake four rolls together with a decoration sheet on top of the dough in the shape of the roll. We chose a template with the weed leaf. It was ready, or so we thought! But it was not that easy. One time the sheet of dough baked too wild. Another time it shrank. After weeks I realized the dough needed more development to do what I wanted. The bread was ready, and we took the photos for the competition booklet.

Everything was in order, and we started training the week before Christmas. We went to the wholesale to buy all the products. Doing the shopping, we came across matcha tea. That's green! We had decorated the logo of the cannabis leaf with cocoa powder in practice. But it would be much cooler if we made it green. We did this during the training, and it also remained green after the bake.

It looked as great as we'd hoped. We knew that this would be a unique and beautiful bread during the game.

In Italy, people were very surprised by this bread. We got a lot of nice reactions to the fact that the bread was shaped like a cannabis leaf. And when we finally won 1st prize with our products, we were ecstatic. After all, that's the best rating you can get. ✨

IG @schroder_technical_adviser

IG @niekvanwaarde

IG @mike_onasse

IG @roy_franken

FROM TOP: First prize and three special prizes for best pizza, ciabatta and nutrition bread. Left to right Hans Som (Godfather Dutch Boulangerie team) Niek van Waarde, Michel Schröder and Coach Mike Jonas. Prizes for the champions. Tired and relieved, Michel and Niek after the competition.



PROCESS – Home Country Hemp Bread

Preferment		Levain
Mix	Type of mixer	Spiral
	1 st speed	0:03–0:05
	2 nd speed	0:02–0:03
Ferment	Time/temperature	12:00 at 72°F
Final Dough		
Mix	Type of mixer	Spiral
	Mix style	Improved, double hydration
	Hold back	Water 2
	1 st speed	0:03
	Add	Water 2
	1 st speed	0:03–0:05
	2 nd speed	0:02–0:03
	Dough temperature	76°F
Rest	Time/temperature	0:30 at room temperature
	Fold	0:30
Ferment	Time/temperature	Overnight at 40°F
Shape	Divide	One piece 200 g, 3 pieces 100 g
	Preshape	Round
	Rest	0:30
	Shape	Demi baguette, see notes
	Proofing device	Couche
Proof	Time/temperature	2:00 at room temperature
Bake	Oven type	Deck
	Score	Leaf shape
	Steam	2 sec
	Time/temperature	0:45–0:55 at 435°F

Formula on following page.

HOME COUNTRY HEMP BREAD

Contributed by MICHEL SHRÖDER

Holland is well-known for its tolerant policy with drugs. But you can also toast hemp seeds very well and use it in a loaf of bread. These organic hemp seeds ensure a full nutty taste. You create an ideal balance by adding a hint of licorice tea.

DECORATING DOUGH

Total dough weight		1.000 kg
TOTAL FORMULA		
Ingredients	%	kilograms
Bread flour	100.00	0.646
Water	52.00	0.336
Salt	2.00	0.013
Fresh yeast	0.70	0.005
Totals	154.70	1.000



HOME COUNTRY HEMP BREAD

HOME COUNTRY HEMP BREAD					Total flour fermented in levain		10.00%	
Total dough weight			10.000 kg					
TOTAL FORMULA			SOAKER		LEVAIN		FINAL DOUGH	
Ingredients	%	Kilograms	%	Kilograms	%	Kilograms	%	Kilograms
Bread flour*	100.00	4.699			100.00	0.460	100.00	4.140
Licorice tea	64.71	2.977					71.90	2.977
Water 1	17.65	0.812			100.00	0.460	8.50	0.352
Water 2	5.88	0.271					6.54	0.271
Salt	2.59	0.119					2.88	0.119
Fresh yeast	0.35	0.016					0.39	0.016
Hemp seed†	11.76	0.541	100.00	0.541				
Soaker water	5.88	0.271	50.00	0.271				
Hemp flour‡	5.88	0.271					6.54	0.271
Diastatic malt powder	1.18	0.054					1.31	0.054
Starter**	1.50	0.069			15.00	0.069		
Levain							23.89	0.989
Soaker							19.61	0.812
Totals	217.38	10.000	150.00	0.812	215.00	0.989	241.54	10.000
Decorating dough††								As needed
Cocoa								As needed

*Hard winter wheat (11%–12% protein)

†Toasted and soaked in water overnight

‡Ground hemp seed

**Same composition as levain

††See separate formula and process notes

DECORATING DOUGH

- Mix dough, rest 15 minutes, laminate twice.
- Roll out dough very thin, and then cut the decoration leaves.
- Place in freezer until ready to use.

Process box on previous page.

MAKEUP

- Join the individual pieces of hemp dough into a leaf shape. The larger piece makes the base.
- Brush decorating dough with oil on underside, place oiled side down on leaf shaped dough.
- Stencil with cocoa and score stencil in leaf shape.



START WHERE YOU ARE: Using Local Grain

By **MATT MCMILLEN**

Guild Member and Owner, Quartet Bread Company ••• Portland, OR

Salish Blue, Edison, and Gazelle: just a few varieties of wheat and rye that represent the diversity of grains grown in the Pacific Northwest. Travel east, and you'll find Turkey Red, Marquis, Warthog, and many, many more. Using local grains like these, some heritage, some, like the Salish, still in the development stage, allows bakers to connect with and support their community's farmers and millers while providing deeply flavored breads and other baked goods.

"It's so important to support local farmers," says Sophie Williams, owner/baker of Raven Breads, based in Bellingham, Washington, "and it's exciting to talk about a bread and grain culture unique to your area."

But how do you use these grains and flours to their best advantage?

The answers came in a two-day Guild class, held in early March at the Bread Lab in Burlington, Washington. Part of Washington State University, the Lab focuses its research on wheat, barley, buckwheat, and a variety of other grains best suited for the region's farmers, craft bakers, and other artisans who will use it in their products. Huge thanks to them for hosting!

The class was co-taught by Williams and Mel Darbyshire, the head baker at Grand Central Bakery, a Seattle-based chain with 12 locations in Seattle and Portland, Oregon. It centered on the hows and whys of baking with grains and flours that had been grown and milled locally.



**Start Where You Are:
Using Local Grains**

**MEL DARBYSHIRE &
SOPHIE WILLIAMS**

The Bread Lab ••• Burlington, WA
Liasons: Kim Binczewski &
WSU Bread Lab Staff



MARCH 5-6

While different varieties of wheat and other grains are grown throughout the country, the class aimed to address the common challenges they can present to bakers everywhere.

Commodity flours, produced on an industrial scale, may offer consistency in performance, the instructors told the class. However, they lack the unique flavors and the nutritional value found in minimally processed local grains.

But such grains can present challenges. First, if you're used to baking solely with commodity flours, there's the simple fact



ALL PHOTOS: MATT MCMILLEN

The class participants, a mix of professional and home bakers.

that the grains available in your area will be unfamiliar. What hydration will they require? What's their protein level? How will they perform in a hearth loaf? In a pan bread? In a pastry? You need to get to know them. So, with instruction from Darbyshire and Williams, we spent our time discussing, testing, shaping, baking, and tasting breads and pastries made with flour that was locally sourced from the nearby Cairnspring Mills, Fairhaven Mills, or milled in-house at the Bread Lab.

Using these local grains, we made the large hearth loaf known as a miche; deliciously dense and flavorful rye pan breads; galettes that blended wheat, rye, and a little local buckwheat and were

filled with goat cheese and roasted winter vegetables; pizza; and a variety of rye shortbread cookies. We ate very well.

Between work and eating, Darbyshire and Williams taught us how to test flour. We hydrated small amounts of each flour to make several doughs, which we then let rest. After this short autolyse, we checked their water absorption, strength, and texture. Such a test allows you to compare the performance of a local flour to that of the flours you use every day.

"You need a baseline, a feel for how the flours you know and like perform, against which you can judge new flours," says Williams.

If the dough is left overnight, Williams says, the test could also reveal enzymatic activity in the flour. Too much activity would break the dough's gluten structure, and you'd end up with soup. Better to have that happen to a small sample than to a large batch of dough meant to become bread for your customers.

When sourcing from a single farm in your area, such tests are important whenever a new harvest of grain becomes available, because variables during the growing season can affect the grain, which in turn can affect your flour's performance. Know this, and you can make adjustments for it.

Darbyshire offers a tip when you have too much enzyme activity: "Up your inoculation so that your dough will ferment faster, before the enzymes kill the gluten. A 30% inoculation is a good rule of thumb."

Another trick: The enzymes are concentrated on the edge of the bran, so sift out some of the bran to reduce the enzymes.

Both Darbyshire and Williams stress that in addition to mastering the technical aspects of local flours and grains, the goal is to support and make connections with your local farms and mills, to draw on your region's bounty, and to be open-minded as you start where you are.

"Keep in mind that not all the grains your local farmers grow can go into bread," says Williams, "but you can use them in shortbread, quick breads, and cakes."

Darbyshire agrees: "Our job is to find a place for all these delicious grains." 🌱

IG @quartet1977
IG @meldarbyshire
IG @ravenbreads
IG @wsu_bread_lab



TOP: Instructor Sophie Williams talks local rye.

LEFT: Instructor Mel Darbyshire demonstrates scoring.

MILLERS MICHE

Contributed by **MEL DARBYSHIRE / SOPHIE WILLIAMS**

A loaf that can have a variety of grains and variety to highlight your regional grain growers. Slightly sour, but not too much.

MILLERS MICHE			Total flour fermented in levain 10.31%			
Total dough weight 13.200 kg			Whole wheat flour 16.08%			
TOTAL FORMULA			LEVAIN		FINAL DOUGH	
Ingredients	%	Kilograms	%	Kilograms	%	Kilograms
Total flour	100.00	7.310	100.00	0.754	100.00	6.557
Whole wheat flour	64.12	4.688	100.00	0.754	60.00	3.934
T85 high extraction flour	35.88	2.623			40.00	2.623
Water	76.14	5.566	60.00	0.452	78.00	5.114
Salt	2.02	0.148			2.25	0.148
Instant yeast*	0.07	0.005			0.08	0.005
Starter†	1.44	0.106	14.00	0.106		
Non-diastatic malt	0.90	0.066			1.00	0.066
Levain					20.00	1.311
Totals	180.57	13.200	174.00	1.311	201.33	13.200

*Optional

†Whole wheat starter with 150% hydration



NOTES

- After mixing in salt, adjust hydration if necessary. Dough should be strong and extensible.
- Loaves can be retarded over night; if so, adjust proof time at room temperature.
- Load the loaves, seam down onto a well dusted peel.
- For the larger miche, score on the upper outward edges of the loaf in a square pattern, slight.

Miche and other naturally leavened loaves made with local wheat.

PROCESS – Millers Miche

Preferment

Levain

Mix	Type of mixer	Spiral
	1 st speed	Until incorporated
Ferment	Time/temperature	8:00–10:00 at 72°F–74°F

Final Dough

Mix	Type of mixer	Spiral
	Mix style	Improved
	Hold back	Levain, yeast, salt
	1st speed	0:03–0:04 until there is a little development
	Autolyse	0:20–0:30
	Add	Levain, yeast
	1st speed	0:03
	2nd speed	0:01–0:02
	Add	Salt
	2nd speed	0:02–0:03, until good dough strength
	Dough temperature	74°F–80°F

Ferment	Time/temperature	3:00–4:00 at 72°F–75°F
	Fold	1:30

Shape	Divide	Boule: 1000 g Bâtard: 600 g
	Preshape	Rounds, seam down
	Rest	0:20–0:30
	Shape	Boule or bâtard
	Proofing device	Boule: seam down on a well-floured board covered with a couche Bâtard: couche or well-floured oblong basket, seam side up

Proof	Time/temperature	1:30–2:00 at 72°F–75°F
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Bake	Oven type	Hearth oven
	Scoring	Boule: square with cross in center Bâtard: 1 slash angled down the center of loaf
	Steam	3–4 sec
	Time/temperature	Boule: 0:40–0:45 at 465°F Bâtard: 0:30–0:35 at 465°F

The BBGA's yearly calendar, with the astonishing pictures of breads baked by our members, has become a most looked forward item by many every year. Taking it a step farther, in this section we are including the formulas for some of the breads portrayed in the 2020 calendar. We hope you can also take it a step farther by recreating them in your preferred baking setting.

CHOCOLATE BABKA

Contributed by **JEFF CLEARY**

When I think of dessert, I think of chocolate. This babka features a house-made chocolate butter block and a filling of chocolate chunks. Perfect as dessert topped with a scoop of ice cream or to be paired with the morning coffee.

CHOCOLATE BABKA			Total flour fermented in levain 16.13%			
Total dough weight		1.033 kg				
TOTAL FORMULA			LEVAIN		FINAL DOUGH	
Ingredients	%	Kilograms	%	Kilograms	%	Kilograms
Bread flour	100.00	0.589	100.00	0.036	100.00	0.553
Water	37.19	0.219	100.00	0.036	33.09	0.183
Egg	9.86	0.058			10.51	0.058
Salt	2.38	0.014			2.53	0.014
Instant yeast	0.34	0.002			0.36	0.002
Sugar	13.25	0.078	6.20	0.002	13.71	0.076
Starter	6.13	0.036	100.00	0.036		
Unsalted butter	6.11	0.036			6.51	0.036
Levain					20.00	0.111
Totals	175.26	1.033	306.20	0.111	186.71	1.033
Chocolate roll-in		As needed				
Dark chocolate chunks		As needed				
Glaze, baker's choice*		As needed				

*Optional



PHOTO: JEFF CLEARY

PROCESS – Chocolate Babka

Preferment		Levain
Mix	Type of mixer	Hand
	Time	Until incorporated
Ferment	Time/temperature	4:00–5:00 at 70°F–75°F
Final Dough		
Mix	Type of mixer	Spiral
	Mix style	Improved
	1st speed	0:04
	2nd speed	0:01
Ferment	Time/temperature	1:00–1:30 at 70°F–75°F
Prep détrempe	Preshape	12" x 10"
Prep roll-in	Soften	Plasticize using any method
	Preshape	12" x 5"
Laminate	Lock-in	Standard
	Fold	3 single with 0:30 rest in refrigerator b/t folds
	Final rest time/temp	Overnight in refrigerator
Makeup	Sheet	12–13 mm or 12" x 22" rectangle
	Filling	Add dark chocolate chunks
	Shape	Roll to log, cut 11" sections, cut half lengthwise and twist
	Proofing device	Parchment-lined loaf pan
Proof	Time/temperature	12:00 at 75°F–80°F
Bake	Oven type	Convection
	Time/temperature	0:25–0:30 at 350°F
	Finishing	Glaze if any (optional)

CHOCOLATE ROLL-IN

Total weight			0.454 kg
TOTAL FORMULA			
Ingredients	%	Kilograms	
Bread flour	100.00	0.042	
Unsalted butter*	820.00	0.343	
Dark cocoa powder	164.00	0.069	
Totals	1084.00	0.454	

*High fat

PROCESS — CHOCOLATE ROLL-IN

- Put all ingredients in a bowl and mix with paddle until it incorporates. Don't aerate.
- Store on parchment paper and refrigerate until ready to use.

IG @gratefulbreaddenver

BREAK MY HEART

Contributed by **GUY FRENKEL**

This bread is a celebration of local grains with a hint of natural, flavorful color for Valentine's Day.

BREAK MY HEART

Total dough weight 2.000 kg

TOTAL FORMULA		
Ingredients	%	Kilograms
Total flour	100.00	0.957
Organic bread flour	50.00	0.478
Fresh milled grains*	50.00	0.478
Water	90.00	0.861
Salt	2.00	0.019
Starter†	10.00	0.096
Purple sweet potato flour, roasted	5.00	0.048
Blue butterfly pea blossom‡	2.00	0.019
Totals	209.00	2.000

*Such as barley, emmer, blue tinge Ethiopian Farro, Yecora Rojo, Sonora white

†100% hydration; baker's flour preference(s)

‡Milled with other fresh grains

MIX

• Add water as needed to reach proper hydration.

FERMENT

• Fold dough when gluten is fully relaxed.
• Dough may be retarded after folds.
• Allow dough to ferment to 150% its original volume or until it feels lively and fermentation is strong and ubiquitous.

SHAPE

• Weight and shape may be modified to fit baker's needs.
• Allow preshaped dough to rest until gluten begins to relax.

PROOF

• Proof until boules are relaxed. Time will vary based on starter.

BAKE

• Bake time is dependent on final hydration and baker's desired color.

PROCESS - Break My Heart

Final Dough

Mix	Type of mixer	Hand
	Hold back	20% water, salt, starter, purple sweet potato flour, blue butterfly pea blossom
Time	Autolyse	Until combined
	Add	0:20-0:30
Time		Water, salt, starter, purple sweet potato flour, blue butterfly pea blossom
		Until combined

Ferment	Time/temperature	4:30 at 70°F
	Fold	Approximately 3; every 0:40-0:60

Shape	Divide	1000 g
	Preshape	Boule
	Rest	0:20-0:30
	Shape	Boule
	Proofing device	Basket, couche, well-floured boards

Proof	Time/temperature	2:00-4:00 at 70°F
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Bake	Oven type	Convection lined with baking stone
	Dust	Flour
	Scoring	Heart
	Steam	5 seconds
	Time/temperature	0:45-1:00 at 475°F
	Damper open	After 20 minutes

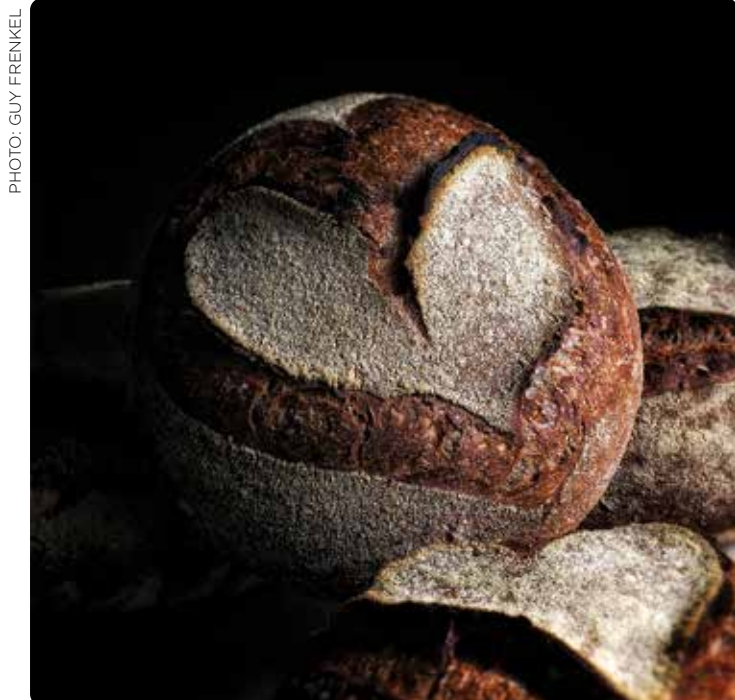


PHOTO: GUY FRENKEL

I have spent the last two years exploring the wide world of medicinal plants and the ways in which I can incorporate them into my milling and baking practices.

When COVID-19 hit, I used my extensive medicinal plant collection to create loaves that help boost the immune system.

Additionally, I could see the devastating effects the pandemic had on my community. Inspired by many new local food charities that popped up in response to the growing need, I decided to help provide bread to support the efforts of those charities. And so, 'Cast Your Bread' was formed. Ardent Mills offered to sponsor our flour needs, and our local farmers donated local grains. The local bakers stepped up too, and a month later, we are more than 20 bakers strong and have provided 1000's of loaves and buns to six different charities. We also saw a local chapter opening in Baltimore and Canada. It's been very humbling and inspiring to see so many amazing people be the change they want to see in the world.

Keep safe and bake the world a better place.

Guy — Céor Bread
IG @ceorbread

CHERRY PISTACHIO BUNS

Contributed by **KRISTI MEYERS**

Tart, sweet and a little salty are what we think of when we make these pastries. The Grand Marnier and cherry glaze really adds the perfect final touch to these little gems.

CHERRY PISTACHIO BUNS

Total dough weight	1.830 kg	
TOTAL FORMULA		
Ingredients	%	Kilograms
Croissant dough*	100.00	1.830
Totals	100.00	1.830
Macerated cherries	As needed	
Pistachios, finely crushed, roasted, salted	As needed	
Egg wash†	As needed	
Powdered sugar‡	As needed	
Heavy cream**	As needed	

*With 30%–35% beurrage based on détrempe weight

†3 large egg yolks and 2 tbsp. heavy cream

‡See process notes

**See process notes

MACERATED CHERRIES

Total weight	0.485 kg	
TOTAL FORMULA		
Ingredients	%	Kilograms
Dried cherries	100.00	0.225
Water	53.33	0.120
Sugar	48.88	0.110
Grand Marnier*	13.33	0.030
Totals	215.54	0.485

*Can substitute with other orange liquor

PROCESS – Cherry Pistachio Buns

Final Dough

Shape	Sheet	3–4 mm and 10 ½" x 36"
	Finishing	See process notes
	Final rest time/temp	0:20 minimum – 7 days maximum at 0°F
Proof	Proofing device	Sheet pan
	Divide	Cut 1¼" discs (see notes)
	Time/temperature	1:00 at 70°F, or until ready
Bake	Temperature	400°F
	Finishing	Egg wash
	Time	0:25 or until done
	Let cool	1:00 minimum
Makeup	Garnish	See process notes

PROCESS — MACERATED CHERRIES

- Put everything except the cherries into a pot and bring to a simmer, stirring to dissolve the sugar.
- Stir in the cherries, return to a simmer. Remove from heat, let cool and then refrigerate overnight.

PROCESS — MAKEUP

- Drain the cherries, reserving the liquid. Transfer the cherries to a food processor, pulse to make a coarse paste.
- Brush egg wash on the longest side away from you. Smear cherries onto the dough. Roll up and wrap in plastic.
- After cutting the discs, tuck in ends and set on sheet to proof
- Take the reserved cherry liquid and mix with powdered sugar and heavy whipping cream to desired taste and consistency. Brush onto danishes and sprinkle with the pistachios.

During the last few months, we have really seen our community come together to support each other! Island Breads has grown because of support from our community. So we want to play a role in making sure the same community-centered culture that helped us get where we are today continues to exist, as Tampa grows into a major city. As our little bakery continues to grow, our appreciation for and commitment to the community continues to grow as well.

During the epidemic, we put a table outside and gave away our organic sourdough bread as a way to show our appreciation for our community. We loved seeing everyone (from behind their masks and with social distancing). It was definitely a highlight for us each week.

*Kristi Meyers — Island Breads
IG @islandbreads*



PHOTO: KRISTI MEYERS

SPROUTED 67% RYE

Contributed by **RICHARD MISCOVICH**

A bold bake brings out the natural beauty of this hearty, European-style rye bread.

SPROUTED 67% RYE			Total flour fermented in levain 40.00%			
			Sprouted rye flour 59.70%			
			High-gluten flour 0.00%			
TOTAL FORMULA			LEVAIN		FINAL DOUGH	
Ingredients	%	Kilograms	%	Kilograms	%	Kilograms
Total flour	100.00	10.000	100.00	4.000	100.00	6.000
Sprouted rye flour	67.00	6.700	100.00	4.000	45.00	2.700
High-gluten flour	33.00	3.300			55.00	3.300
Water	77.00	7.700	77.00	3.080	77.00	4.620
Salt	2.00	0.200			3.33	0.200
Instant yeast	0.40	0.040			0.67	0.040
Starter*	1.60	0.160	4.00	0.160		
Levain					118.00	7.080
Final dough subtotal					299.00	17.940
Excess levain						0.160
Totals	181.00	18.100	181.00	7.240		18.100

*Same composition as levain

PROCESS – Sprouted 67% Rye

Preferment

Mix	Type of mixer	Levain
		Planetary with paddle arm attachment
	1 st speed	Until incorporated

Ferment	Time/temperature	10:00–12:00 at 75°F
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Final Dough

Mix	Type of mixer	Spiral
	Mix style	Improved
	1 st speed	0:02–0:03
	2 nd speed	0:01–0:02
	Dough temperature	80°F

Ferment	Length of time	1:30–2:00
	Temperature	Room
	Number of folds	One
	Timing for fold	1:00–1:30

Shape	Divide	680 g
	Shape	Boule
	Proofing device	Lightly floured surface

Proof & Bake	Final proof time	1:30
	Temperature	Room
	Oven type	Steam
	Steam	0:20
	Total bake	0:45
	Temperature	450°F

PROCESS

- Preshape each piece into a loose round ball and place bottom up on a lightly floured surface. Cover loaves and allow to rest for 20 minutes.
- Loosely shape into a boule but don't tighten so much the seam joins together. Dust seam area with a light coating of flour and place seam side down on a well floured couche.
- Flip boule seam side up. No scoring necessary. Give the boule a few minutes so the seam can start to tear apart.



PHOTO: RICHARD MISCOVICH

IG @rmiscovich1

SEEDED MULTIGRAIN BREAD

Contributed by **VINCENT MATHIEU**

A healthy bread with unique flavor and texture, containing 14% chia, quinoa, and sesame seeds.

SEEDED MULTIGRAIN

Total dough weight			10.000 kg			
TOTAL FORMULA			SOAKER		FINAL DOUGH	
Ingredients	%	Kilograms	%	Kilograms	%	Kilograms
Total flour	100.00	5.125			100.00	5.125
T65 flour*	80.00	4.100			80.00	4.100
Stone ground whole wheat flour	15.00	0.769			15.00	0.769
Rye flour	5.00	0.256			5.00	0.256
Water	65.01	3.332			65.01	3.332
Salt	2.01	0.103			2.01	0.103
Fresh yeast	3.00	0.154			3.00	0.154
Dehydrated rye sourdough starter†	1.00	0.051			1.00	0.051
Roasted barley malt powder	1.00	0.051			1.00	0.051
Quinoa seeds	8.01	0.410	57.23	0.410		
Sesame seeds	2.99	0.153	21.38	0.153		
Chia seeds	2.99	0.153	21.38	0.153		
Soaker water	9.10	0.466	65.00	0.466		
Soaker					23.09	1.183
Totals	195.11	10.000	165.00	1.183	195.11	10.000
Rolled oatmeal or seed mix of choice		As needed				
Olive oil		As needed				

*10.5%–12% protein

†As a flavoring, available commercially or prepared in-house



PHOTO: VINCENT MATHIEU

IG @grandsmoulinsdeparisfr

PROCESS – Seeded Multigrain Bread Soaker

Mix	Type of mixer	Hand
	Time	Until incorporated
Ferment	Time/temperature	12:00 at 76°F

Final Dough

Mix	Type of mixer	Spiral
	Mix style	Improved
	Hold back	Salt, yeast, soaker
	1st speed	0:02
	Autolyse	0:45
	Add	Salt, yeast
	1st speed	0:02
	2nd speed	0:08–0:09
	Add	Soaker
	1st speed	Until incorporated
	Dough temperature	76°F
Ferment	Time/temperature	0:30 at 76°F
	Fold	0:30
	Time/temperature	Overnight at 36°F–39°F
Shape	Divide	350 g 100 g
	Preshape	Ball Ball
	Rest	0:10–0:20 0:10–0:20
	Shape	Ball Disc
	Proofing device	Couche
Proof	Time/temperature	1:30 at 76°F
Bake	Oven type	Deck
	Score	X across the top
	Steam	2 sec
	Time/temperature	0:28–0:29 at 482°F
	Open damper	Last 0:03–0:04
	Open door	Last 0:03–0:04

SHAPE

- After resting, roll a 100 g piece into a disc that can fully envelope a 350 g ball.
- Brush the middle of the disc with olive oil. Avoid application to the outside inch of dough.
- Brush the top of the dough ball with water and top with rolled oatmeal or seed mix.
- Invert the ball and center it atop the oiled disc.
- Fold the perimeter of the disc around the ball and seal at the top.
- Move to couche seam-side down.
- Apply stencil, if desired.

BAKE

- The X pattern scored atop will bloom open with baking, exposing the oatmeal/seed topping and creating a flower-like effect.

TRITICALE BOULE WITH SUN DRIED TOMATOES AND BASIL

Contributed by **HARMONY SAGE**

Our beautiful loaf starts with house milled triticale, a wheat and rye hybrid and bread flour. To complement the spice of the triticale, I added sun dried tomatoes and hydroponic basil that we grow right here at the Beer Lab.

PHOTO: HARMONY SAGE



TRITICALE WITH SUN DRIED TOMATO AND BASIL

Total dough weight			7.425 kg			
Ingredients	TOTAL FORMULA %	Kilograms	LEVAIN		FINAL DOUGH	
Total flour	100.00	4.000	100.00	0.600	100.00	3.400
Bread flour*	85.00	3.400			100.00	3.400
Triticale†	15.00	0.600	100.00	0.600		
Water	65.00	2.600	100.00	0.600	58.82	2.000
Salt	1.87	0.075			2.21	0.075
Sun dried tomato, chopped	10.00	0.400			11.76	0.400
Basil, fresh chopped	5.00	0.200			5.88	0.200
Starter	2.49	0.100	16.60	0.100		
Lemon zest	1.25	0.050			1.47	0.050
Levain					38.24	1.300
Totals	185.62	7.425	216.60	1.300	218.38	7.425

*Organic hard red winter wheat (11%-12% protein, around 0.60% ash)

†Freshly milled, can substitute for rye or other heritage grain of preference

My whole life revolves around grain and yeast. My husband and I started Long Beach Beer and Bread Lab to combine our life's passions and education. Before I was a professional baker, I was a home baker and home brewer. This inspired me to become a classically trained pastry chef. I studied under many talented chefs and spent years at the Ritz Carlton cultivating my craft. I am always trying to better myself and perfect my techniques. This is why I am a member of the California Craft Brewers Association and a member of the Bread Bakers Guild of America.

Continued on page 18

PROCESS - Triticale with Sun Dried Tomato and Basil

Preferment		Levain
Mix	Type of mixer	Hand
	Time	Until incorporated
Ferment	Time/temperature	12:00-16:00 at 75°F
Final Dough		
Mix	Type of mixer	Spiral
	Mix style	Improved
	1 st speed	0:03
	2 nd speed	0:03
	Dough temperature	75°F
Ferment	Time/temperature	3:00 at 75°F
	Fold	1:00, 2:00
Shape	Divide	900 g
	Preshape	Round
	Rest	0:20
	Shape	Boule
	Proofing device	Round basket
Proof	Time/temperature	Overnight in refrigerator
Bake	Scoring	Spiral
	Time/temperature	0:30 at 470°F
	Steam	Normal
	Open door	Last 0:10

Continued from previous page

Both of these organizations are based upon education that creates a community of support and access to the enrichment of these skills.

We have totally pivoted our business model in the last couple of months. Before COVID-19, we were an experiential place. We wanted people to sit for hours and meet their neighbors over a beer and sourdough. With the current challenges, we must package that sentiment and send it home so that we can help the patron create a home experience. The products we offer are still made with the best ingredients and with care and love. We have even expanded, offering not only products such as bread, pizza, beer, and pastry, but also the ingredients to make those items. House-stone-milled organic flours, sourdough starter, butter, sugar, and eggs have been some of our best sellers. We have transformed ourselves into a general store of sorts, providing basic ingredient needs in a welcoming and safe environment.

I feel very fortunate to not only be able to work and operate my business during this time but also to provide income for my employees and give back to our community. My mission for 2020 is to continue to develop our community-driven programs further, to strengthen the neighborhood's engagement in supporting local food systems, and to make sure bellies are full and sustained with bread and beer.

*Harmony Sage — Long Beach
Bread & Beer Lab
IG @lbbread*

PLUM WINE

Lucas Diggle

I learned how to make plum wine
from Etsuko Tanaka.

She was born on the edge of Tokyo
as World War II ended in its atomic flash

and grew up pickling radishes
between rocks along the Tsurumi river.

It's simple: potato spirits and rock sugar
laced between layers of sour plums.

The fruits never ripen. They can't
withstand the early summer storms

and so are consigned to wine and pickles.
It's not uncommon to see them scattered

beneath a bony plum tree, rotting back into the loam;
headstones of a season we'll never sip.

WE ASKED LUCAS DIGGLE, A BAKING TEAM MEMBER AT KING ARTHUR BAKING COMPANY, IN NORWICH, VT, TO SUBMIT ONE OF HIS POEMS. HE SUBMITTED PLUM WINE. AFTER READING AND METABOLIZING IT, WE ASKED HIM FOR HIS THOUGHTS ON POETRY AND BAKING. HIS COMMENTS:

As I reflected on the idea of one of my poems in *Bread Lines*, I had a worlds-colliding moment, but that didn't last. What came to the forefront was how similar the two crafts are. Both require one to lean back into the long arc of history and study the best of what's come before. Both create, in their contemporary practitioners, a sense of being a kind of go-between for the past and the future. Both employ systems that delineate specific styles and techniques, specialized language, and comprehensive tools for solving problems that arise.

Like many bakery customers who casually grab a loaf of bread, most folks who read a poem imagine that it was produced in its finished form at one pleasant and lucid moment of inspiration. They don't realize how much time, experience, self-education, failure, revision, hope, anxiety, toil, and help were required to bring something worthwhile to fruition.

There is a chemistry at work in good poetry, the joys of which are heightened for those who take the time to investigate the mechanics of how a good poem is made. The same can be said of bread. These disciplines are woven into the fabric of our primordial being. The word and the loaf — it's no wonder both have been enshrined among our sacred allegories.

This poem was originally published in the anthology *Best New Poets 2019*, distributed by University of Virginia Press and produced in association with Meridian.

New World SOURDOUGH

BY BRYAN FORD

Baker, Author, and Consultant — Miami, FL

I faced many obstacles while growing up in the south of the United States as a person of color. Although there are large, concentrated pockets of Hispanic people and culture in Louisiana, being Honduran-American was still quite foreign to most people. That being said, I have always found comfort in the food and bread of my culture. When my mother would cook, the aroma of cilantro, coco, frijoles, tortillas, and platano frito often permeated our house and back yard while we waited for our dad to come home with a bag of fresh semitas or pan de coco from the nearby Central American bodega. I quickly learned that having an afternoon semita and coffee is one of the most Honduran things you can possibly do! Moreover, I realized how little my friends knew about the things that I was eating.

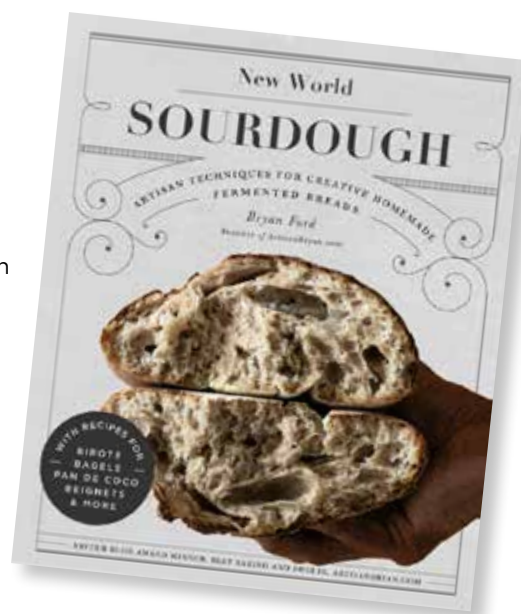
You see, Honduras is actually full of delicious baked goods that can be enjoyed at any time of day. For instance, tustacas and rosquillas are delicious corn-based cookies that are often enjoyed throughout the year. Moreover, it is not just my Honduran/Central American roots that offer a variety of baked goods, but throughout Latin America, you will find many distinct breads and pastries. In parts of Mexico, you will find a boldly baked rustic loaf called Birote, made with sourdough and baked in a wood-fired oven. In many Latin American countries, you'll find a form of Pan de Queso and

Bollilo as well. Although some breads have similarities, like semitas and conchas, we are used to making distinctions between breads that have virtually the same ingredients (for example, stirato, baguette, and ciabatta are all made with just flour, water, salt, and yeast). With my culture being so rich in variety, it is time we learn to celebrate bread baking in Latin America while also using natural leavening techniques and exploring the use of different grains.

I believe it is as important as ever to make sure that the traditions, recipes, and artisanal baking processes in Latin America are shared with the world and revered like their European counterparts. Long ago, in Honduras, Pan de Coco was made in wood-fired ovens and consisted primarily of harina integral, or whole wheat flour. At what point will these stories and traditions be forgotten? In Caribbean areas like Cuba and Puerto Rico, you'll find light and crispy loaves of bread that were historically baked in wood-fired ovens after being proofed with palm leaves to add flavor and a beautiful aesthetic. These are beautiful and oftentimes overlooked traditions when it comes to the history of bread baking.

It must be said that I thoroughly enjoy making some of the more romanticized breads like baguette, ciabatta, and rugbrod. The craftsmanship, history, and skill level of the bakers in countries

like France and Italy is nothing short of inspirational. Additionally, the quality of the grains found in these areas is excellent. However, as a baker, I often found myself making these types of breads because it was what I thought I was supposed to make to be considered an artisan baker who uses sourdough and organic grains. This is certainly not the case, and it started to show once I decided to create a blog and publish my ideas and recipes using sourdough for things like Pan de Coco and Tortillas de Harina. To see so many people around the world curiously begin making Pan de Coco with their sourdough starter has been absolutely amazing. Because of this



success, I was given the opportunity to create my first cookbook.

New World Sourdough is not just a cookbook with sourdough bread recipes. This book is about celebrating, appreciating, and representing my Latin American heritage and culture while at the same time enjoying the craftsmanship of other more commonly known baked goods. Additionally, my book is a way to help bring a new voice and face to the artisan bread baking community. Although I do offer recipes that are more familiar to most users, like a seeded rustic loaf, pita, and focaccia, the book's pride and joy are found in recipes like Mallorcas, Birrote, Pan de Agua, Semitas de Yema, and the Coco Rugbrod. I also decided to pay homage to my New Orleans upbringing by including some fun flavors and recipes that are inspired by where I was raised. After all, New Orleans has a lengthy history with Honduras, as evidenced by the banana trade and the large Honduran population in the metropolitan area. By highlighting recipes from Latin America and using only sourdough to create them, I believe that a new conversation about artisanal baking is amongst us.

As such, I am sharing with you the recipe for my naturally leavened Semitas de Yema. Not only is this recipe easy to make, but it will offer you a great taste of Honduras. It is my pleasure to share this recipe from my book, *New World Sourdough*, in hopes that you can learn, taste something new, and share it with your family and loved ones. 🌞

IG @artisanbryan

SEMITAS DE YEMA

Contributed by BRYAN FORD

This bread is a semisweet, dense brioche-style bread capped with a crisp mixture of oil and sugar and is best served with a warm cup of coffee. Having proper semitas is akin to having a proper croissant — the moment you know you are going to eat one is filled with a happiness that can only be satisfied by eating as many as possible.

COMPONENTS - SEMITAS DE YEMA

Yield	16 pieces
Components	Kilograms
Dough	2.155
La Cubierta	0.450

SEMITAS DE YEMA

Total Dough Weight			2.155 kg		Total flour fermented in levain 12.28%			
					Bread flour 17.36%			
					Whole wheat flour 100.00%			
TOTAL FORMULA			LEVAIN		FINAL DOUGH			
Ingredients	%	Kilograms	%	Kilograms	%	Kilograms		
Total flour	100.00	1.140	100.00	0.140	100.00	1.000		
Bread flour*	53.07	0.605	75.00	0.105	50.00	0.500		
All purpose flour†	43.86	0.500			50.00	0.500		
Whole wheat flour‡	3.07	0.035	25.00	0.035				
Water	21.05	0.240	100.00	0.140	10.00	0.100		
Salt	0.44	0.005			0.50	0.005		
Sugar	21.93	0.250			25.00	0.250		
Levain					35.00	0.350		
Butter, softened**	21.93	0.250			25.00	0.250		
Egg yolk	17.54	0.200			20.00	0.200		
Starter††	6.14	0.070	50.00	0.070				
Totals	189.04	2.155	250.00	0.350	215.50	2.155		

*Blend of hard red winter and hard red spring wheat (12.7% protein)

†Blend of hard red winter and hard red spring wheat (11.7% protein)

‡Blend of hard red winter and hard red spring wheat (14% protein)

**Unsalted, at room temperature

††100% whole rye flour, 100% water, 100% starter

PROCESS – Semitas de Yema

Preferment		Levain
Mix	Type of mixer	Hand, until incorporated
Ferment	Time/temperature	3:00–4:00 at 72°F–75°F until doubled

Final Dough

Mix	Type of mixer	Hand
	Mix style	Until incorporated and dough starts to come together
Dough temperature		76°F

Ferment	Time/temperature	6:00 at 72°F–75°F
	Refrigerate	12:00

Shape	Divide	120 g, see process notes
	Shape	Ball
	Proofing device	Sheet pan lined with parchment

Proof	Time/temperature	4:00 at 72°F–75°F
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Bake	Oven type	Convection
	Score	Desired patterns in la cubierta
	Time/temperature	0:30 at 375°F
	Let cool	0:15–0:20

LA CUBIERTA

Total weight	0.450 kg
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TOTAL FORMULA		
Ingredients	%	Kilograms
All purpose flour*	100.00	0.200
Coconut oil	75.00	0.150
Sugar	50.00	0.100
Totals	225.00	0.450

*Blend of hard red winter and hard red spring wheat (11.7% protein)



PHOTO: STEPHANIE WARGA @TINYHOUSEPHOTO

LEVAIN

- Ferment at room temperature until doubled in volume.
- If not using immediately, refrigerate up to 12 hours.

FINAL DOUGH

- After mixing, cover dough with clean cloth or plastic bag.
- Proof at room temperature for six hours then refrigerate for 12 hours.
- Remove from refrigerator before mixing La Cubierta.

LA CUBIERTA TOPPING

- Mix ingredients in a medium bowl
- Whisk rapidly until mixture is soft and crumbly.
- Add flour, if needed, to keep mixture on the dry side.

MAKEUP

- Divide dough into 120 g pieces and shape into balls.
- Take small handfuls of La Cubierta and shape into flat disks, approximately 20 g each.
- Top each dough piece with disk of La Cubierta.
- Place Semitas onto parchment-lined sheet pan.

PROOF

- Proof until cracking appears on surface of La Cubierta or until growth in size of dough.

BAKE

- Before baking, cut designs in La Cubierta, as desired, using a razor or knife.
- Bake until golden brown.

BENNISON'S BAKERS



Eight Decades
of True Pioneer
Perseverance
Supported
with Strong
Family Bonds

By JENNIFER BAKER Guild Member and Enthusiastic Bread & Pizza Maker — Chicago, IL

When asked to write a short article about the three generations of bakers at Bennison's Bakery in Evanston, IL, I was excited and honored. After researching their business history and interviewing them, I realized that it was impossible to tell their story without also recounting the times, good and bad, through which they lived. Theirs is a tale of the American spirit, hard work and ingenuity, adapting and innovating, and baking and family.



GEN 1 — The Early Years 1938 to 1970: Tough Times & Resilience Owner/Operator Larry Bennison Meets Guy Downer

It was the tail-end of the Great Depression when Larry Bennison, a baker from Wisconsin, moved to Evanston and founded Bennison's Bakery in 1938. Who could have predicted that 1937 to 1942 would produce the longest bear market in American history, with a 60% plunge, not to mention the impact of WWII (1939 to 1945)? Despite these early adverse conditions, Larry stuck to his vision of providing high-quality baking products, thereby enabling his bakery to develop a good reputation and expand into multiple locations.

Guy Downer served in the Navy in WWII. After the war, Guy and his wife Deanne lived in Harvey, IL. He worked for Fleishman's/Standard Brands, who sent him to the American Institute of Baking (AIB) for training. He spent 20 years with the company in various capacities, mainly selling to bakeries such as Bennison's.

Larry and Guy developed a good relationship. They experienced times that were not unlike our own. In 1957 and 1958, the Avian Influenza Pandemic ("Asian Flu") ravaged the world. This pandemic hit the US in the summer, reportedly causing 116,000 deaths in the US and 1.1 million worldwide. That number would have been higher but for scientific advancements that allowed the development of the Hilleman vaccine. In October of 1957, Guy and Deanne Downer joyously celebrated the birth of their only child, Jory.

Guy Downer, at 96 still comes to the bakery several times a week. He said he "doesn't do that much anymore," but having seen him at work in the past, he is a master at cakes.

Larry and Guy's relationship was so good that Larry asked for Guy's help in managing the bakery business. Dissatisfied with the responsibilities in his current employment and with the support of his wife, Guy followed his dream and joined Larry at Bennison's Bakeries. After Larry passed away in 1966, Guy accepted an offer to purchase three of the bakery's locations. Undeterred by his lack of formal education as a baker, Guy became owner/operator in 1967. At the time, the economy was strong. Soon after, however, economic conditions shifted, leading to a recession in November 1969, four short months after the US celebrated the Apollo 11 landing of the first man on the moon.

GEN 2 — In Search of the Golden Cup: 1970 to 2005

Son Jory Joins Bennison's Bakery

Jory was a baker's son. You might say he was always a baker, as young minds absorb just by osmosis. At the age of 17, upon graduating high school, he joined his dad at Bennison's Bakery. Two years later, he married his true love, Patricia (Patti) Nelson, who helped with the bakery's administration over the years. In the 1980s, the couple began raising GEN 3: Guy II, Jordana (Dana), and Deanne.

Farmers suffered severe droughts in 1986 and 1988, affecting bakeries, and the stock market crashed in 1987, but that did not stop the Bennison Bakers.

Guy was delighted by Jory's addition to the Bennison team, and described his son as an "amazing man," noting that "his enthusiasm rubbed off on me." Guy admired how Jory relentlessly studied baking, reading whatever he could and visiting other bakeries to enhance his baking knowledge.

In 1997, Jory joined the Bread Baker's Guild of America (BBGA), where he learned about the regional tryouts for the 1999 Coupe du Monde de la Boulangerie in France. The tryouts were to take place at the National Baking Center (NBC)

in Minneapolis, MN. Jory traveled to the Land of 10,000 Lakes and competed for a spot, but he was not selected. Undaunted, he sought further education, watching Raymond Calvel's three VHS tapes, and attending Didier Rosada's Artisan I class at the NBC. For Jory, the class was a "life-changing event." He went on to participate in renowned Pastry Instructor Phillippe Le Corre's Artisan II class, Fundamentals of Pastry. Armed with new knowledge and relationships, Jory again tried out for the Coupe team, but again was not selected. The 1999 Baking Team USA went on to win the Coupe du Monde de la Boulangerie, though without Jory.

Still undeterred in his quest, Jory took the Retail Bakery Association (RBA) test, and in 2001 he became the 123rd baker in the US to be awarded the Certified Master Baker (CMB) certificate. That same year, the US suffered the 9/11 terrorist attacks, and Enron's fraudulent corporate activities rocked the country. Many thought life in the US would never be the same again. But Jory refused to be distracted from his quest to become one of the best bakers in the world.

In 2003, Jory again applied to vie for a spot as one of three Americans who would take part in the 2005 Coupe du Monde. This time he tried out for viennoiserie rather than bread. Jory was selected for the team. The team prepared for a year and a half before setting out for Paris in the spring of 2005. There,

America's top three bakers competed and won the coveted golden World Cup of Baking. Although Jory's dad could not be with him at this triumphant time, Jory did bring and use his dad's handmade molds. If you have not tried Jory's "Lemon Basket" formula, which he made at the Coupe with those molds, you are missing something very special.

Jory told me that he learned perseverance from his dad. Giving up, it seems, is not in either man's DNA.

GEN 3 — Adapting to Change: 2005 to 2020

The Family that Works Together Plays Together

Jory and Patti's children — Guy II (21), Dana (18), and Deanne (15) — were maturing. It was no big surprise when two of the three children followed in their father's and grandfather's baking footsteps. Guy II joined the Bennison's Bakery team in 2009 after undergraduate work at Southern Methodist University, followed by courses at the German National Bakers Academy in Weinheim, Germany. He reports that German rye bread is generally better than its namesake in the US, as the Germans have "better" rye flour.



Jory and Patti. This October they will celebrate 43 years of marriage, over half the 82 years of the bakery's existence.



Jory Downer, a man "with no ego" according to his Dad and everyone that knows him. A great teacher and willing to share his knowledge.

Dana joined the Downer family of bakers at Bennison's in 2011 before graduating from the French Pastry School (FPS) in Chicago. She has recently given birth to Bennison's 4th generation, Jory Bowe VanBergen. Dana specializes in cakes, having learned first-hand from her grandfather, Guy, who noted: "she does beautiful work." Guy Senior speaks highly of both of his baker grandchildren, saying that they are quality-minded and set high standards. He is "happy and proud" and considers himself extremely fortunate. Deanne, the youngest, opted for a teaching profession, but she showed her support by traveling to Paris in 2005 when her dad and the team won the Coupe du Monde.

Jory admits that being a father and a boss is challenging, but you would not know it from talking with his children. They describe him as a "mastermind who likes the future and has an ability to adapt to change." From Jory's perspective, his future visions are just "old fashioned ways that have not been lost, but just improved and expanded [upon]." The entire family admits to a "lot of togetherness in the bakery and outside the bakery, a full life experience." Bennison's Bakery boasts a crew that is homegrown and taught in-house.

In addition to having strong family bonds, Bennison's Bakery networks with 11 other

bakeries. This "Baker's Dozen" group meets monthly to discuss procedures and products and to improve and learn from other members. They share recipes and are not afraid to change if one of them finds a better way of doing things. This is a generous and giving group.

Strong family bonds and supportive networks like the Baker's Dozen and the BBGA, combined with their own internal resiliency, have allowed the Bennison's Bakers to persevere and even grow during economic downturns like the 2007-2009 global recession. The bakery is now five times the size of the original location. With GEN 3 came new technology and equipment, including significant computerization. After three years of evaluation, Bennison's purchased a water cutting machine that can cut almost anything in 10% of the time once the design is in place. It is used for petit fours, customized cake cutting, decorating, and much more. Previously all their holiday Gingerbread House kits were cut by hand. Now, Bennison's can produce large volumes of kits almost effortlessly. Another recent implementation is a donut system that automated the frying process. Like any new mechanized technology, it took time to work out that process, but it was worth the effort. Similarly, dough dividers and rollers were installed, increasing output and saving time.

In light of Bennison's increased use of baking technology and mail order purchases, the addition of Guy II and Dana to Bennison's team has been a blessing for Jory and Guy Senior. And mail order purchases may prove to be a silver lining during the current COVID-19 scourge, which has brought the economy to a virtual halt, locking most Americans in their homes and causing millions of workers to be laid off or furloughed but still craving baked goods.

Epilogue: March 12, 2020 to March 31, 2020

It is shocking that so much has changed in the short time since I interviewed three generations of Bennison's Bakers. And yet, when you look back at the history through which these intrepid individuals lived, you appreciate that they survived and even thrived through tough times, including wars, recessions, unemployment, stock market downturns, and yes, even pandemics.

Adversity never stopped the Bennison's Bakers. And I do not suspect it will stop Bennison's Bakers now. They may regroup or rethink, but they will persevere. It is in their DNA, in their family bonds, and in their friendship networks. And, after all, they are inspired by a love of baking. 🌟

IG @bennisonsbakery



Jory and Dad, true American Pioneers working shoulder to shoulder for 45 years through good and challenging times.



2005 Coupe Cup impressively presented at Bennison's Bakery window along-side Easter decorations. Jory admits to having added another layer of gold plate after all the years.

GRANDPA'S RYE

Grandpa's Rye is an old school Chicago bakery staple. Years ago, the heart of the bohemian community in Chicago was a stretch of 22nd Street, Cermak Road, a bit south and a bit west of downtown Chicago. Countless small bakeries, some with a common wall, baked Grandpa's Rye daily. Stetina's, Manor, Slezak's, Matiassek's, Vale's, Minarik's and Sixta's were all bakeries that have long since closed. Vesecky's, Pticek and Weber's are still operating currently, baking Grandpa's Rye, as they always have. Fingerhut bakeries had the name Babi Rye, Babi is Grandma in Czech. Once it was established it was unlawful to call it Grandma's Rye, bakers switched it to Grandpa's Rye. Typically baked in a large round, 1500 gram loaf and sold by the half loaf. As guarded Grandpa's Rye formulas died with the closing of each bakery, a loaf of 50% rye, seems very authentic. It is baked with a heavily floured bottom, and a smooth shiny top crust. Whole caraway seeds are added to the rye levain, per unwritten, Chicago bakery law.



Bennison's Bakery bakes these beautiful rounds on Monday and sells them on Tuesday (usually cut in half). They are shaped and put on parchment rounds that have been sprinkled with rye flour. Jory cautions that the shaped rounds do not hold up in overnight ferment.

Contributed by JORY DOWNER

PROCESS - Grandpa's Rye

Preferment		Levain	Pâte Fermentée
Mix	Type of mixer	Hand	Planetary with dough hook
	Time	Until incorporated	On low speed until smooth
Ferment	Time/temperature	12:00–14:00 at 70°F	1:00 at 70°F, then overnight in refrigerator

Final Dough

Mix	Type of mixer	Planetary with dough hook
	Mix style	Improved
	Dough temperature	80°F
Ferment	Time/temperature	0:10–0:20 at 70°F
Shape	Divide	800 g
	Shape	Round
Proof	Proofing device	Parchment cut in 9" circles
	Time/temperature	0:30–0:40 at 70°F
Bake	Oven type	Deck
	Time/temperature	0:30–0:40 at 450°F
	Steam	Normal
	Finishing	Brush with corn starch wash immediately after baking

CORN STARCH WASH

Components	Kilograms
Cornstarch	0.010
Water	0.450

CORN STARCH WASH

Combine cornstarch and water. Bring to a boil. Brush on hot Rye after it comes out of the oven.

GRANDPA'S RYE			Total flour fermented in levain		17.51%	Total flour fermented in pâte fermentée		14.98%	Total flour Prefermented		32.49%
Total dough weight			Bread flour		0.00%	Bread flour		29.96%	Bread flour		29.96%
			Whole rye flour		46.68%	Whole rye flour		0.00%	Whole rye flour		46.68%
TOTAL FORMULA			LEVAIN			PÂTE FERMENTÉE			FINAL DOUGH		
Ingredients	%	Kilograms	%	Kilograms		%	Kilograms		%	Kilograms	
Total flour	100.00	4.535	100.00	0.794		100.00	0.679		100.00	3.062	
Bread flour	49.99	2.267				100.00	0.679		51.86	1.588	
Whole rye flour	37.51	1.701	100.00	0.794					29.62	0.907	
White rye flour	12.50	0.567							18.52	0.567	
Water	65.50	2.971	85.00	0.675		65.00	0.442		60.55	1.854	
Salt	2.09	0.095				2.00	0.014		2.65	0.081	
Fresh yeast	2.09	0.095				2.00	0.014		2.65	0.081	
Caraway seed	2.99	0.136	17.10	0.136							
Rye starter*	1.26	0.057	7.20	0.057							
Levain									54.28	1.662	
Pâte fermentée									37.49	1.148	
Totals	173.92	7.888	209.30	1.662		169.00	1.148		257.61	7.888	
Corn starch wash		As needed									

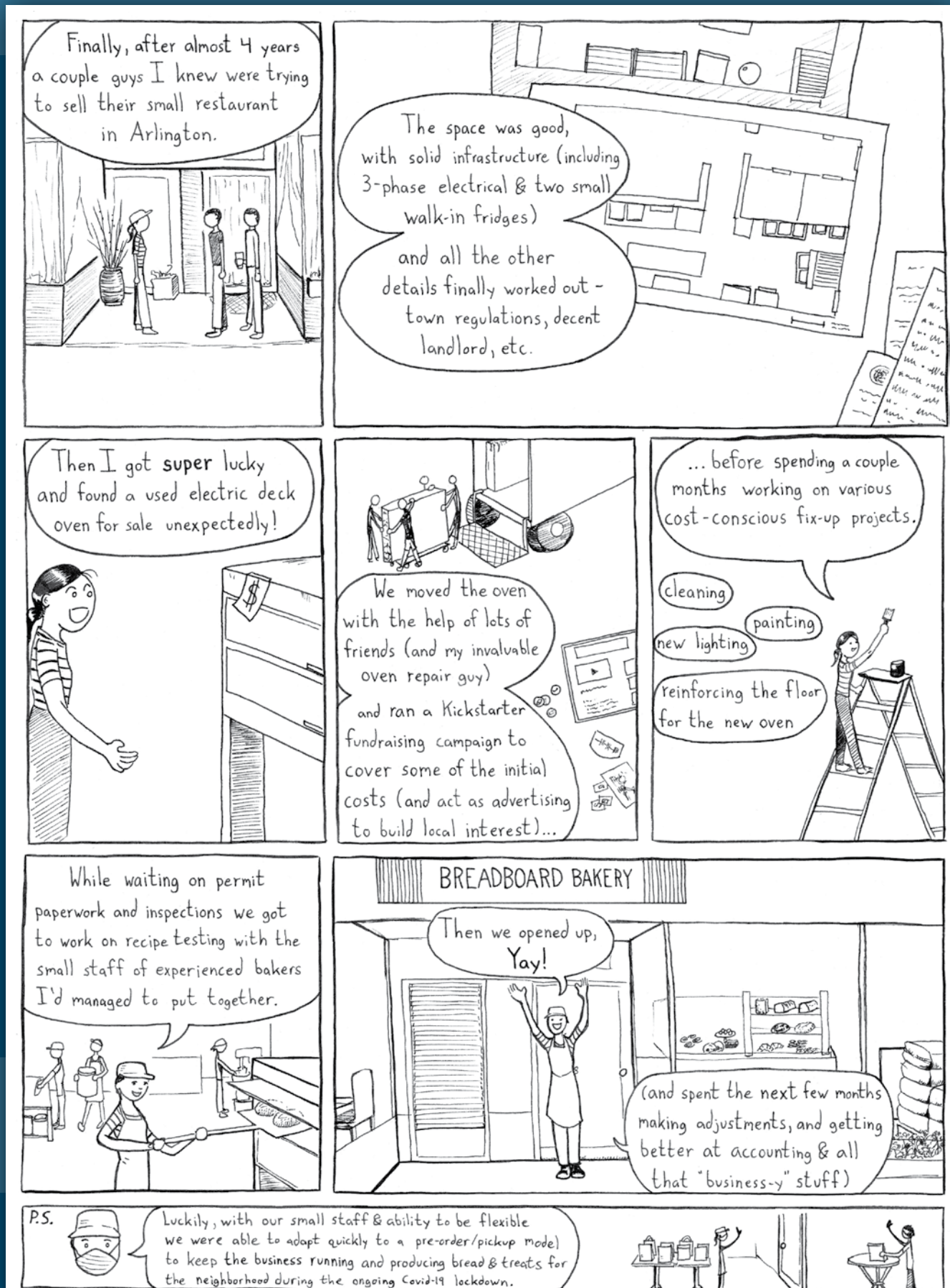
*80% hydration, 100% whole rye flour



I'm Daisy Chow, longtime baker and first-time business owner. Breadboard Bakery in Arlington, Massachusetts finally opened after a bunch of twists and turns, and wow, straight into even more twists and turns. We're really small right now (four employees,



Josh and I are two of them) and super fortunate to still be baking (and have customers) throughout everything that has happened. We're very lucky to be in a town that supports small businesses and supports four bakeries within walking distance of each other! IG @breadboard_bakery



Cartoonist:
Josh Glaser
Breadboard
Bakery

COUPE DU MONDE DE LA BOULANGERIE 2020

By **JEROD PFEFFER** Guild Member and Co-Owner, 460 Bread — Driggs, ID



PHOTOS: JEROD PFEFFER

January 11, 2020 feels like a million years ago. So much has changed in our lives and businesses during the last three months. There remains, however, a strong desire for fresh bread. I have more and more new-to-baking friends calling to ask about their sluggish starter, flat loaves, tight crumb. This much is true: bread is a worthy challenge.

I am reminded of that day in January. On this chilly Paris pre-dawn morning coach Nicky Giusto, Kathryn Goodpaster, Nicolas Zimmermann and I were waiting outside the convention center where the Coupe du Monde de la Boulangerie would soon begin. In less than a hour, our last year of work would be tested on the world's biggest stage for baking.

I had a few moments to reflect on the dual nature of the Coupe. On the one hand, it demands innovation — new flavors, new presentations. The other side is demonstrating mastery of known products. The baguette is the baguette. The ingredients and formula are basically the same everywhere in the world. The final product, however, is not.

I recall one of our team mentors responding to my “new” baguette formula: “It doesn’t have to be complicated or unique; it has to be PERFECT!” For me, this is the heart of baking — humility, understanding, commitment to learning.

PAIN AU LEVAIN

Like the baguette, Pain au Levain is all about process. It has simple ingredients and relies on a healthy starter, mature levain, proper mixing and fermentation, appropriate shaping, precise proofing, gentle transfer and scoring, a mass oven, and time to cool.

Note: I really enjoyed working with high-extraction (T80) flour from Central Milling during the Team USA practices. In the United States we tend to think of flour as either white or whole wheat. White flour is simply whole wheat flour with much of the bran sifted out. It is possible, and more common in France, to produce flours with a range of bran content — everything in between white and whole wheat. 🌞

IG @jerod.pfeffer



PAIN AU LEVAIN

Contributed by
JEROD PFEFFER

Pain au Levain is made with medium ash flour and leavened with sourdough starter. This loaf should have substantial crust, a toothsome crumb, and noticeable acidity.

PAIN AU LEVAIN			Total flour fermented in levain 30.00%			
Total dough weight		8.585 kg				
TOTAL FORMULA			LEVAIN		FINAL DOUGH	
Ingredients	%	Kilograms	%	Kilograms	%	Kilograms
Bread flour	100.00	4.663	100.00	1.399	100.00	3.264
Water	80.00	3.731	60.00	0.839	88.57	2.891
Salt	1.80	0.084	0.20	0.003	2.48	0.081
Instant yeast	0.04	0.002			0.06	0.002
Starter*	2.25	0.105	7.50	0.105		
Levain					71.88	2.346
Totals	184.09	8.585	167.70	2.346	262.99	8.585

*Composition is same as levain, fed twice per day

PROCESS – Pain au Levain

Preferment		Levain
Mix	Type of mixer	Spiral
	1 st speed	0:05
	Dough temperature	75°F
Ferment	Time/temperature	12:00 at 75°F
Final Dough		
Mix	Type of mixer	Spiral
	Mix style	Improved
	1 st speed	0:05
	2 nd speed	0:02–0:03
	Dough temperature	77°F
Ferment	Time/temperature	2:00 at 75°F
	Fold	0:30
Shape	Divide	850 g
	Preshape	Boule
	Shape	Bâtard
Proof	Time/temperature	2:00 at 75°F
Bake	Scoring	Yes
	Time/temperature	0:32 at 485°F

IBIE 2019

By **MICHAEL RHOADS** Guild Member and Owner, Buttered Toast Enterprises — Louisville, CO

The Farmer Miller Baker relationship constantly drives me to create new breads. I remember the first time I saw a spelt loaf. I was in Montana trying to convince a baker in the Bitterroot Mountains to hire me with no experience. (He rightfully had me start in the dish room and the woodshed. I would barely earn the right to shape a loaf of bread at this job.) One of his specialties was a spelt bread which mostly reminded me of a door stop instead of a pleasing loaf. This “door stop” would keep making appearances at the different bakeries I would find myself in and I always wondered why nobody tried to make it a more appealing loaf.

The first time I tried making a hundred percent spelt bread I discovered the challenges of working with this stubborn grain. It turns out that even with a high degree of finesse and caring it is difficult to create a tasty, aesthetic loaf. My solution at first was to use it as a flavor

enhancer and marketing tool at only 10 to 15 percent of the total flour weight. Deep down inside I always felt this was a cop out and I wanted to develop a loaf that truly featured this ancient grain.

While visiting the Ardent Mills booth at IBIE I discovered that they had a new twist to this ancient grain. Spelt is a challenge for the miller since it requires the extra step of dehulling before milling. The Ardent Mills team put a new spin on spelt by using their ultrafine milling process to create super-fine whole grain flour that improved the absorption properties of spelt while creating a softer, more enjoyable crumb. In my mind I thought that this milling process might also reduce the typical mixing damage from the bran particles. I made some notes and ordered a sample to play with upon my return to Colorado.

When my sample arrived, I was pleased to see a second unexpected sample of sifted spelt flour. It was time to create a hundred percent spelt loaf I could be proud of. My first round of testing highlighted the naturally bitter flavor of

spelt, which while pleasing to me, could potentially be off putting to the general public. I did not want to fall into the artisan baker trap of adding honey to my whole grain so I rummaged through the pantry looking for a suitable sweetener that did not feel like a crutch. Out of the corner of my eye I spied the carrots and a promising idea formed. Many rejected tests later I settled upon this satisfying recipe that I hope you will enjoy.

This is an especially great loaf to create when your CSA overwhelms your pantry with carrots. You can make the puree in large batches and freeze for use in future bakes. The supply of spelt can be erratic causing inconsistency in the flour available to the baker. Hydration and mixing method adjustment will need to be made based upon your supply of spelt flour. The sifted spelt flour can be replaced with a more traditional bread flour with a slight increase in the final dough hydration.

Happy baking, Michael Rhoads 🌟

IG @rhoads.m



Carrot Spelt Bread is a hearty country loaf made with whole and sifted spelt flours. The carrot spelt bread uses the natural sweetness of roasted carrots and corn grits to offset the bitter notes of the spelt without the addition of other sweeteners. It



creates a unique selling point for the baker and allows for some collaboration with local farms.

CARROT SPELT BREAD

Contributed by
MICHAEL RHODES

CARROT SPELT BREAD					Total flour fermented in rye flour 1.54%			
Total dough weight 10.351 kg					Fine rye 100.00%			
TOTAL FORMULA			CORN GRIT SOAKER		RYE STARTER		FINAL DOUGH	
Ingredients	%	Kilograms	%	Kilograms	%	Kilograms	%	Kilograms
Total flour	100.00	5.078			100.00	0.078	100.00	5.000
Organic whole spelt flour	68.92	3.500					70.00	3.500
Spelt flour	29.54	1.500					30.00	1.500
Fine rye chops	1.54	0.078			100.00	0.078		
Water	71.74	3.643	66.40	0.299	120.00	0.094	65.00	3.250
Sea salt	1.99	0.101					2.02	0.101
Roasted carrot purée	19.69	1.000					20.00	1.000
Coarse corn grits	8.88	0.451	100.00	0.451				
Rye sour starter	1.54	0.078			100.00	0.078		
Corn grit soaker							15.00	0.750
Rye starter							5.00	0.250
Totals	203.84	10.351	166.40	0.750	320.00	0.250	207.02	10.351

PROCESS - Carrot Spelt Bread

Preferment

Mix	Type of mixer	Corn grit soaker	Rye starter
	Length of time	Until incorporated	Until incorporated
Ferment	Time	1:00–12:00	4:00–6:00

Final Dough

Mix	Type of mixer	Planetary
	Add	Starter and water
	Length of time	Until starter dissolved
	Add	Spelt flours
	1 st speed	0:03–0:04 or until flour is fully incorporated
	Autolyse	0:30
	Add	Salt
	1 st speed	0:01
	2 nd speed	0:04 or until nearly fully developed (windowpane is clear with minor webbing)
	Add	Roasted carrot purée and corn grits
	2 nd speed	0:01–0:02 or until fully incorporated
Ferment	Time/temperature	8:30 at 74°F–76°F
	Timing for folds	8:00
Shape	Divide	1.020 kg
	Preshape	Trifold, seam side up on lightly floured surface
	Rest	0:20
	Shape	Bâtard
Proof	Proofing device	Floured couche seam side down
	Time	1:00–1:30
Bake	Preheat	520°F
	Steam	Yes
	Time	0:25 until internal temperature is at least 190°F

ROASTED CARROT PURÉE

Total weight		1.155 kg
TOTAL FORMULA		
Ingredients	%	Kilograms
Whole carrots	100.00	1.100
Olive oil	5.00	0.055
Totals	105.00	1.155

RYE STARTER

- Use a pH meter to check that ripe starter is at the proper pH of 4.1–3.9.
- Starter will ripen to the proper pH of 4.1–3.9 in four to six hours. Starter will have a window of use of 3 to 6 hours. Starter should have doubled in volume and rise past a dome back to a flat surface without losing volume and with visible fermentation bubbles. Do not use if starter pH is below 3.9.
- Extra starter can be stored in the refrigerator 36–48 hours. If stored longer, plan to refresh two to three times to fully recover proper culture activity.

ROASTED CARROT PURÉE

- Preheat oven to 425°F. Line baking sheet with parchment.
- Toss carrots with olive oil. Spread out in pan in one layer.
- Bake 45 minutes. Poke with a paring knife to make sure carrots are fully baked. They should show no resistance.
- Discard the carrot top core.
- Add the carrots to a food processor or blender and blend to a smooth paste. Transfer to a storage container and cool before covering.
- Store in an airtight container and refrigerate for up to four days or freeze up to a month.

GALETTE BRESSANE

By **JAMES MACGUIRE** Guild Member, Baking Instructor, and Food Writer — Montréal, QC

Since many bakers have been spending more time at home than usual and perhaps without access to a mixing machine, I propose brioche mixed by hand. And though a machine could be used, the context of hand mixing might allow readers to set aside generally accepted notions about brioche, follow some directions, and judge this different outlook by the results.

Brioche is one of the glories of French pastry. Yes, pastry. Brioche is not bread, and despite similarities it certainly is not a subset of Challah. When whoever it was — it wasn't Marie Antoinette — said "Let them eat brioche" — the irony that

people perceived was because brioche is an ethereally light luxury product that when very fresh, disappears on the tongue. Tough dough makes chewy pastry. A Parisian brioche (a large brioche à tête) should look like a billowy hot air balloon about to make its ascent to the clouds, not two perfectly round balls of dough on top of one another, like a snowman. The Nanterre shouldn't look like perfect eggs in a crate but instead should rise dramatically and slightly unpredictably up and outward from the confines of the mold. Brioche in France is no longer quite what it once was. Though there's no particular religious connection, it was

a Sunday treat, harmless self indulgence. Old guys seem to be better at making it, and François Lamé, the life of the party at La Fête Du Pain in Paris is especially good at it. It was he who suggested the alternate mixing method which works the butter into the flour as a first step. A yeast sponge with milk is traditional and adds necessary strength to the final dough. The first addition of eggs is added to the flour-butter mixture, and the rest of the egg is gradually added as *bassinage* at the end. Although the dough should have strength, it won't be smooth and doesn't have to be. Bulk fermentation, overnight refrigeration, and banging around with a rolling pin before dividing will take care of it. ☀



PHOTOS: JAMES MACGUIRE

Galette Bressane is made in and around Lyon, France. In this example for 5-6 people, 450 g of brioche dough rolled to a 12" round, proofed and egg washed, topped with streusel made with 50 g granulated sugar mixed with 7 g of butter.

MINIMUM KNEAD BRIOCHE

Contributed by
JAMES MACGUIRE

Brioche is a pastry, not bread, and despite similarities it certainly is not a subset of Challah. Brioche is an ethereally light luxury product that when very fresh, disappears on the tongue.

MINIMUM KNEAD BRIOCHE			Total flour fermented in sponge 25.00%			
Total dough weight		1.221 kg				
TOTAL FORMULA			SPONGE		FINAL DOUGH	
Ingredients	%	Kilograms	%	Kilograms	%	Kilograms
Flour	100.00	0.500	100.00	0.125	100.00	0.375
Egg	60.00	0.300			80.00	0.300
Milk	21.00	0.105	84.00	0.105		
Salt	2.00	0.010			2.67	0.010
Instant yeast	1.60	0.008	1.60	0.002	1.60	0.006
Unsalted butter	50.00	0.250			66.67	0.250
Sugar	9.60	0.048	4.00	0.005	11.47	0.043
Sponge					63.20	0.237
Totals	244.20	1.221	189.60	0.237	325.60	1.221

1 HOUR BEFORE

- Remove yeast sponge from the fridge and warm to room temperature.
- Scale the butter into the flour.

MIX

- Cut butter into flour, similar to making pie dough.
- Take 225 g of egg and whisk with the sugar until dissolved.
- Add egg/sugar mixture to flour and mix until smooth, until it starts to become elastic.
- Allow to rest 0:15–0:20.
- Add the sponge and mix for about 0:03 until smooth.
- Allow to rest for 0:05.
- Add yeast to the dough.
- Take 75 g of egg and the salt and whisk until dissolved.
- Add the egg mixture in 3 or 4 additions, mixing for 0:02 each time and waiting 0:05 between each.

FERMENT

- Once dough is ready, cover.
- 1:00 at 72°F, with a fold at 0:30 and 1:00.
- 0:40 at 41°F then fold.
- Overnight at 41°F.

SHAPE

- Allow dough to warm to 55°F and begin working the dough before shaping. Using a rolling pin, bang on the dough until flattened, fold the dough into 3 and repeat.
- Prepare a buttered 8¾" x 4¾" cake mold. For this mold divide 600 g of dough and shape into a loaf or divide eight 75 g pieces and place rolls into the pan.

PROOF

- 2:00 at 82°F–85°F with humidity.

BAKE

- Egg wash.
- Bake at 400°F–425°F until a rich brown color.

PROCESS – Minimum Knead Brioche

Preferment

Mix	Hold back	Sponge
	1 st speed	Milk
		Mix yeast and sugar into flour
	Add	Milk and knead for a few minutes
	Rest	0:05
	1 st speed	By hand remix briefly

Proof	Comments	
	Time/temperature	Cover with plastic
		2:00 at 72°F
Retard	Time/temperature	
		12:00 at 41°F

Final Dough

See process notes

MY LOVE FOR RYE

By **ARLO BRANDL** Guild Member and Owner Tecumseh Bread & Pastry — Tecumseh, MI

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

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

that I receive from Janie's Farm, and the anticipation of waiting to see what my own crop this 2020 brings forth.

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

Today, I share with you a fully robust loaf of rye that brings parts of my community into play. Perhaps you can

find grain in your community that will add a uniqueness different from mine that retains the familiar and comforting, timeless connection between beer and bread. If you do not have a mill at your home or shop, seek out a medium particle sized whole-grain rye flour for optimal flavor. Your fermentation times may need adjusting as well.

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

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

IG [@tecumseh_bread_pastry](#)



PHOTOS: ARLO BRANDL

PLENTIFUL PORTER RYE

Contributed by
ARLO BRANDL

A roasty, toasty, malty taste excursion of a loaf focused on fresh milled varietal rye and local brews. Using a dark, smoky beer helps create a power fragrance of toasted malts in the oven, while the tang of the rye levain mixed with the mouth-feel of butter envelopes a smooth, dense, sweet chewy loaf. Sharp cheeses often beg for another slice of this bread.



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

*Freshly milled one hour before mix

PROCESS – Plentiful Porter Rye

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

ESSENTIAL BREAD

By JON McDONALD Guild Member and Bread Bakery Manager and Worker/Owner, Weaver Street Market — Carrboro, NC

“For there is nothing more indisputable than bread” (Dostoevsky) is certainly one of the best bread quotes. And indeed the last few months have borne out the idea that bread, now as ever, remains “essential” to our lives. It can be hard for us bakers not to feel taken for granted — have journalists not hit the ceiling of how many sourdough how-to articles they can publish? — especially given that we work in an industry that undervalues its workers, growers, vendors, and products.

Perhaps we find a more apt adage for this particular moment a few lines later: “For the mystery of man’s being is not only in living, but in what one lives for.” At Weaver Street Market, our cooperative grocery in the Triangle region of North Carolina, “living” used to mean lounging outside on the vast Weaver Street patio in Carrboro, sharing fresh baguette or miche or croissant with a friend or three until the lunch hour ran over into happy hour into dinner, and the spontaneity of the whole thing was so predictable it almost seemed planned. A true “third space,” Weaver Street has been the heartbeat of the towns in which we operate, and our bread program has been the heartbeat of the Weaver Street experience, binding together a community of over 20,000 owners through organic flour, salt, and culture.

We’re not living that way anymore, and it’s possible that our community gathering spaces won’t be the same for a long time. But as a co-op, the pandemic has revealed the strength we possess in our common cause. Our 20,000 consumer-owners

still need to feed their families. Our 300 worker-owners still need good jobs. We’re in this together.

Patio seating and service bars became online shopping, no small feat. Typically, the online grocery vendor we use on-boards customers in six months; we went live in ten days. There were new operational challenges — line cooks becoming “pickers,” the internal politics of choosing which items show up on the front page (make it all bread!) — but also philosophical ones. So much of our identity flows from the bonds between owners, workers, and local vendors; can those sustain in a world of online shopping? A world dominated by international corporations with seemingly endless resources and negligible accountability?

We’re in this together. In messaging to our consumer-owners, we’ve emphasized that their participation is crucial to the safety and well-being of everyone in the co-op. Since we never closed, being a grocery store, by simply operating our business we were asking our workers to put themselves at risk. So we’ve asked our customers to shop less and buy more, wear masks in stores, and use online shopping. We’ve also asked folks to hold in balance the potential dissonance between chatter from governments and other organizations and our own co-op’s needs and experiences as we prioritize our owners’ safety and well-being above all else.

We’ve asked workers to learn new skills and unlearn old ones (it doesn’t feel like good customer service to enforce six-foot

distancing rules). In the bakery, skilled bread bakers, some with over twenty years of experience, now devote a third of their day to packaging (our self-service bread cases feel like they’re from another century). And while we’re still baking fresh bread daily, our product variety has shifted to prioritize sliced sandwich breads and sourdoughs over products with one-day shelf-lives like baguettes and pretzels.

But we’re in this together, and so far, it seems that the hand-in-glove relationship of our workers and consumer-owners generates more than enough strength to overcome these unique obstacles. Online transactions now contribute a fifth of our total sales, which has eclipsed the loss in prepared food and bakery sales. We’ve maintained our thirty-two-year streak of never having to lay off any workers. And as far as bread goes, by some miracle, we’ve actually maintained sales at pre-pandemic levels.

As bakers, especially in America, we can tend to be incredibly craft-oriented — hydrations, mill-settings, starter build schedules — often forgetting the central role we’ve played, and continue to play, in our communities across the globe. And whether it’s in a corner shop, farmer’s market, or commissary, our bakeries serve our communities in ways most businesses can only dream of. For so many of us, the pandemic has only bolstered those essential relationships, those bonds that we live for, that are, in fact, more indisputable than bread. 🌟

IG @weaverstreetmarket

WEAVER STREET MICHE

Contributed by
JON McDONALD

This dough defies logic a bit by prefermenting a rather larger percentage of the flour. The bread includes a wheat and rye starter and should achieve a beautiful dark, shiny mahogany crust, redolent of fresh ground coffee and butterscotch. The flavor is complex and robust, but not super-acidic. The crumb should have a medium consistency.

WEAVER STREET MICHE			Total flour fermented in levain		Total flour fermented in rye sour		Total flour prefermented	
Total dough weight			1.800 kg					
TOTAL FORMULA			LEVAIN		RYE SOUR		FINAL DOUGH	
Ingredients	%	Kilograms	%	Kilograms	%	Kilograms	%	Kilograms
Total flour	100.00	1.015	100.00%	0.550	100.00	0.146	100.00	0.320
Bread flour*	66.73	0.678	100.00	0.550			40.00	0.128
Whole wheat flour†	18.89	0.192					60.00	0.192
Rye flour†	14.39	0.146			100.00	0.146		
Water	70.45	0.715	66.00	0.363	95.00	0.139	66.88	0.214
Salt	1.92	0.020	0.10	0.001			5.94	0.019
Starter	4.33	0.044	8.00	0.044				
Rye sour starter	0.58	0.006			4.00	0.006		
Levain							299.38	0.957
Rye sour							90.94	0.291
Totals	177.28	1.800	174.10	0.957	199.00	0.291	563.13	1.800

*Protein around 11.8%

†Freshly milled, local grain is preferred

PROCESS – Weaver Street Miche**Preferment**

Mix	Type of mixer	Levain	Rye sour
	Time	Until incorporated	Until incorporated
	Dough temperature	55°F	80°F

Ferment	Time/temperature	16:00 at 72°F	16:00 at 55°F
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Final Dough

Mix	Type of mixer	Spiral
	1 st speed	0:06
	Dough temperature	76°F

Ferment	Time	1:30
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Scale	Divide	1,800 g
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Shape	Shape	Boule
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Proof	Proofing device	Linen basket
	Time/temperature	3:00–4:00 at 75°F

Bake	Steam	Normal
	Time/temperature	0:30 at 445°F then 0:30–0:40 at 420°F, until dark mahogany in color
	Vent	Open after 0:30



A TIMELY LESSON

By **GERRY NEWMAN** Guild Member and Owner Albemarle Baking Company — Charlottesville, VA

In the summer of 1993 I was working as a pastry chef at a hotel in Charlottesville, VA. During one of the many efforts to get them to build the bake shop they said they would build when they hired me, the idea was floated to convince the board that we could sell wholesale. I was asked to look into the idea. I contacted a friend who I baked with in San Francisco for any input he would have to put things together to do this. He told me about this convention that happened every three years in Las Vegas that was coming up in the fall. He also told me about this group that had just started, and they were going to have a Sourdough Seminar at the convention.

I contacted Tom McMahon to find out how to join The Bread Bakers Guild, talked to my bosses about sending me to IBIE and the seminar, and talked to my wife about taking a week away from our young family.

My SF friend, Jan Schat, went to the show as well. This was a good thing for me because I was overwhelmed with the size of the show, the overload of information, and the sensory overload of Las Vegas.

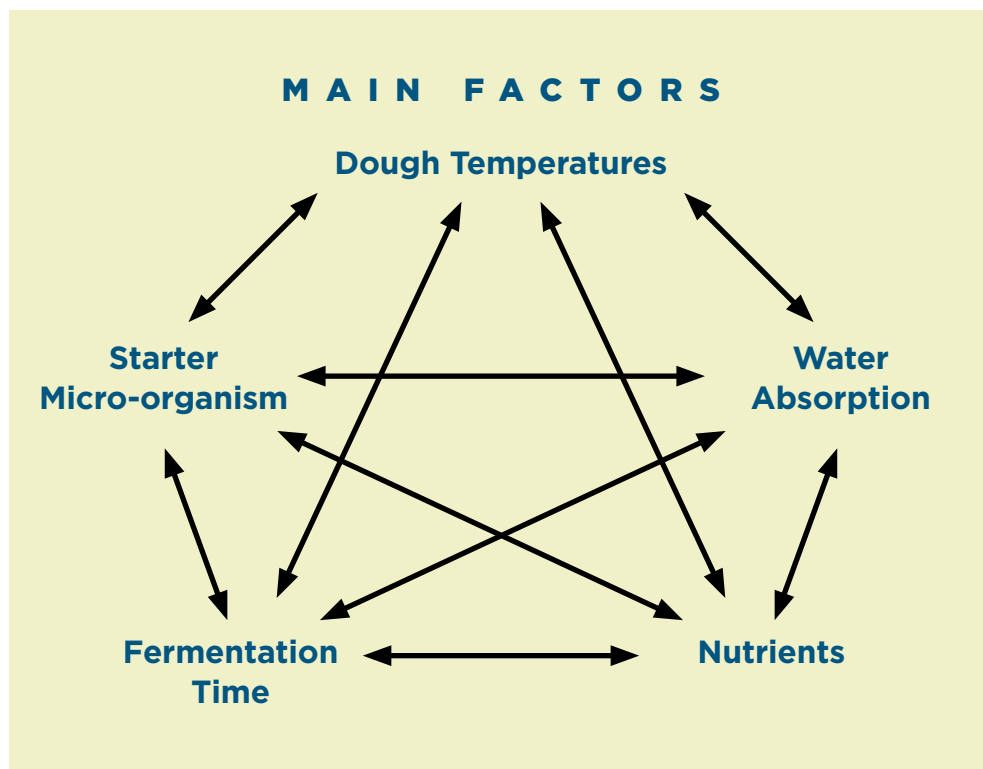
The Sourdough Seminar was both amazing and confusing at the same time. Confusing because it was another case of sensory overload with all of this information from different people from around the country and the world passing on methods that work for each of the presenters. And amazing for exactly the same reason. A high point for me, that I will never forget, was when Dr. Jiirgen-

Michael Briimmer, a baking researcher from Detmold, Germany gave his presentation. He was going over process and formulation based on practices and regulations in Germany. At one point he gives the amount of commercial yeast that is allowed to be in sourdough products in Germany as a way of controlling production. Grumbling starts in the crowd and bakers start letting him know that not only do they not want to hear this, but they would never allow commercial yeast in their bakery out of concern that it would contaminate their sourdough culture. He gets a puzzled look on his face, and sits down. I'm a bit shocked, I get not agreeing with someone, but it sure was no way to treat a guest-even if we were paying for his attendance. Moments later, he asks to speak again. He walks to the

whiteboard and proceeds to draw a star shaped chart that shows the interactions of dough temperature, water absorption, nutrients, fermentation time, and starter micro-organism. He then starts a lecture on natural fermentation, and everyone, including his earlier detractors, is head down writing as fast as they can. The chart has a place today at our mixing table, and is often referred to as a way to explain why time/temperature are my constant reference points to trouble shoot any issue we have in our production.

Well you would think after all of that I would offer a sourdough based bread, but I'm going to offer a bread that was the last bread Jan and I baked in San Francisco in 1988. 🌟

IG @albemarlebakingco



TOSCANO BREAD

Contributed by
GERRY NEWMAN

Toscono is a versatile dough, it can be made into boules or bâtards, or made into a nice sub roll. It's a great table bread and can be the foundation of great sandwiches. We have also used it for caterers who want a 3 to 6 foot sandwich loaf.

TOSCANO BREAD			Total flour fermented in poolish 9.03%			
Total dough weight 8.000 kg			Bread flour 100.00%			
TOTAL FORMULA			POOLISH		FINAL DOUGH	
Ingredients	%	Kilograms	%	Kilograms	%	Kilograms
Total flour	100.00	4.689	100.00	0.423	100.00	4.265
Flour	90.97	4.265			100.00	4.265
Bread flour	9.03	0.423	100.00	0.423		
Water	68.18	3.197	100.00	0.423	65.02	2.773
Salt	1.92	0.090			2.11	0.090
Instant yeast	0.52	0.024	0.40	0.004	0.47	0.020
Biga					19.95	0.851
Totals	170.62	8.000	200.40	0.851	187.56	8.000

PROCESS - Toscano Bread

Preferment

Mix	Type of mixer	Biga
	1st speed	By hand
		Until incorporated

Ferment	Time/temperature	10:00–12:00 at 72°F
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Final Dough

Mix	1st speed	0:04
	2nd speed	0:01–0:02

Ferment	Time/temperature	1:00 at 72°F
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Shape	Divide	Divide and shape as desired
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Proof	Time	1:00
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Bake	Temperature	425°F
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PHOTO: @STOCKPROVISIONS

BAGEL ROUND TABLE

We asked four bagel bakers to participate in the first round of a bagel roundtable. The answers tell a story familiar to BBGA members: There are as many ways to make bagels as there are bakers. Fundamentals remain the same; however, the environment, equipment, and scheduling are variables calling for adaptability.

Joshua Bellamy (JB) Benchwarmer Bagels — Raleigh, NC
Emily Winston (EW) Boichik Bagels — Berkeley, CA
Ariella Wolkowicz (AWO) Toasted — Napa, CA
Andy Wysocki (AWY) Townie Bagels — Palm Springs, CA

FORMULATION

? Which type (not brand) of flour do you use? Broad specifications are fine.

JB: 75% of the flour is Lindley Mills Organic 14% Protein, 10% is fresh milled organic whole turkey, 15% is fresh milled organic whole einkorn.

EW: Central Milling High Mountain (organic high gluten).

AWO: King Arthur Sir Lancelot high gluten flour.

AWY: Central Milling Red Rose High Gluten Protein / 13%, Ash / 0.55%, Blend / Hard Red Spring Wheat, Malted Flour.

? Please describe your approach to fermentation.

JB: 40% of the white flour is prefermented in a yeasted poolish, and all of the whole turkey is prefermented in a sourdough starter. DDT is 71°F. Bulk ferment for 60 to 75 minutes. Divide/preshape into rounds and retard overnight (20-ish hours) in a 38°F cooler.

EW: Dough mixed, shaped, retarded approximately 18 hours.

AWO: Dough is mixed for 11 min on speed one, divided, shaped, then refrigerated for 18 hours.

AWY: DDT: 73–75°F Bagels are bench proofed for 30 minutes, then run through a machine, and placed on boards with rice flour, (we have a couple of customers that were allergic to corn, and rice flour doesn't burn as badly as cornmeal, I think because of less oil) Bagels are proofed

in the walk-in for 12–36 hours, (usually, about 12–15 hours, though we can carry them over 2 days if need be).

? Total Hydration percentage?

JB: 62%

EW: Varies, 52–57%

AWO: 47%

AWY: 55.4% — though it varies depending on the flour. The machine doesn't like them to be too dry or too wet to machine-roll them.

? How many types of dough do you mix?

JB: Two on a daily basis...the plain dough described above and a grits dough that includes corn flour and a cooked grit porridge.

EW: Currently four.

AWO: Four.

AWY: 12 and Bialy Dough (Plain, Pumpernickel, Egg, Sourdough, Cinnamon Raisin, Apple Cranberry, Whole wheat, Rye, Pretzel, Jalapeno, Olive & Fennel (Sundays only), and Bialy).

? How many different types do you get out of one dough?

JB: The grits dough is just for Grits bagels...topped with a finely milled polenta. The plain dough gets topped with sesame, poppy, everything, za'atar, and salt. We also add soaked raisins and top with maple sugar for our Maple Raisin bagels. So...7 for the plain dough.

EW: Currently making seven from the plain dough.

AWO: All, seeded, and cinnamon raisin are one dough, so 8 normally.

AWY: Plain dough (Plain, Everything, Poppy, Sesame, Salt, Pepper, Onion, Garlic, Asiago) [9], Pumpernickel (Pumpernickel, Black Russian), Egg — (Egg & French toast), All the others are just the 1 flavor.

MIXING

? What type and size of mixer do you use?

JB: Doyon AEF 035 spiral mixer...perfecto little monster for our needs and space constraints.

EW: Excellent Baking KSM-160B spiral. It's an awesome beast.

AWO: Hobart 30 quart (for now, looking for bigger space and a bigger mixer).

AWY: Doyon 25 kilo mixer (It should be bigger, but it fits our space. The biggest batch we can process is 150 bagels).

? Do you mix to full development? If not, please describe your dough development process.

JB: Yes

EW: Yes

AWO: Yes

AWY: Big batches (150 bagels) mix on 1st speed for 8 minutes. Small batches (30–60 bagels) 1st speed 3 minutes, 2nd speed 3 minutes. All fully developed.

From top: Joshua Bellamy, Emily Winston,
Ariella Wolkowicz, and Andy Wysocki

PROCESS

? Other than mixing, is any other part of your process automated?

JB: No.

EW: Forming, with a Scale-A-Bagel 800. It's a pretty amazing contraption, and as a mechanical engineer, it makes me very happy.

AWO: No.

AWY: Bagel forming. Raisin, Olive & Fennel, and cranberry apple are shaped by hand as they stain the belt on the bagel former, making it harder to clean.

? If you shape by hand, please describe your specific technique?

JB: We use a manual dough divider, which is basically a knock-off Dutchess that I purchased from a nice person on the west coast. It's mostly great most of the time. We then roll into balls and place 18 bagels on a proofing board covered in cornmeal. They sit in the cooler for about 20 hours, and then we poke a hole in the middle about 5 minutes before boiling. This works better for us than the log method at our hydration.

EW: I am 100% in the log camp! Did that for years.

AWO: Roll dough into a log then loop around the hand to complete into a circle.

AWY: Use a 30 piece divider then roll by hand and shape into a bagel.

? What are your opinions on the sizing of a bagel? Sizing of the hole?

JB: Our bagels are 4.5 oz. I, too, am not a fan of belly buttons or massive holes. There is definitely an aesthetic and practical sweet spot between the two extremes. Large enough to see plenty of daylight but small enough to support a delicious sandwich or spread.

EW: I have strong feelings about how I want my bagels to look. I'm doing a

touch over 4 oz, so they are a decent size and chubbiness without being overwhelmingly large. There should be a hole, but not too large. I'm making a NY-style bagel, not Montreal.

AWO: Not really into "belly button" bagels; I like there to be a distinct hole, so I know it's a bagel, not a roll.

AWY: This is a tough question. We only do a 110 g bagel (3 oz). We like the smaller size, and our customers appreciate that they are not overfull after eating one. Some customers will complain they are too small; we just tell them to buy another bagel if they are still hungry. The hole isn't easy, so if a customer asks, we really can't control it without adding cost. We like about a 0.5-inch hole, but they can vary between 1.25 to 0 inches. It depends on how relaxed the dough is after shaping them; some will pull back in, making no hole.

? Please describe your approach to boiling.

JB: 3% honey by water weight. We boil for about a minute...depending on the proof.

EW: Nothing in the water! Wild and crazy, I know. We can start a whole new set of fights over this. :) I used lye for several years, but later decided I didn't need to bother.

AWO: Honey water; bagels are boiled for about a minute before being removed.

AWY: Barley malt, boiled till they are ready. Stirring and flipping, so both sides get some water time. If the bagels are under-proofed, they boil longer; if over-proofed, just dipped in. On good days, about 1-3 minutes of water bath time.

? After boiling? Applying toppings?

JB: We generously coat both sides of the bagel with toppings. We lose a lot of topping during the bake, so it's nice to start with a lot.

EW: I used to dip but have been converted to seeding the boards instead.

AWO: Dip immediately into toppings.



PHOTO: OWEN JORDAN



PHOTO: THOMAS SCHELLENBERG



PHOTO: JULIA LEE



PHOTO: WILLIAM SANDERSON

AWY: Sprinkled with topping. Not a fan of too much toppings. The flavor of the bagel should come through and not be overpowered with everything/sesame/poppy toppings. We find sprinkling the topping gives us a good coat without too much.

BAKING

? What type of oven do you use? And what led you to that choice?

JB: We have a 9x6 ft Wood Stone wood-fired oven. It has infrared gas burners under the hearth, which is nice for an even distribution of heat during initial firings.

We keep a large wood fire going on the left-hand side of the oven throughout the bake. Starting the bagels next to the immense heat of the fire allows for robust oven spring, which is necessary for our level of hydration and prefermentation. The wood fire does not impact the flavor of the bagel in the slightest...it's purely for the immense heat and sex appeal.

EW: Reed 15-pan revolving deck with stones. Because that's what Ess-A-Bagel and Absolute in NYC use.

AWO: Double-stack convection. The only option available at the moment, but looking into deck ovens.

AWY: Mini rotating rack with sheet pans with stones. It was the option that would fit in my house when I first started this. I

hated the oven at first; now I love it as it's perfect for making the dense, chewy bagel with the ultra-thin crispy crust. I'm not a fan of a thick crust bagel.

? How do you bake the bagels? Soaked linen-wrapped boards? Sheet trays?

JB: We bake the bagels on 6-foot-long, soaked, untreated, red-oak boards.

EW: Wet-jute-covered 2x4's, then flipped directly onto the stones for that awesome bottom crust.

AWO: Parchment-lined sheet trays

AWY: Jute-wrapped board, soaked in water, topping-side down, til it's flipped. Flipped onto the stones about 2.5 minutes into the bake. The cheese covered bagels and the french toast bagels are baked on pans with their topping upright. They are not flipped.

Boichik bagels and schmere.

? What is your baking temperature?

JB: It's hard to say...the hearth temp hovers around 450°F, but the heat where the bagels start next to the fire is likely 700°F-800°F.

EW: 485°F-500°F

AWO: 475°F

AWY: 505°F

MISCELLANEOUS

? There are no dramatic slashes or stencils that bread bakers use as an outlet in the bagel baking process. How do you express yourself artistically with bagels besides consistency and the natural beauty of the round shape?

JB: Consistency has been crazy-difficult for us to attain over the past year, but we are embracing the challenge and constantly dialing in the process.

EW: The right chubbiness, the shine, the right level of golden brown.

AWO: Getting a good shine is crucial for me as well as completely covering the seeded bagels in seeds. I also like when the bagels look like they have a score mark; they kind of "split" along a side in a really beautiful way.

AWY: Being consistent. Crispy thin crust, with a shiny coat. Other than that, unique flavors on one or two, but never blueberry or chocolate chip. Well, I only do those once every 4 years, only on February 29 (leap day).

? Do you feel compromised to change your bagel ideals to fit your region, customer base, or kitchen space?

JB: Not in the slightest. Bagels aren't a massive part of the culinary history in North Carolina, so we have a lot of freedom to showcase our interpretation of bagels. That being said, bagel folks (like pizza folks) have no problem sharing their opinions of our product. I usually just smile and thank them for sharing.





Bagels from Toasted.



PHOTOS: ARIELLA WOLKOWICZ

EW: Absolutely not! But my shtick is that I'm a picky East Coaster recreating my own taste memories, so it would be counterproductive to compromise. And I built my space specifically just to make my bagels; gutted the original Noah's entirely except for the walk-ins.

AWO: I've had a few customers ask for bagels with "smaller holes," but honestly, I try not to compromise too much with what I'm doing. Otherwise, my bagels wouldn't be any different from the commercial or grocery store bagels already available. At this point, my customer base has grown enough that people know and appreciate what I'm doing. (And they come back, which I take as a plus!) Most people ask for certain flavors (blueberry, chocolate chip, etc.) but not enough to make me want to do them on a regular basis.

AWY: Yes, I wasn't a fan of cheese-flavored bagels. Being in Southern California, we sell so many Jalapeno Cheddar bagels I'm embarrassed to say I didn't want to do these at first. But they are now the ones that usually sell out first. I have a rule; if three different customers ask for the same thing, then I have to spend time investigating it and not just saying no because I don't like it. If I feel I'm compromising, then I use that to my advantage and turn it into marketing. Like my chocolate chip bagels. I only do them once every 4 years. Now my customers

make it a point to come in on that day to show me that yes, they will buy chocolate chip bagels. I don't call it a compromise, but more like a learning part on my end.

? (JB) What is your most popular flavor or topping?

JB: We sell a lot of everything bagels... za'atar and sesame are tied for a distant second.

EW: Everything, by far.

AWO: Everything and plain are the most popular, for sure!

AWY: Everything, Plain, Jalapeno, Sesame (in that order).

? If you could change one thing in making bagels, what would it be?

JB: Golly...I don't know! I really love the whole process. I'm excited about pushing more and more freshly milled flour into our bagels as time goes on.

EW: Huh. I just don't know where to go with that. It's an awful lot of work, but there's also magic in it. I love that my customers get to experience that because of my open kitchen.

AWO: Honestly, not much at this point in time. It's a lot of work but I kind of love that part of it. It makes it more rewarding when you see a customer bite into the bagel, their eyes widen, and they go, "oh

wow, I haven't had a bagel like that since I lived in New York." That's my favorite part.

AWY: There is a lot of labor that goes into a bagel. For the price of a bagel, customers expect discounts when they buy more. So the price usually is what your community will pay. The customers that are happy with a mediocre product will compare your bagel with a chain or supermarket bagel; they don't give in to the extra quality. I guess I would change that I wouldn't have to put the word BAGEL in my company name, so it wasn't the focus of my bakery. I do breads and pastries, but people come here for bagels and will skip trying the other items. If we run out of bagels, they will turn around and walk out and not look at the other options.

? Where is your shop? And what is the price for a single bagel?

JB: Raleigh, NC — \$2

EW: Berkeley, CA — \$3

AWO: Napa, CA — \$2.50

AWY: Palm Springs, CA — \$1.45

? What flavor cream cheese do you sell with the bagels? Do you mix your own flavors?

JB: Plain, Maitre D'Hotel, Pimento Cheese, Carolina Reaper, Spiced Honey, Pecan



PHOTOS: ANDY WYSOCKI

FROM LEFT: Townie Bagels Bagel Rack, choose your flavor. The only bagel that can fly — a plain bagel.

Butterscotch, Seasonal Fruit, Rotating Specials, Honey Bacon Butter, Olive Caper Butter, and a vegan Cashew Spread...all made in house.

EW: Plain, Chive, Lox, Veggie, Olive, Hatch Chile, Garlic & Artichoke, Cheddar Horseradish Scallion, a current seasonal Roasted Fennel & Spring Onion, all made in-house. Also sell Kite Hill vegan.

AWO: Plain, chive, spicy veggie, and then we do some specials monthly. Right now, we have ramp cream cheese, jalapeño, and olive pimento!

AWY: All flavors made in house. Plain is whipped with half-and-half to lighten it up. Plain, Veggie, Onion/Chive, Lox Spread, Maple, Jalapeno, Strawberry, Hummus, and a special flavor every few weeks.

EW: I grew up in suburban NJ with good bagels, but every so often, my Dad would be on the Upper West Side and bring home lox, sable, and whitefish, all the goodies from Zabar's, and bagels from H&H. So those were the special occasion, holy grail bagels. I later moved to California and just stopped eating the bagels out here, which so disappointed me. When I learned that H&H was shut down (bankruptcy and tax fraud!), I was so devastated I decided to try recreating them for myself. Seven years later, I was happy with the results, people were begging me to sell them, and so here I am. We've been open just six months now.

AWO: I grew up with Montreal bagels from St. Viateur, and when I moved out to Napa, I would have my mom mail me bagels! After burning out from fine dining restaurants, I started messing around with bagels and fell in love with the process. The St. Viateur bagels are my ideal bagel, but the large hole is a bit too much for this area, so the hole has shrunk for my customers here. I started doing farmers markets, and while I still do three markets, I have a decent wholesale base and am currently looking into spots for a brick and mortar!

AWY: When I moved to CA, first in San Francisco, then in Palm Springs, neither place had great bagels, only good ones. I was just a part-time home baker. I was a computer programmer for a living. When I moved to Palm Springs, I took it upon myself to make bagels. Every Sunday for

a year, I made bagels for the group of friends that met at a coffee shop. I learned a lot and discovered how easy it was to make an honest bagel. From home-based, farmers market, to brick and mortar. Here I am. :-)) I find employees harder than making bagels.

? (JB) I've really been struck by how important bagels and bagel memories are for a lot of our customers. They are certainly a food that transcends gustatory experience and seems to impact people at a deeper cultural level. Can you share a meaningful experience you've had with a customer or group of customers?

JB: I was born and raised in Raleigh, and it's been really humbling for me to have an opportunity to share bagels with the community that formed me into the person I am today. I'm lucky enough to see my friends and family on a daily basis, as they always know where I am. That being said, I love sharing bagels with my 7-year-old son. He's a harsh critic and brutally honest with his assessment of our bakes. Rubbery, burnt, flavorless...his lexicon is always evolving. But, when he gives a glowing review, I always know that it is well earned.

EW: Wow, so many! That's my very favorite part of this gig. Generally, every

? (JB) The nuts and bolts of the shops are fun to see! I'm super interested in how/why everyone ended up where they are. Why bagels? What is (are) your inspiration(s) for your bagels?

JB: Growing up in NC, bagels were always super mystical and foreign to me, and I wanted to understand them better. Cornbread, I understood. Bagels, not so much. This curiosity eventually led me to question what my perfect bagel would look and taste like. Without much personal cultural history with bagels, I felt comfortable conceiving something a little outside of the box.

day I get at least one touching comment or email, about how much they appreciate this, how these bagels are the highlight of their day or week, how they hadn't had a good bagel or bialy in 20+ years after leaving NY, on and on. One man wrote to me saying that he now felt comfortable dying out here eventually, knowing that proper food will be available for his family sitting shiva! Food is such a huge part of Judaism, even for people who aren't religious or practicing at all.

AWO: I have so many customers that will tell me they haven't had a good bagel in years and that eating mine brings them back to their first bagel. Better yet, I've had customers that have never had a true handmade bagel try mine and continue coming back, many of them with children saying their kids won't eat supermarket bagels anymore. Love turning a new generation on to quality bagels!

AWY: I have always said I don't sell bread and bagels. I sell memories. When you hear it once, then a few times, you realize those memories are taking hold.

A few customers have told me this is the best bagel they have had west of the Mississippi. When the virus hit this year, and people started to scramble and head home (we are a winter retreat for many in the snow belt), I had one customer order 15 dozen bagels. When I asked what the event was, she told me no event, that she was going back to Minnesota for the summer and wouldn't be back till the fall, if that, and that these were the best bagels she has had, and couldn't live without them over the summer. It's those customers that you strike a chord with that make it all worthwhile. On the flip side, you have the customers who will tell you your bagels are not correct, and they are experts in bagels. I usually shut them down when I ask, do you use diastatic or non-diastatic malt in the bagel dough. They tilt their head, scratch behind their ear, and say, oh, they know what a real bagel tastes like, not how to make them. I just say under my breath, not an expert, just a connoisseur.

? (AWY) On an average day, and a busy day, how many bagels do you make?

JB: Average is usually 500-600. Busy is 1200, which is currently our capacity until we find more cooler space or creatively adjust production.

EW: Weekday average 1500, weekends 2700. Our record was about 4000 this past Mother's Day.

AWO: Average right now without a brick and mortar is about 400, busy is 700 (unfortunately the largest we can go until we have a bigger space!).

AWY: Average: 600, busy 1600.

? Are your bagels/bakery Kosher?

JB: Our bagels are not certified Kosher.

EW: Yes. Our whole current operation is.

AWO: Nope! Probably wouldn't in this area since there isn't a huge demand for it.

AWY: No, though the Rabbi said we could call them kosher if we wanted. ✨



FROM LEFT: Crumb of an Everything bagel from Benchwarmers. Poppy, Za'atar and Sea Salt, Sesame, Everything bagels from Benchwarmers.

JB: IG @benchwarmerbagels

EW: IG @boichikbagels

AWO: IG @toasted_napa

AWY: IG @towniebagels



PHOTOS: JOSHUA BELLAMY

Mondial du Pain 2019 — Nantes, France

Coupe du Monde de la Boulangerie 2020
Paris, France

Sigep, Bread in the City 2020 — Rimini, Italy

VIDEO DEMONSTRATIONS



Video Demonstrations — Top: Team Spain, Sigep
Middle and Bottom: Team Japan, Mondial du Pain

- Photos** — 1 Sigep Netherlands Viennoiserie
2 Sigep Germany Showpiece 3 Coupe China Showpiece
4 Mondial Japan Bread 5 Sigep Spain Bread
6 Mondial Japan Viennoiserie 7 Sigep Netherlands Viennoiserie
8 Mondial Japan Viennoiserie 9 Sigep Germany Viennoiserie
10 Mondial Japan Sandwich 11 Mondial Peru Viennoiserie
12 Mondial Japan Bread 13 Sigep Peru Showpiece
14 Sigep Japan Sandwich 15 Sigep Japan Viennoiserie



ARTISAN MILLING *in* QUÉBEC

By **JAMES
MACGUIRE**

Guild Member
Baking Instructor
and Food Writer
Montréal, QC

When Québec was settled by the French at the beginning of the 17th century, the colonists began by milling wheat brought from France. The initial attempts to grow wheat locally proved tremendously difficult because of the extremes of the Québec climate. Bringing bread to be baked in the lord's oven, as was done in France, proved impossible in the wintertime because the raw loaves would freeze en route.

As elsewhere in North America, the West became the breadbasket for all of Canada, and industrial milling became the norm. At one time, the Ogilvie Five Roses Mill in Montréal boasted that it was the largest mill in the British Empire. Today, the Canadian market is dominated by three or four US-based mega-millers. Hard red spring wheat makes up the bulk of production, even though many artisans consider it less flavorful and a bit too

high in protein. As in the US, there is no incentive for wheat producers to choose more flavorful varieties — it's all about protein. In fact, flavorful wheats have been discouraged. When the Canadian Wheat Board still controlled wheat marketing, they discouraged opting for more flavorful yellow wheats, since most wheat was exported to the Orient, where pure white dumplings were an ideal.

Québec is three times the size of France, but has a population of only 8.5 million, 80% of whom live within 100 miles of the US border. Québécois are enthusiastic about all things culinary, perhaps thanks to a hint of independent spirit. This has led to a very active artisan bread movement, which in turn has created a demand for artisan mills. Nonetheless, there are a surprising number and variety of artisan mills for a place this size. A sampling:

La Milanaise
Milan Québec



La Milanaise, production 705,000 lbs per day — was started in Milan Québec (near the Maine border) in 1977 by organic producers Robert Beauchemin and his partner LiLi Vallières. Stone milling began in 1982 and expanded in 1996 when the operation moved from their property to the village. For further expansion, a move was made to St-Jean-sur-Richelieu (30 minutes south of Montréal), and a modern roller mill was added. All production is organic and with no additives. Sophie Beauchemin, who



Sophie Beauchemin
of La Milanaise

PHOTO: JAMES MACGUIRE

joined the family business some years ago as marketing director (but is better known as the flour geek), was quick to remind me that the most impressive thing about their production of 705,000 lbs of flour per day is their ability to source that much organic grain in the first place. There is a laboratory, a test baker, and an agronomist. A number of white flours are produced on the roller mill (all purpose, baguette, 00 pizza, pastry, winter wheat), while stone milling is still utilized for whole wheat, sifted whole wheat, and other specialty-grain flours. There is also a large assortment of hard-to-find products of all kinds available in 20 kg (44 lb) bags, including delicious French lentils.

lamilanaise.com

IG @meuneriemilanaise

Moulins des Soulanges, St-Polycarpe Québec



Moulins des Soulanges, production 50,000 metric tons per year, founded in 2007, began as a partnership between organic growers who were frustrated with the dead-end future that commercial production had become, the miller Robert Beauchemin (independently from La Milanaise), and a large artisanal chain called Première Moisson. Jules Beauchemin, Sophie's brother (both have assured me that there are no fist fights at family gatherings), is general director. He explained that the production is not organic, but Agriculture Raisonnée (the same ideals but less stringent), creating an important outlet for growers who would like to transition to organic while offering lower prices to bakers wishing to transition as well. A modern roller mill produces an almost bewildering variety of white flours (baguette, viennoiserie, Blonde, Élégante, T-65, and other flour types).

moulinsdessoulanges.com

IG @moulinsoulanges

Moulin des Cèdres, Les Cèdres Québec



Moulin des Cèdres was started by French immigrant Loïc Dewavrin in 1977 on an idyllic property along the St Lawrence River 30 minutes west of Montréal. His sons began organic farming in 1993, and the mill, operated by Loïc Junior, began operations in 2013. The third generation has now taken over, with Justine Dewavrin as its spokesperson. Wheat production is 'extremely local,' using a single variety, Walton, a hard red spring wheat. The milling is done with used roller equipment sourced in Brittany and a modern plansifter. Current production (1000 metric tons per year) is a mix of the 2018 and 2019 crops. They produce only one flour, a T 65, which, when sold in 20 kg (44 lb) bags for bakers, can contain very small percentages of malt. They also produce organic cold-pressed sunflower oil, which has a considerable local reputation.

moulindescedres.com

facebook.com/Le-Moulin-des-C%C3%A8dres-272166389463484/

Pierre du Moulin, Baie-St-Paul Québec



Pierre du Moulin, 60 minutes west of Québec City, has been operating since 2016 on the site of a seigneurial flour mill (i.e., owned by the lord of the manor) built by the Québec Seminary in 1827. The head of the project is Rudy Laixhay. He has worked with Milanaise and Soulanges but is particularly pleased to be a small enough operation to test and process small lots of grain and to try things he's always wondered about. All involved in the project hope that there will be official geographic recognition for the grains, flours, and breads produced in the region.

The millstones are burr (silex) from the famous Ferté-sous-Jouarre region east of Paris. The milling process is gradual, using more than one pair of stones for a number of grindings and siftings. This is nothing new (more on this in a future piece), but it appears to be unique in North America, and it produces unusually fine and silky-textured flours. Products include whole wheat flours and other wheat flours at varying extraction rates, whole and light spelt flours, and whole Khorasan flour.

facebook.com/PierreDuMoulinInc/

Québec has a number of well-known food specialties: maple syrup, Tourtière (a hot meat pie, with everyday versions made from ground meats and spices and more elaborate historic versions containing game), yellow pea soup, smoked meat sandwiches (similar to pastrami) that were brought to Montréal by Eastern European immigrants, and dense, strangely sweet bagels. For those who must, there is the food fad called Poutine (french fries with fresh cheddar curds and gravy). But of the most interest to bakers are Fèves au Lard, or baked beans.

Of course Boston could easily lay claim to their invention, but it seems to be a situation where nobody's right and nobody's wrong. In the springtime, the Abénakis tribe across the St Lawrence River from Québec City used maple sap in a bean dish, but so did Hurons further south. Beans were a staple on sea voyages (hence navy beans), and a staple for settlers and logging camps due to being cheap and filling. But in Québec, they remain the subject of friendly family rivalries, and at least one restaurant — La Binerie Mont-Royal in Montréal — makes a specialty of them.

The connection with bakers is fun. It was a practice for housewives to bring their pots of ready-to-bake beans to the baker's oven to be cooked, returning to the bakery on Sunday after church to pick them up in time for Sunday lunch, in the same way as was done in France on washday with cassoulet and Alsatian Baeckeoffe. This was much practiced

in St-Hyacinthe, a town an hour east of Montréal on the way to Québec City. Over time, as the practice started to die out, bakers took up the slack, making the beans themselves. While reading a nostalgic account of this weekly ritual of standing in line and chatting with neighbors, I suddenly thought of my friend Mario Fortin, coach of the Canadian Baking Team, who had mentioned working in a bakery where beans were made. When I asked him about it, he said that it had been his family's bakery until 1980, and filled me in on a few details. When he began working there, 250 to 300 customers brought their own beans to be baked. Later, the beans were cooked in 5-gallon pots, each containing 60 portions; 12 pots were made on Friday, and 70 pots were made on Saturday night for Sunday morning. Bread production on Sundays was based on 800 lbs of flour, and 600 DOZEN maple-glazed doughnuts were also made. The Québécois who migrated to the United States brought the tradition with them. Cote's Market in Lowell, MA, does a roaring business.

It's a minor miracle that a small corner of North America has remained French-speaking for over 400 years. When the English won the war and France ceded Québec to them, the attitude seemed to be, "You lost the war, get over it." For a long period, the ruling class was English, while the French-speakers were the workers. Being so far from France, the Québécois at first felt abandoned (the writer Voltaire minimized the loss of Québec, dismissing it as "a couple of acres of snow"). And for a long time thereafter, the Québécois were treated like backward hicks by the modern French. Treatment by English Canadians was no better. In the 1950s and 60s, one of the large department stores in Montréal prohibited sales staff from speaking French, even among themselves. There were upheavals in the 1960s, but it took the election of a separatist provincial government in 1976 and two referendums over leaving Canada (the second of which, in 1995, had only a 1% margin in favor of remaining in

Canada) for the situation to truly change. Laws were passed to impose French in the workplace, leaving English Canadians feeling oppressed, for a change. Many of them moved to the safety of Toronto (a town whose motto, Montréalers used to say, is "Thank God it's Monday"). It was never a bloody battle, and today it's fun to see that many 'Anglo' traditions are going strong. Old WASPish ladies still take afternoon tea at the Ritz, and kilts are far from completely extinct. I was drawn to the francophone side of what the novelist Hugh McLennon called 'The Two Solitudes' (in high school, my son Lawrence Joseph MacGuire managed to fail English as a second language — today he's fine). But with the future of French secure, more people than ever are bilingual, perhaps too much so. Some young people, like Canadian Prime Minister Justin Trudeau, find themselves unconsciously changing languages mid-phrase. All of this is to say that the fear of not being able to make yourself understood should be the least of your worries.

I don't know why Québec — Montréal, in particular — isn't overrun with US visitors. There's an extremely favorable exchange rate (0.75 USD = 1.00 or more CAD), it's within driving distance for many, and if there's a flight, there's no jet lag. Parts of Old Montréal look so much like Paris that it's used as a stand-in in movies, yet it has all the North American conveniences. People are fun and a bit

irreverent (in the 1940s, as they were standing together on a balcony waving to a huge cheering crowd, the mayor of Montréal turned to the king of England and said, "Some of these people are applauding for you, too"). Of particular interest to Guild members is the boom in artisan milling, which reflects a boom in artisan baking (and by extension, a rise in traditional and modern French pâtisserie and chocolaterie). The 'can-do' spirit (often with a bit of help from their French cousins) has led to great artisanal cheeses, duck confit and foie gras, so-so wines (which will slowly improve with global warming), and the local answer to Ontario's famous ice wines, Ice Ciders, which are world-class. The restaurant and café scene is cosmopolitan and professional because people who ate well growing up make careful cooks and attentive servers. But as you search the possibilities, try to consult local sources such as tastet.ca/en, because with 'Yelp!' and similar sites, you might well be getting your advice from fellow Americans and eating a meal that will make you feel as though you never left home.

Québec is on a roll. Even the French are admitting it. The Québec bakers at the 2009 Fête Du Pain in Paris — ordinary old guys like me — were treated like honored guests by fellow bakers and by the crowd. The number of young French people in search of a more open and free-wheeling lifestyle is increasing. 🌟



BAKED BEANS

{FÈVES AU LARD}

From *A TASTE OF QUÉBEC* by JULIAN ARMSTRONG



PHOTO: JOHANNA CROUJMAN

Recipes for baked beans abound. Most of them are loaded up with brown sugar and molasses. The following recipe was given to me by Julian Armstrong, an intrepid food reporter for the *Montréal Gazette* and a great favorite among chef and baker interviewees for being a straight-shooter and getting her facts straight. The recipe itself was contributed by food historian Cécile Grondin Gamache, from the maple-syrup-producing region of the Beauce, and uses maple syrup. In my view, the partridge, and above all, the chicken, are unnecessary. Best quality artisanal salt pork would be a big plus.

The slow baking is key to keeping the beans whole instead of turning into mush. Topping up the liquid so it's not too thick is also key. For selling in the bakery, doing the final cooking in ovenproof containers for four or six would be a nice touch.

This recipe was published in *A Taste Of Québec* by Julian Armstrong, MacMillan, 2001.

BAKED BEANS (FÈVES AU LARD)

Total yield 6 servings

TOTAL FORMULA	
Ingredients	Amount
White navy beans, dried	454 g
Maple syrup*	175 ml
Salt	1 tsp
Pepper, freshly ground	¼ tsp
Mustard, dry	1 tsp
Onion, medium, chopped	2
Salt pork	250 g
Partridge breasts†	3

*Or 125 ml molasses and 60 ml of brown sugar

†Or 1 breast of chicken

PROCESS

- Place beans in a stockpot or large saucepan and add water to cover. Soak for 8 hours or overnight. Drain.
- Return beans to the pot (cover needed) and cover with 12 cups (3 liters) of fresh cold water. Bring to a boil over high heat; reduce heat to low and simmer, covered, for about one hour or until beans have softened slightly.
- Drain beans, reserving cooking liquid, and in a heavy casserole with a cover combine beans with 6 cups (1.5 liters) of

cooking liquid, maple syrup, salt, pepper, mustard, and onions. Tuck pork and partridge or chicken into the center of the dish.

- Cover and bake in an oven preheated to 250°F for 6 to 8 hours. Remove cover for the final hour of baking. Add more bean cooking liquid during baking if mixture dries out. To serve, arrange the partridge or chicken on a heated platter and surround with beans.



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