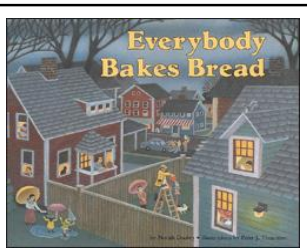
A Baker's Dozen Breads from One

National Festival of Breads—June 17, 2009

Sharon Davis, Family & Consumer Sciences Education-- www.homebaking.org



"Without bread even a palace is sad, but with it a pine tree is Paradise." Slavic Proverb

Everyday Bread

Makes 2 loaves/16 (1.4 oz/40g) slices per loaf

Ingredients

2 cups (16 oz.) water (95º-105º F.)
2, (1/2 oz./14g) packages ***or*** 4 ½ teaspoons dry yeast
2 tablespoons sugar or honey, optional
½ cup nonfat dry milk, optional
4 cups (16.5 oz/465g) whole wheat flour, (80 º F.)
2 tablespoons (1 oz/28g) butter or vegetable oil
2 teaspoons (1/2 oz/14 g) salt
1½ -2 cups (8.5 oz/235g) unbleached all-purpose or bread flour

Nutrition Facts

Serving Size (41g)
Servings Per Container

Amount Per Serving	
Calories 100	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g

One slice provides
17g whole grain carbohydrate

*Book **and** Bake*! Enjoy reading ***"Everybody Bakes Bread"***
By Norah Dooley.
K-3rd. First Avenue Editions
T: 800-328-4929
www.lernerbooks.com

Step-by-step directions:

1. In order listed, measure water, yeast, sugar or honey, dry milk (opt.) and 4 cups whole wheat flour into mixing bowl; mix on low speed to blend well, about two minutes.
   Cover and ferment 10 to 30 minutes until puffy and bubbly. (This step hydrates flour, helps form gluten strands)
2. Mix in butter or oil, salt and additional 1½ cups flour to form a rough dough ball.
3. Begin kneading (or use mixer's dough hook) with flour sprinkles from the additional ½ cup flour until dough is smooth, moist and elastic (7-10 minutes). Dough should clean the bowl or counter, and be moist, smooth and elastic.
   If dough is too dry, knead in water sprinkles, adding 1-2 tablespoons as you knead.

> Kneading Tip: After ~250 (3-5 minutes) turns of kneading, cover dough on counter with bowl and take a break, clean area; return and knead another 250 turns. Form a rounded dough ball, place in an oiled bowl, turning the dough so pinched side is down, smooth side is up. Cover bowl lightly with oiled plastic wrap or lid.

4. Ferment ("raise") dough @ 80ºF.until doubled in size. (OR refrigerate 2-24 hours, punching dough 1-2 times.)
5. Fold dough into middle and turn to form smooth ball. Turn smooth side up. Let ferment (rise) again OR let rest 10 minutes, covered, while preparing pans.
6. Shape two loaves (round, or for 8 ½ X 4 ½ in. pan). (Also makes great dinner buns, breadsticks or braids). Place in greased pans or on sheet pan. Cover with a barely damp, clean non-terry towel.
7. Proof ("raise") loaves until doubled in volume, in warm (95º-105º F.) draft-free place.
8. Preheat oven: 360ºF for loaf; 375ºF for buns. Bake loaves or braids 30-35 minutes; bake buns 18-20 minutes until golden. Both should register an internal temperature of 190º-210º F.
9. Cool bread on wire cooling rack; wrap when cooled to 90-100º F. interior temperature.
10. Freeze baked bread wrapped in freezer plastic food bags or store at room temperature (70º-90ºF.)

How to DVD w/130 topics: *A Baker's Dozen* with clips @www.homebaking.org
Access How-to bread videos @ www.breadworld.com
http://redstar.bytestudios.com/lessons/how_to_bake_videos.php
http://www.kingarthurflour.com (Click on Education)
http://www.bettycrocker.com/how-to/baking-basics/Breads/
→**More member *links at* www.homebaking.org**
Shopper's tip: Order *The Baking Sheet*, special baking ingredients, tools, pans, Pan parchment, large plastic bread bags and more @www.kingarthurflour.com

With special thanks to Fleischmann's Yeast for sponsoring this Home Baking Association session.

A Baker's Dozen Bread Basics

Enriched bread flour, all-purpose and short patent flours:
-Learn to bake breads using flour, water, yeast and salt or only a little sugar & fat.
-Brand name flours offer consistent quality, protein

- Bread flour: best for hearth, whole grain breads (12-13% protein)
- More water is absorbed by higher protein flours
- Unbleached all-purpose, short patent flours (11-12%), great for flat breads, sweet rolls, quick breads, pan bread, buns
- Ultra-grain® all-purpose and whole wheat flours, a new option

-Knead/mix until dough "cleans bowl" and dough smooth, elastic, moist

Sugars sweeten, increase browning and keeping quality
-Sugar is optional, but may be **a**dded 1 tsp. to 2 tablespoons per cup of water
-Use granulated and brown sugars, sorghum, honey, molasses, dark corn syrup 1:1. Changes flavor, color, browning, sweetness intensity, moisture
-More yeast will be required with very sweet roll, bread or coffee cake dough

Butter, vegetable oil, margarine, lubricate gluten, improve crumb, tenderize crust, increase volume and keeping qualities.
-Butter provides premium flavor, crumb; oil is typical for flat or crusty breads
-Add **nuts**, (chopped, toasted) as part of fat in bread—adding nutrition, flavor
***Everyday Bread*:** Press 1 cup (4 oz) nuts in dough before shaping loaf

100% Whole Wheat contains all the germ, bran and endosperm
-***Everyday Bread***: Use 6 -6 ½ cups (total) hard red or white *whole wheat* flours
-Prepare sponge: 2 c. water/milk, yeast, 4 c. whole wheat flour (per recipe)
-Add two eggs or yolks ***or*** 2 tablespoons wheat gluten—finish per recipe

Multi-grain breads may use two or more non-wheat grains.
-Use 10-25% non-wheat grain ingredient substitution for wheat flour
-***Everyday Bread***: 1- 1 ½ cups non-wheat grain(s) + 4- 4 ½ cups wheat flour
-Pre-soak coarse non-wheat grains: Heat 1 ½ cups water or milk; stir into corn meal, rolled oats or barley, multigrain hot cereal, flax meal, rye, bulgur…Cool.
-Use high protein (hard red or white wheat) whole wheat and/or bread flours

Savory loaves: Omit sugar**.**
Filling: Saute´ 2 tablespoons of two kinds of chopped fresh herbs, scallions and 1 clove minced garlic; season with salt, freshly ground pepper
Beat one egg; brush on 9 X 12 X 1/4- inch dough (1/2 recipe); spread half the filling. Roll up loaf; place in pan. Repeat with other ½ dough. Proof and bake @ 400ºF.

Milk, dry milk, cheese, buttermilk, yogurt improves nutrition, crust, keeping qualities. -Keep at least ¼ cup water per pkg. of yeast in bread recipe
Everyday Bread: Substitute 1½ cups scalded milk for 1 ½ cups of water
-Scalding (heat to 150º) kills enzymes, improves fermentation;
OR use "high heat" dry milk (King ArthurFlour.com)
-Add grated cheeses,1 cup (4 oz) shredded cheese per 6 cups flour in recipe

Temperatures:

Preparing dough:
-Mix 2/3 flour and liquids plus yeast to autolyse flour for less mixing/kneading, easier shaping, improved volume
-Liquids added directly to active dry yeast should not exceed 105 ºF.
-Fast acting yeast mixed with dry ingredients: Liquids may be 115-120º F.
-Aim for a dough temperature after kneading or mixing of 78- 80º F.
-Raise (ferment)dough, covered, 80-85ºF
-Refrigerator (cool-rise) dough: Use cooler liquids,70-80 ºF, to slow fermentation.
Refrigerate dough right after mixing or kneading. Place in oiled plastic bag, air pressed out; seal at top.
Punch when doubled—round dough; return to refrigerator. Punch again if needed to prevent dough collapsing. Refrigerate up to 2 days; divide, shape, proof and bake.

Proofing bread: After punching dough, "round" the dough and allow to rest 10 minutes, covered. Divide evenly and shape into loaves or rolls. Place on greased pans, cover; proof at 95-105º F. in moist, draft-free place.

Baking bread:
-Yeast is killed at 140ºF., and the bread's starch gelatinizes at 150º F.
-Bread/rolls are done at 190-210º F. interior temperature
-Remove baked breads from pan onto a wire cooling rack
-Cool breads to 90ºF. interior temperature before slicing or wrapping
-Store bread frozen or at room temperature (70º-95ºF.), not in refrigerator

Reheating or refreshing bread:
-Preheat oven to very hot—425º F. Place loaf in oven unwrapped for 5 minutes, depending on size of loaf.
- Avoid warming/heating in microwave

Breads the Significant Edge; Baking Labs,
Sharon Davis, kswheat.com, www.homebaking.org

Sweet Roll Dough: ***Everyday Bread****:* Substitute scalded 1½ cups milk for 1 ½ c. water; increase butter to ½ cup, sugar to ½ cup, add 2 large eggs with liquids.(May refrigerate overnight, punching as needed). *May need ½ c. more flour*.
-For tender dough, add1/2 cup (4 oz.) mashed unseasoned potatoes (or, 2 T. potato flour), squash, sweet potatoes

Raisins, dried fruit: Measure fruit, then condition before adding to prepared dough**. How to condition:** In a plastic food bag or container, cover fruit with 80º water for 5 minutes. Drain. Use or seal and store refrigerated—fruit will soften.
-Omit or reduce sugar; ***Everyday Bread:*** Press 2 cups (8 oz) raisins/fruit into dough just before shaping in loaves/rolls.

Written and demonstrated by Sharon Davis, Family & Consumer Sciences Education, www.homebaking.org