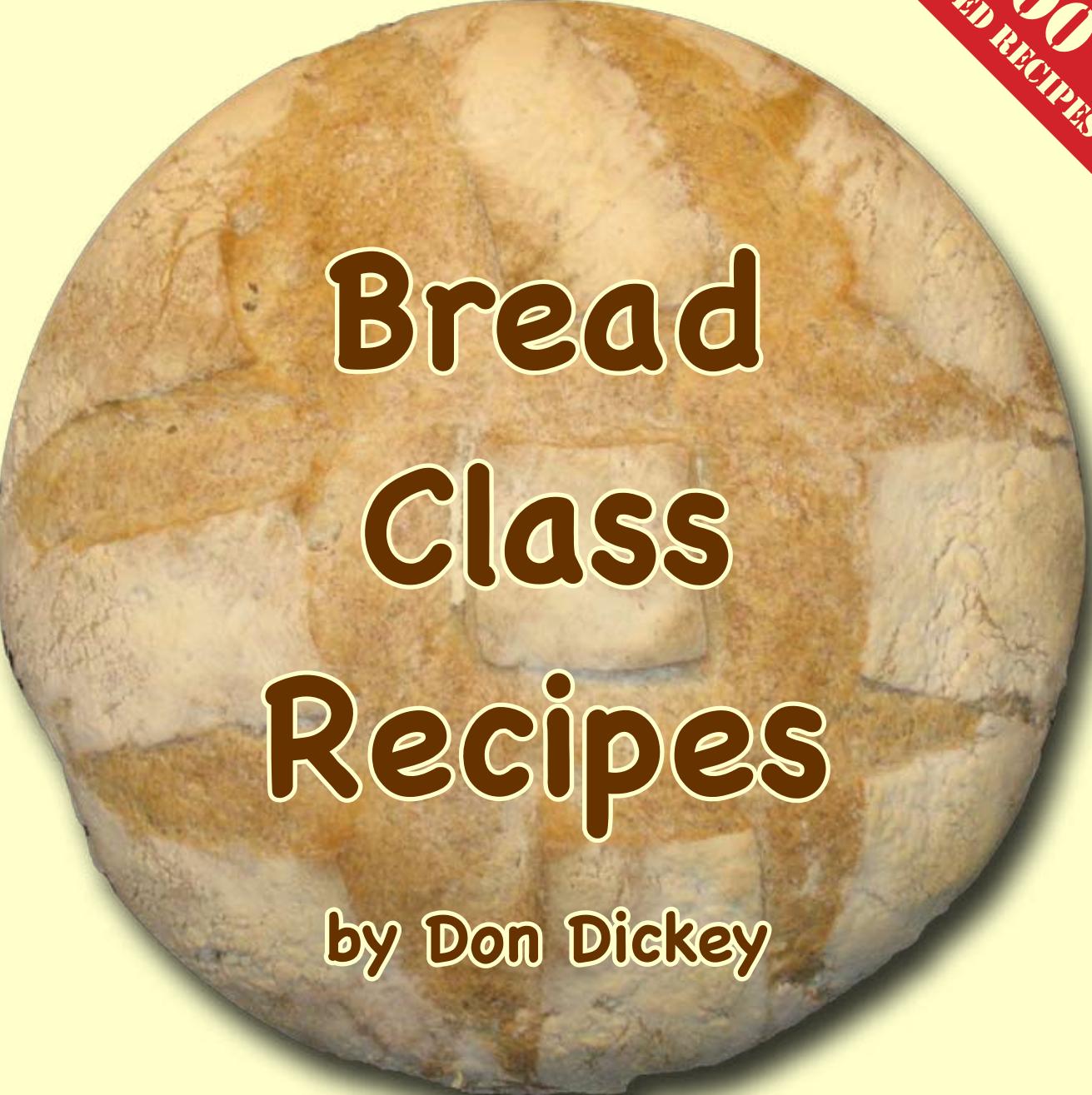


OVER
100
TESTED RECIPES



Bread Class Recipes

by Don Dickey

Breads of France

*Textbook for Breadmaking
Beginner to Advanced*

PROVENCAL FOUGASSE

French Flatbread

$1\frac{3}{4}$ C	413 g	Warm Water ($120^{\circ}\sim 130^{\circ}$ F)
1 TBS	10 g	Instant Yeast
$\frac{1}{4}$ C	55 g	Extra Virgin Olive Oil
3 cloves	3 g	Garlic, chopped
1 TBS	2 g	Fresh Rosemary, chopped
1 TBS	2 g	Fresh Oregano, chopped
1 TBS	2 g	Fresh Thyme, chopped
1 TBS	10 g	Salt (DC kosher)
$5\frac{1}{3}$ C	640 g	All-Purpose Flour (approx)
2 TBS	21 g	Semolina for dusting pans



- Measure warm water into a large mixing bowl.
 - Mix in $2\frac{1}{2}$ C of flour; stir briskly until smooth.
 - With batter temperature under 110°F, mix in yeast.
 - Let batter rest (autolyse) while you continue with the recipe.
 - In small saucepan combine olive oil and herbs.
 - Cook over medium heat until garlic is tender (about 1 minute).
 - Allow oil / herbs to cool; add salt and mix into batter.
 - Mix in 2 C of flour, one at a time.
 - Mix in additional flour, $\frac{1}{4}$ C at a time, until dough starts to release from bowl.
 - Dust dough and counter lightly with flour and turn dough out.
 - Knead until dough is smooth and elastic, adding flour only as necessary.
 - Rise, covered, in a lightly oiled bowl until doubled in bulk.
 - Preheat oven to 425°F while dough rises.
 - Prepare sheet pans with parchment (optional); sprinkle pans with semolina.
 - Fold dough on itself a few times; knead briefly; divide in half.
 - Allow dough to rest 5~10 minutes.
 - Roll dough into rectangles (to just fit in sheet pans).
 - Place dough on prepared pans.
 - Cut 6 diagonal slits in dough (3 on each side); open slits to form ovals.
 - Rise, covered, until almost but not quite doubled, about 20 minutes.
 - Bake 15~20 minutes until golden and done.
 - Enjoy warm or cool on a wire rack before storing.

Recipe Tip

- In the day of community bakeries in rural France, each family had a unique pattern that distinguished their bread from others. Be creative!

PAIN DE CAMPAGNE

Traditional French Boule

Pâte Fermentée Preferment

¾ C	177 g	Lukewarm Water (85°F)
2 C	240 g	Bread Flour
1 tsp	3 g	Instant Yeast
1 tsp	3 g	Salt (DC kosher)

- Combine water and half of flour in mixer work bowl.
- Mix yeast thoroughly into batter; let batter rest 15 minutes.
- Mix in salt and remaining flour to create a moist dough.
- Transfer to non-reactive container; cover loosely, permitting gas to escape.
- Ferment 6~8 hours at cool room temp until roughly double in bulk.

Bread

1½ C	354 g	Warm Water (120°~130°F)
1 TBS	12 g	Sugar
2 C	240 g	Bread Flour
1 TBS	10 g	Instant Yeast
1 TBS	10 g	Salt (DC kosher)
Preferment (all)		From Day Before
2 C	240 g	All-Purpose Flour
2 TBS	21 g	Semolina or flour for pan



- Measure warm water into mixer work bowl.
- Mix in sugar and bread flour to create a batter.
- With batter temperature under 110°F, mix in yeast.
- Let batter rest for 15~30 minutes (autolyse) while sponge develops.
- Mix salt and preferment into batter, approximately a quarter at a time.
- Mix in 1¾ C of all-purpose flour, half at a time, on low~medium speed.
- Dust dough and counter with ¼ C flour and turn out.
- Stretch and fold to knead, using a bench scraper initially as required.
- Rise, covered, until doubled in bulk.
- Preheat oven (and baking stone if available) to 450°F while dough rises.
- Dust round cake pans with semolina or flour; do not use cornmeal.
- Gently release dough from bowl with rubber spatula; divide in half.
- Fold dough on itself to tighten and shape into boules (round ball).
- Put shaped loaves into prepared pans.
- Allow loaves to rise until not quite double, about 20 minutes.
- Dust loaves with flour if desired and slash in a windowpane pattern.
- Bake to golden brown and a tap on the bottom sounds hollow, ~ 30 minutes.
- Mist oven with water several times during the first 10 minutes.
- Cool on a wire rack before cutting or storing.

DIMPLED ROLLS

French & Belgian Style

1 C	244 g	Milk
1 C	236 g	Water
1 TBS	12 g	Sugar
2¾ C	330 g	Bread Flour
1 TBS	10 g	Instant Yeast
1 TBS	10 g	Salt (DC kosher)
2¼ C	270 g	All-Purpose Flour (approx)
2 TBS	21 g	Semolina or flour for pan



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 - Combine water and milk and warm to 120°~130°F.
 - Transfer warm liquids into a large mixing bowl.
 - Mix in sugar and bread flour to create a batter.
 - With batter temperature under 110°F, mix in yeast.
 - Let batter rest for 15~30 minutes (autolyse) while sponge develops.
 - Mix salt into batter.
 - Beat in 2 C of A-P flour, 1 C at a time; mix until well incorporated.
 - Mix in additional flour, 2 TBS at a time, until dough starts to release from bowl.
 - Dust dough and counter lightly with flour and turn dough out.
 - Knead until dough is smooth and elastic, adding flour only as necessary.
 - Shape dough into a tight ball.
 - Rise, covered, in a lightly oiled bowl until doubled in bulk.
 - Preheat oven to 450°F while the dough rises.
 - Prepare sheet pan with parchment (optional); sprinkle pan with semolina.
 - Fold dough on itself a few times and knead briefly.
 - Divide dough in half and then divide each half into 8 pieces.
 - Shape each piece into a smooth elongated ball.
 - Dust the tops lightly with flour before creasing.
 - Using a wooden spoon's handle, press a deep crease in the top of each piece.
 - Place shaped and creased rolls on the prepared pan.
 - Allow rolls to rise, covered, until not quite double, about 20 minutes.
 - Bake to golden and done, about 15 minutes.
 - Mist oven with water twice during the first 5~7 minutes.
 - Enjoy warm or cool on a wire rack before storing.

Recipe Tips

- When dimpling these rolls, don't go all the way through, just far enough to make a deep crease.
 - Widen the crease slightly so it remains after rising.

PETIT PAINS AU LAIT

French Milk Rolls

1½ C	366 g	Warm Milk (120°-130°F)
¼ C	50 g	Sugar
2 C	240 g	Bread Flour
1 TBS	10 g	Instant Yeast
1 TBS	10 g	Salt (DC kosher)
6 TBS	85 g	Butter, softened (¾ stick)
2½ C	270 g	All-Purpose Flour (approx)
2 TBS	21 g	Semolina or flour for pan
2 TBS	30 g	Milk for glazing



- Warm milk and transfer into a large mixing bowl.
- Mix in sugar and 2 C of bread flour to create a batter.
- With batter temperature under 110°F, mix in yeast.
- Let batter rest for 15~30 minutes (autolyse) while sponge develops.
- Mix salt and butter into batter, approximately 1 TBS at a time.
- Beat in 2 C of A-P flour, 1 C at a time; mix until well incorporated.
- Mix in additional flour, 2 TBS at a time, until dough starts to release from bowl.
- Dust dough and counter lightly with flour and turn dough out.
- Knead until dough is smooth and elastic, adding flour only as necessary.
- Shape dough into a tight ball.
- Rise, covered, in a lightly oiled bowl until doubled in bulk.
- Preheat oven to 375°F while the dough rises.
- Prepare sheet pan with parchment (optional); sprinkle pan with semolina.
- Fold dough on itself a few times and knead briefly.
- Divide dough in half and then divide each half into 8 pieces.
- Shape each piece into a smooth ball and place on prepared pan.
- Cut a cross in the top of each ball using sharp scissors or a serrated knife.
- Use 3 cuts: one across the top, then cut the first cut in half on each side.
- Allow rolls to rise, covered, until not quite double, about 20 minutes.
- Brush rolls with milk just before baking.
- Bake to golden and just done, about 15~18 minutes; do not over-bake.
- Enjoy warm or cool on a wire rack before storing.

Recipe Tip

- To make into long rolls, divide each half into 4~6 pieces. First shape into round balls, then roll back and forth forming rolls 4~5 inches long with tapered ends.
- Slash the tops 2~3 times before baking.

PAIN D'ÉPI

French Wheat Stalk Bread

1 C	275 g	Mother Starter
1 C	236 g	Hot Water (180°F)
2 tsp	6 g	Instant Yeast
2 tsp	6 g	Salt (DC kosher)
3 C	360 g	All-Purpose Flour
1 TBS	11 g	Semolina for pan

- Bring starter to room temperature in a large mixing bowl.
- Mix hot water into starter.
- Mix in 1 C of flour to make a batter.
- With batter temperature under 110°F, mix in yeast.
- Let batter rest for 15~30 minutes (autolyse) while sponge develops.
- Mix in salt.
- Beat in 1½ C of additional flour, ½ C at a time.
- Dust dough and counter with ¼ C of flour (reserve ¼ C).
- Turn dough out onto counter.
- Stretch and fold to knead; dough should be sticky inside; do not over flour.
- Rise, covered, in a warm place until doubled in bulk.
- Preheat oven (and baking stone if available) to 475°F while dough rises.
- Divide dough in half (for two 1# batches). Do not punch down; be gentle!
- Prepare sheet pan with parchment (optional); sprinkle pan with semolina.
- Shape by folding, sealing, and rolling into a demi-baguette.
- Transfer shaped dough to prepared pan.
- Allow dough to rise until almost but not quite doubled.
- When the dough has risen, dust the loaf lightly with flour.
- Just before baking, cut dough with scissors at 30° angle to shape the épi.
- Cut nearly through at 2½ -inch intervals and move sections to alternating sides.
- Bake to golden color and done ~25 minutes.
- Cool on a wire rack before breaking into rolls or storing.



BAGUETTES

Classic French Loaves

Poolish Preferment

1 C	236 g	Room Temperature Water (75°F)
2 C	240 g	Bread Flour (can include 2~3 TBS Whole Wheat)
¼ tsp	¾ g	Instant Yeast

- Mix ingredients well in a non-reactive container.
- Cover loosely, permitting gas to escape.
- Ferment at room temp 6~8 hours until triple in bulk.

Bread

Preferment	(all)	from recipe above
1 C	236 g	Very Hot Water (200°F)
1½ C	180 g	Bread Flour
1 TBS	10 g	Instant Yeast
1 TBS	10 g	Salt (DC kosher)
2 C	240 g	All-Purpose Flour
2 TBS	21 g	Semolina for pan



- Transfer preferment into a large mixing bowl.
- Mix in hot water and bread flour to create a batter.
- With batter temperature under 110°F, mix in yeast.
- Let batter rest for 15~30 minutes (autolyse) while sponge develops.
- Mix in salt; then mix in 1¾ C of all-purpose flour, half at a time.
- Dust dough and counter with remaining ¼ C flour and turn out.
- Stretch and fold to knead, using a bench scraper initially as required.
- Rise, covered, until doubled in bulk.
- Preheat oven (and baking stone if available) to 475°F while dough rises.
- Prepare sheet pan with parchment (optional); sprinkle pan with semolina.
- Gently release dough from bowl with rubber spatula.
- Fold dough on itself a few times to tighten and divide in half.
- Divide each half into 2 or 3 pieces and shape into baguettes as follows.
- Flatten dough, fold in half, seal seam, and roll to form each baguette.
- Put shaped loaves between folds of a well-floured couche or lint-free towel.
- Dust loaves lightly with flour, cover, and let rise until not quite double.
- Using a long thin board, gently transfer risen loaves to prepared pan.
- Slash each loaf several times in a long diagonal pattern.
- Bake to golden and done, about 20~25 minutes.
- Mist oven with water several times during the first 5~7 minutes.
- Cool on a wire rack before cutting or storing.

ABOUT THE AUTHOR

"Give people bread and they feel like beggars.

Teach them to make their own and you give them their dignity."

- anonymous

Don Dickey studied bread making with award-winning baker Michael Jubinsky of Stone Turtle Baking and Cooking School. He has also studied Chinese, French, Italian, Japanese, and Mexican cuisines as well as taken advanced courses in puff pastry and international wines.

Don has been teaching culinary arts in the Greater Hartford area for 35 years. His students currently number over 3,000 and the roster grows every semester.

Don also runs Party to Cook, a company he founded to combine culinary instruction and fun in party format for both adults and children. Career highlights include baking bread for the great Julia Child and her husband and making bread tips shows for WHC-TV.

For more information please visit: www.AtTheStove.com



What Students Are Saying

"I took a bread making class with you in 1987 in West Hartford. It was an evening adult ed class and I still use the wonderful and amazing recipes that you gave us!! My family and friends have been raving for years about these breads, and I just wanted to thank you for the wonderful class." - Jane, Westwood, MA

"The yeast baking class was very informative and most enjoyable. The mystery of yeast dough baking was presented in an easy to understand format. All the intimidation of working with yeast dough is gone. You are a top-notch instructor and your love of the subject is evident." - Barbara, Cromwell, CT

"Don, your enthusiasm for food and cooking is infectious. I couldn't wait to get home and try the recipe for the Portuguese rolls on my own. I made a batch last night and they are a big hit. I can't wait to venture out with some more recipes." - Louise, Berlin, CT



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