

Knowledge @ Noon

“Artisan Bread”



Wednesday, February 17, 2016

12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

*Instructors: Bob Burns, Marais des Cygnes Dist. Master Food Volunteer
Guest Presenter, Catherine Kane*

Artisan Breads

Artisan Bread -- a variety of hand crafted healthy creations made basically with four ingredients: Flour, Water, Yeast, and Salt. Be it the French peasant breads, whole grain breads, or sour-dough breads, a crusty texture is a must for these. These breads are noted for their simplicity. Artisan breads in these discussions are basically no-knead breads. They contain no milk, oil, or eggs and therefore the dough has a long shelf life up to 4 weeks, but 2 weeks maximum is the preferred length of storage of the raw dough.

The methods presented here are based on Zoe Francois' *Artisan Breads in Five Minutes a Day*

The Master Recipe: Boule (Artisan Free-Form Loaf)

Makes four 1# loafs ó adjust as needed

3 Cups Luke warm water
1 Tablespoon Yeast
1 Tablespoon Kosher Salt
6 ½ Cups All Purpose Flour

Cornmeal or parchment paper for pizza peel.

Mixing and Storing the Dough

- 1. Warm the water slightly:** It should feel just a little warmer than body temperature, about 100°F. By using warm water, the dough will rise to the right point for storage in about 2 hours. You can use cold water and get the same final result, but the first rising will take longer
- 2. Add yeast and salt to the water** in a 6-quart bowl or, preferably, in a lidded (not airtight) food container. Don't worry about getting it all to dissolve.
- 3. Mix in the flour—kneading is unnecessary:** Add all of the flour at once. Mix with a wooden spoon or a heavy-duty stand mixer (with paddle) until the mixture is uniform. If you're hand-mixing and it becomes too difficult to incorporate all the flour with the spoon, you can reach into your mixing vessel with very wet hands and press the mixture together. Don't knead! It isn't necessary. You're finished when everything is uniformly moist, without dry patches. This step is done in a matter of minutes, and will yield dough that is wet and loose enough to conform to the shape of its container.
- 4. Allow to rise:** Cover with a lid that fits well to the container but can be cracked open so it's not completely airtight. Allow the mixture to rise at room temperature until it begins to collapse (or at least flattens on the top), about 2 hours, depending on the room's temperature and the initial water temperature. Then refrigerate it and use over the next fourteen days. You can use a portion of the dough any time after the 2-hour rise.

Fully refrigerated wet dough is less sticky and is easier to work with than dough at room temperature. Once refrigerated, the dough will seem to have shrunk back upon itself and it will never rise again in the bucket that's normal. Whatever you do, **do not punch down this dough**, you're trying to retain as much gas in the dough as possible, and punching it down knocks gas out and will make your loaves denser.

On Baking Day

5. The gluten cloak: Don't knead, just "cloak" and shape a loaf in 20 to 40 seconds. Prepare a pizza peel with cornmeal or parchment paper to prevent your loaf from sticking to it when you slide it into the oven (the parchment paper slides right onto the stone along with the loaf).

Dust the surface of your refrigerated dough with flour. Pull up and cut off a 1-pound (grapefruit-size) piece of dough, using a serrated knife or kitchen shears. Hold the dough and add more flour as needed so it won't stick to your hands. Gently stretch the surface of the dough around to the bottom on all four sides, rotating the ball a quarter turn as you go. The correctly shaped loaf will be smooth and cohesive. The entire process should take no more than 20 to 40 seconds—don't work the dough longer or your loaves may be dense.

Adjusting the Resting Time:

É**Lengthen the resting time** if your fridge or the room is particularly cold, if you're making larger loaves, or if you just want to get a more open and airy crumb structure. You can go as long as 90 minutes for a 1-pound loaf. When increasing the resting time (especially in dry environments), cover the loaf with plastic wrap or a roomy overturned bowl—plastic wrap won't stick if the surface is well dusted. Don't use a damp towel—that will stick.

É**Shorten the resting time by half** if you're using fresh, unrefrigerated dough.

6. Rest the loaf and let it rise on a pizza peel: Place the shaped ball on the prepared pizza peel, and allow it to rest for about 40 minutes. It doesn't need to be covered during the rest period unless you're extending the rest time to get a more "open" crumb. You may not see much rise during this period; much more rising will occur during baking (oven spring).

7. Preheat a baking stone near the middle of the oven to 450°F, which takes about 20 to 30 minutes. Place an empty metal broiler tray or cast iron pan for holding water on any shelf that won't interfere with rising bread. **Never use a glass pan to catch water for steam—it's likely to shatter.**

8. Dust and slash: Dust the top of the loaf liberally with flour, which will prevent the knife from sticking. Slash a ½-inch-deep cross, scallop, or tic-tac-toe pattern into the top, using a serrated bread knife held perpendicular to the bread. Leave the flour in place for baking; tap some of it off before eating.

9. Baking with steam—slide the loaf onto the preheated stone: Place the tip of the peel a few inches beyond where you want the bread to land. Give the peel a few quick forward-and-back jiggles, and pull it sharply out from under the loaf. Quickly but carefully pour about 1 cup of hot water from the tap into the broiler tray and close the oven door to trap the steam. **If you used parchment paper instead of cornmeal, pull it out from under the loaf after about 20 min.**

for a crisper bottom crust. Bake for a total of about 30 to 35 minutes, or until the crust is richly browned and firm to the touch. Smaller or larger loaves will require adjustments in baking. Because the dough is wet, there is little risk of drying out the interior, despite the dark crust. When you remove the loaf from the oven, a perfectly baked loaf will audibly crackle, or "sing," when initially exposed to room-temperature air. Allow to cool completely (up to 2 hours), preferably on a wire cooling rack, for best flavor, texture, and slicing. The crust may initially soften, but will firm up again when cooled. If you're not getting the browning and crispness you want, test your oven temperature with an inexpensive oven thermometer

10. Store the remaining dough in the refrigerator in your lidded or loosely plastic wrapped container and use it over the next 14 days: You'll find that even one day's storage improves the flavor and texture of your bread. This maturation continues over the 14-day storage period. If you store your dough in your mixing container, you'll avoid some cleanup. Cut off and shape more loaves as you need them. Dough like this can be frozen in 1-pound portions in an airtight container for up to 4 weeks.

Dutch Oven Bread Baking

These same breads can be baked in a Dutch oven with no variation on the recipe. It is highly suggested to use parchment paper to ease placing the loaf in the Dutch oven, and later removal. This method does NOT require the pizza stone or steam tray since the lid of the Dutch oven serves the same purpose of holding in the moisture. This is a recipe modification I got from Zoe Francois at the National Festival of Breads when I was fortunate enough to have a one-on-one discussion on bread making with her.

Preheat oven and Dutch oven to 500 degrees for 15-20 minutes.

Place bread in pan using parchment paper.

Bake covered at 475 degrees for 25 minutes

Remove cover and bake 5-10 minutes longer till done (200-210 degree internal temperature).

Remove from pan and allow to cool up to 2 hours on cooling rack.

Recipe Variations

Once the primary recipe is perfected, variations can add flavor to the breads. You can substitute up to a cup of flour with the same amount of whole wheat flour, buckwheat flour, rye flour, or a 7 grain mix as an example. Sprinkle herbs on top before the second rise or incorporate them in the original mix. Cheese sprinkled on top (Asiago is a good choice) adds another dimension. Seeds give added flavor and character to gluten-free breads. Omit the flour-dusting step, and paint with water and then sprinkle with seeds before baking (sesame, flaxseed, caraway, sunflower, poppy, anise, or a mixture of any of these). You can also put the seeds right in the dough mixture - try 1/4 cup of seeds per batch. The variation is endless. Some of these additions can change the texture of the bread slightly.

Gluten-Free Artisan Bread

3 ¼ Cups Luke warm water
1 Tablespoon Yeast
1 Tablespoon Kosher Salt
6 ½ Cups Gluten Free All Purpose Flour
2 Tablespoons Sugar (optional)

Follow the Master Recipe instructions above.

Simple French Peasant Bread

1 part Water ó (1 ½ cups)
1 part Bread flour ó (1 ½ cups)
1 part All Purpose or Whole Wheat flour ó (1 ½ cups)
1 Tablespoon yeast
1 teaspoon salt
1 Tablespoon sugar

Mix all ingredients together until no dry flour is left in a large bowl. Do not knead.

Allow to rise covered for 45 minutes to an hour.

Remove from bowl and push down, then shape your loaf and place in bread pan.

Allow to rise 45 min to an hour covered.

Pre-heat oven to 425. Bake for 15 minutes at 425, then lower to 375 for 20 minutes.

Remove when done and allow cooling on cooling rack ó then enjoying.

BIEN CUIT BREAD

When bread is bien cuit, it is baked to a dark, often mahogany-colored crust. On first seeing a loaf that is bien cuit, you might think it's burnt. Most people do. There is a bliss point when foods are almost, but not quite, burnt. This is equally true of meat cookery, as any great grill master knows. It is exactly that moment at which bread or meat (or anything cooked that contains a fair amount of protein) develops maximum flavor. The result is hundredsô maybe thousandsô of flavor and aroma components that are complex and pleasurable.

This is the reason why these breads are bien cuit, pas trop cuit, which is the French way of saying ôwell baked, but not overdone.ö

These recipes are not for the faint of heart and takes 48 hours start to finish for the breads, the vast majority of that time is the risings. The basic Artisan Bread is Bread Making 101 ó this is more like Bread Making 301. The result is a great flavorful loaf great for dipping and stews.

Simple Bien Cuit Loaf

STARTER

75 grams (1/2 cup + 2 Tbsp.) white rye flour
50 grams (1/4 cup + 2 1/2 Tbsp.) dark rye flour
1 gram (generous 1/4 tsp) instant yeast
125 grams (1/2 cup + 1 tsp) water at about 60°F (15°C)

DOUGH

425 grams (3 cups + 2 1/2 tsp) white flour, plus additional as needed for working with the dough
75 grams medium (1/2 cup + 1 1/2 tsp) whole wheat flour
15 grams (2 1/2 tsp) fine sea salt
1 gram (generous 1/4 tsp) instant yeast
365 grams (1 1/2 cups + 1 tsp) water at about 60°F (15°C)
Dusting Mixture, for the lined proofing basket and the shaped loaf

FOR THE STARTER

1. Stir together the white and dark rye flours in a medium storage container. Sprinkle the yeast into the water, stir to mix, and pour over the flour. Mix with your fingers, pressing the mixture into the sides, bottom, and corners until all of the flour is wet and fully incorporated. Cover the container and let sit at room temperature for **11 to 15 hours**. The starter will be at its peak at around 13 hours.

FOR THE DOUGH

1. Stir together the white and whole wheat flours, salt, and yeast in a medium bowl.
2. Pour about one-third of the water around the edges of the starter to release it from the sides of the container. Transfer the starter and water to an extra-large bowl along with the remaining water. Using a wooden spoon, break the starter up to distribute it in the water.
3. Add the flour mixture, reserving about one-sixth along the edge of the bowl. Continue to mix with the spoon until most of the dry ingredients have been combined with the starter mixture. Switch to a plastic bowl scraper and continue to mix until incorporated. At this point the dough will be sticky to the touch.
4. Push the dough to one side of the bowl. Roll and tuck the dough, adding the reserved flour mixture and a small amount of additional flour to the bowl and your hands as needed. Continue rolling and tucking until the dough feels stronger and begins to resist any further rolling, about 16 times. Then, with cupped hands, tuck the sides under toward the center. Place the dough, seam-side down, in a clean bowl, cover the top of the bowl with a clean kitchen towel, and let rest at room temperature for **45 minutes**.

5. For the first stretch and fold, lightly dust the work surface and your hands with flour. Using the plastic bowl scraper, release the dough from the bowl and set it, seam-side down, on the work surface. Gently stretch it into a roughly rectangular shape. Fold the dough in thirds from top to bottom and then from left to right. With cupped hands, tuck the sides under toward the center. Place the dough in the bowl, seam-side down, cover the bowl with the towel, and let rest for **45 minutes**.
6. For the second stretch and fold, repeat the steps for the first stretch and fold, then return the dough to the bowl, cover with the towel, and let rest for **45 minutes**.
7. For the third and final stretch and fold, repeat the steps for the first stretch and fold, then return the dough to the bowl, cover with the towel, and let rest for **20 minutes**.
8. Line a 9-inch proofing basket or bowl with a clean kitchen towel and dust the towel fairly generously with the dusting mixture.
9. Lightly dust the work surface and your hands with flour and shape the dough into a round. Dust the sides and top of the dough with the dusting mixture, fold the edges of the towel over the top, and let rest at room temperature for **1 hour**.
10. Transfer the basket to the refrigerator and chill for **14 to 18 hours**.
11. Position an oven rack in the lower third of the oven. Place a covered 6-quart (5.7 L), 10-inch (25 cm) round cast-iron Dutch oven on the rack. Preheat the oven to **500°F**. Remove the basket of dough from the refrigerator and let it sit at room temperature while you allow the oven to preheat for about **1 hour**.
12. Using heavy-duty oven mitts or potholders, remove the Dutch oven, place it on a heatproof surface, and remove the lid.
13. Using the kitchen towel, lift and gently ease the dough out of the basket and onto a baking peel, seam-side down. Then carefully transfer it into the pot (the Dutch oven will be very hot). Score the top of the dough, cover the pot, and return it to the oven. Lower the oven temperature to **460°F** and bake for **30 minutes**.
14. Rotate the Dutch oven and remove the lid. The loaf will already be a rich golden brown. Continue baking, uncovered, until the surface is a deep, rich brown, with some spots along the score being even slightly darker (bien cuit), about **20 minutes** longer.
15. Loosen the edges of the loaf with a long handled spoon and then with the help of the spoon lift out of the pot onto a cooling rack. When the bottom of the loaf is tapped, it should sound hollow. If not, return it to the oven and bake directly on the rack for **5 minutes longer**.
16. Let the bread cool completely before slicing and eating, at least 4 hours but preferably **8 to 24 hours**.

Simple Chicken and Rice Soup

2 pounds deli chicken cut in 1 inch slices, then cut into bite sized cubes
2 large carrots, sliced
4 celery stalks, sliced
2 large onions, sliced and diced
2 teaspoons minced garlic
1 ½ cups rice, uncooked.
40 ounces of low salt chicken broth
Salt and pepper to taste.

Sauté onions until translucent, add carrots, garlic and celery. Cook on low 5 minutes.
Add all other ingredients. Simmer 30-40 minutes. *Recipe submitted by Sue Burns*

Pork and Hominy Stew

1 Tablespoon chili powder
1 teaspoon salt
1/2 teaspoon ground black pepper
2 pounds boneless pork shoulder butt, cut into 2 1/2-inch pieces
OR boneless country pork spareribs, cut into 2-inch pieces
3 bacon slices, chopped
1 large onion, chopped
1 cup diced celery
1 cup carrot, peeled, chopped
4 large garlic cloves, chopped
2 cups drained canned hominy (from two 15-ounce cans)
1 can diced tomatoes with green chilies in juice
2 cups chicken broth
1 teaspoon dried marjoram
½ teaspoon cumin
1 teaspoon dried thyme

½ lb. kale, chopped and stems removed

Mix 1 tablespoon chili powder, salt, and pepper in bowl. Rub spice mixture all over pork.
Sauté bacon in heavy large pot over medium heat until crisp, about 5 minutes. Transfer bacon to paper towels to drain, reserve. Working in batches, add pork to drippings in pot and sauté until brown on all sides, about 10 minutes per batch. Using slotted spoon, transfer pork to bowl.

Reduce heat to medium. Add onion, celery, carrot, and garlic to pot; cover and cook 5 minutes, stirring occasionally and scraping up browned bits. Stir in hominy, tomatoes with juices, broth, marjoram, thyme, cumin and pork and bring to boil. Reduce heat; cover and simmer until pork is very tender, about 1 ó 1 ½ hours. Add kale and simmer stew uncovered until liquid is slightly reduced and thickened and kale is cooked, about 20 minutes. Season with salt and pepper. Transfer to bowl. Sprinkle with reserved bacon. (This soup can be prepared 1 day ahead. Cool stew slightly. Chill uncovered until cold, then cover and keep chilled.)

Beef and Vegetable Stew

- 1 Tablespoon vegetable oil
- 1 pound beef chuck stew meat, trimmed & cubed
- 1 medium onion, thinly sliced (1 ¼ cups)
- 1 (6 oz.) can tomato paste
- 1 (14.5 oz.) can low-fat, low-sodium beef broth (1 ¾ cups)
- 1 cup chopped carrots (3 med.)
- 3 Yukon Gold potatoes, peeled & cut into 1-inch cubes (about 4 cups)
- 1 (6-inch) sprig fresh rosemary or several pinches dried rosemary
- 1 teaspoon dried thyme
- 1 bay leaf
- ¼ teaspoon crushed red pepper
- 1 ¼ teaspoon salt, or to taste
- 1 ½ cups water or more as needed
- 10 oz. whole fresh mushrooms, quartered
- 1 (10 oz.) package frozen green peas, thawed

1. Heat oil in a large, wide pot over medium-high heat, until it shimmers. Sauté meat, stirring until browned on all sides, reducing heat if bits on bottom begin to burn, about 10 min. Transfer to a plate.

2. Cook onion and tomato paste in pot over medium heat, stirring often, until onion is softened, about 5 min.

Return meat to pot, stir in broth, and bring to a boil. Reduce heat to low and simmer, covered, until meat is tender, about 1 ½ hours.

3. Stir in potatoes, carrots, thyme, rosemary, bay leaf, red pepper, 1 tsp salt and ¾ cup water (or enough to cover mixture), and simmer, covered, until vegetables are tender, about 45 min.

4. Stir in mushrooms and remaining ¾ cup of water (or enough to just cover mixture). Simmer, covered, until mushrooms are tender, 10 to 15 min. Stir in peas and simmer under heated through, 1 to 2 min. Remove bay leaf and rosemary, and stir in remaining ¼ tsp salt or to taste.

Stew can be made up to 3 days ahead, improves taste. Let cool, uncovered, before covering and chilling. Can be frozen in 1 ½ cup

Servings. 6 servings; 1 ½ cup serving 300 Cal; 6.3g Fat (1.8g SAT); 24.7g Pro; 39g CARB; 6.7g Fiber, 884mg Sodium; 48mg Chol.

Ready to eat in about 3 hours

Recipe from Allrecipes Nov 2015

Ruth's Taco Soup

- 1 ½ ground beef
- 2 (15 ½ oz) cans pinto beans
- 2 (15 oz) cans corn
- 2 (14 ½ oz) cans stewed tomatoes
- 2 (10 oz) cans Ro-tel tomatoes
- 1 package taco seasoning
- 1 oz. package ranch salad dressing and seasoning mix

Brown ground beef. Put all ingredients into crock pot and cook on low temperature for 8 hours. Note: Chicken can be substituted for beef. *Recipe from Catherine Kane's friend Ruth Fladung*

Hearty Tomato Soup (4 to 5 servings)

1 medium onion, finely chopped	1 (24 oz. can) whole tomatoes, crushed by squeezing with hand
2 Tablespoons butter	
4 ounces cream cheese, softened (low fat can be used)	½ teaspoon paprika
2 cans (10 ¾ ounces) condensed tomato soup	½ teaspoon garlic powder
1 soup can milk	½ teaspoon dried basil

In medium saucepan, cook and stir onion in butter until onion is tender. Stir in cream cheese. Gradually stir in milk and soup; beat with rotary beater until smooth. Add tomatoes and seasonings. Heat, stirring frequently. Do not boil.

Lucky Bean Soup

2 cups mixed beans (can use beans you mix yourself or the purchased mixture)

Seasoning Mix

2 Tablespoons plus 2 teaspoons minced dried onion	¼ teaspoon celery seed
½ teaspoon dried thyme	¼ teaspoon dried basil
½ teaspoon dried Rosemary, crushed	¼ teaspoon red pepper flakes
½ teaspoon garlic powder	1 ó 2 bay leaves

Additional Items: 1 (14 oz. can) crushed or diced tomatoes
Salt and pepper to taste

DIRECTIONS:

1. Sort and rinse beans. Place beans in large pot and cover with water. Bring to a boil and boil for 2 minutes. Remove from heat and let stand for 1 hour.
2. Drain beans and discard liquid. Place in same Pot with 4 cups water and all seasonings. Bring to a boil, cover, reduce heat and simmer for 1 ½ to 2 hours until beans are tender.
3. Add 1 (14 oz.) can of tomatoes and salt to taste.
Cook for 15 to 20 minutes. Remove bay leaf before serving. (7 servings)

If you are giving soup mix as a gift, place beans and seasoning mix in separate heavy duty plastic bags. Place in decorative box, soup bowl or cup, or bag. Attach directions.

Lentil and Sausage Soup

2 (14 oz.) cans reduced sodium chicken broth	1 medium onion, chopped
1½ cups water	½ teaspoon dried thyme
1 cup brown lentils, rinsed and drained	1/8 teaspoon cayenne pepper
1 cup sliced celery	2 cloves garlic, minced
1 cup sliced carrots	
8 ounces cooked smoked sausage links, which have been quartered lengthwise and sliced	

1. In a large saucepan combine all items except sausage. Bring to boiling; reduce heat. Simmer, covered, for 20 to 25 minutes or until vegetables and lentils are tender.
2. Stir in sausage and heat through.

Nutrition: per 1 ½ cup serving: 294 calories, 11 gram fat, 962 mg. sodium, 38 gram carbs.
13 gram fiber, 21 gram protein.

Silver Dollar City's Ginger Cookie

2 cups all-purpose flour	½ teaspoon salt
1 teaspoon baking soda	¾ cup shortening or butter
1 teaspoon ginger	1 cup sugar (plus ¼ cup for dipping)
1 teaspoon cinnamon	2 Tablespoons molasses or sorghum
½ teaspoon cloves	1 large egg

In mixing bowl sift flour, soda, spices and salt. In a second mixing bowl cream shortening and 1 cup of sugar until fluffy. Add the molasses and egg. Beat the mixture for one minute. Add the flour mixture and mix at low speed until combined. Shape the dough into 1 ½ inch balls, and then roll on a small plate with remaining ¼ cup sugar. Arrange the ball of dough 3 inches apart on greased cookies sheet or a cookie sheet lined with parchment paper. Bake at 350 degrees for 15 minutes or until light brown on bottom. Transfer to cooling rack.

Notes: Dough balls refrigerate well or you can freeze them to bake later. Cookies also freeze well after baking. *Recipe submitted by Royce Collins, MFV*

King Arthur Chocolate Chip Oatmeal Cookies

1 cup butter, at room temperature	2 cups King Arthur Unbleached, All-purpose Flour
1 cup light brown sugar	1 cup quick cooking or old-fashioned oats
½ cup granulated sugar	1 teaspoon baking powder
1 large egg, at room temperature	1 teaspoon baking soda
1 large egg yolk	¾ teaspoon salt
1 tablespoon vanilla extract	3 cups semisweet or dark chocolate chips

Beat the butter and sugars together, beat in the egg, egg yolk, and vanilla. Mix together flour, oatmeal, baking powder, baking soda, and salt. Add to butter mixture and incorporate thoroughly, scraping bottom and sides of bowl. Stir in chips. Scoop 1 ½ inch amounts of dough onto lightly greased or parchment lined baking sheets, leaving 2 inches between them. Bake the cookies in a preheated 325 degree oven until they are light golden brown with darker edges, 12 to 15 minutes. Remove from oven, let stand until they are firm enough to handle and then transfer to a rack to cool. Yield: about fifty 2 ¾ to 3 inch cookies.

Lemon Cheese Cake

Lemon Jello, 1-3oz package	1. Dissolve jello in boiling water. Chill until slightly thickened.
1 cup Boiling Water	2. Cream together cheese, sugar, and vanilla. Add lemon juice and jello. Blend well.
Cream Cheese, 8 oz. package	3. Fold in whipped topping. Pour into pie shell or individual cupcake wrappers.
2/3 cup Sugar, granulated	4. Chill and top with pie filling
1 teaspoon Vanilla	
3 Tablespoons Lemon Juice	
2 cups Cool Whip	
1 can Pie Filling	

Recipe from Barbara Wilson, MFV