



THE SCHOOL OF
ARTISAN FOOD

Room 6

Baguette Assessment

Baguettes, Ciabatta, Sunshine Bread

With Kevan Roberts

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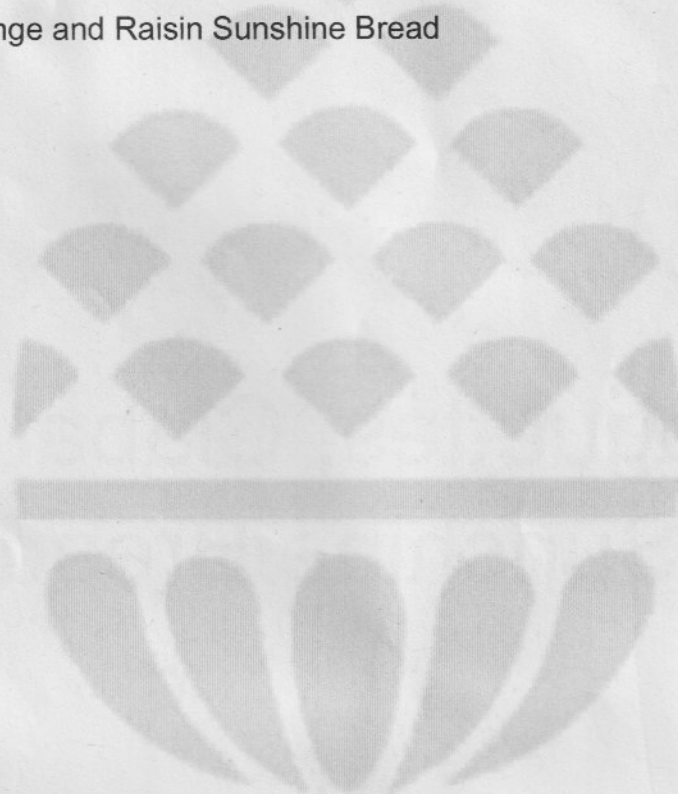
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Contents

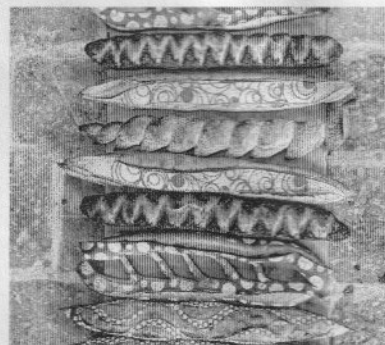
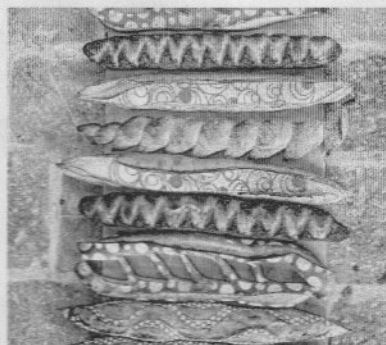
- Page 3: Campagne baguette with firm levain
Page 6: Caramelised Red Onion & Gruyère Bread
Page 9: Ciabatta with biga practice run
Page 12: Orange and Raisin Sunshine Bread



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Campagne baguette with firm levain

A versatile dough used to create a variety of decorative breads and baguettes.

Dough yield = 50

Drop weight = 350g

BT = 60°C

FDT = 24°C

Recipe

Ingredients	Levain (g)	%	Dough (g)	Second stage water	%	Overall Formula (g)	
T65 flour	1500	100	7600		91	9100	10000
T170 rye flour			900		9	900	
Fresh yeast			70		0.7	70	
Salt			200		2		200
Wheat levain starter	150	10			1.5		150
Water	900	60	5600	800	73		7300
Mature wheat levain			2550		25.5		2550
TOTAL	2550		17720				

Method

Key stage	Comments
Levain mixing	Add the wheat levain starter to the flour and water and mix until the dough comes together. Cover and ferment for up to 12 hours at 22°C (room temperature). <u>Mixing guideline</u> Mixer type = spiral Slow speed = 3 mins
Autolyse mixing	Mix the flour and water. Mix on slow speed until almost smooth. Place dough into a container, cover and leave to autolyse for 60 minutes. <u>Mixing guideline:</u> Mixing time = 4 minutes Mixing speed = 1 Autolyse time = 30 minutes Holding temperature = 22°C
Dough mixing	Return the dough to the mixer and add the salt, yeast and levain. Mix on slow speed until good gluten development has been achieved. Check FDT to ensure that the dough has reached optimum temperature. <u>Mixing guideline</u> Mixer type = Spiral mixer. Speed 1 = 4 minutes, adding salt, levain and yeast. Speed 2 = 3 minute, adding second stage water.
Bulk fermentation	Remove dough from the mixer and place into a lightly oiled dough container. Fold to neaten and cover. <u>Bulk ferment</u> 2 hours at 22°C.
Folding	Neatly stretch and fold the dough inside the container. Take care not to tear the dough. Folds: x2 @ 30-minute intervals

Dividing and shaping	Tip out the dough onto the workbench. Use a metal scraper to cut the dough into even portions, each weighing 350g. Apply even tension to shape the pieces into batards and distribute onto wooden proving boards. Cover and rest for 20 minutes. <u>Shaping</u> Scaling weight = 350g Pre-shape = batards Bench rest = 20 minutes Resting temperature = 22°C
Final shaping	After resting, apply tension to shape the dough into desired shape. Final shape = various
Final fermentation	Place the shaped dough onto boards covered with floured couches. Cover and leave to prove. <u>Final proof</u> Proving time = 60 minutes. Proving temperature = 24°C.
Baking	Ensure dampers are closed. Load into the oven using setters and inject a full amount of steam. Release the damper as needed. Remove from the oven once optimal bake has been achieved. <u>Baking</u> Oven type = deck Temperature = 240°C Steam = full Baking time = Varies, shape dependent Damper release = Varies, shape dependent



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Caramelised Red Onion & Gruyère Bread with Biga

A combination of techniques and flavours create this highly visual and tasty loaf. The soft bubbly dough is rolled in a special blend of toasted sunflower, sesame seeds and semolina to achieve a really crispy and nutty crust in contrast with the sweet red onion and nutty gruyère.

Dough yield = 48 (24 slippers)

Scaling weight = 700g

BT = 58°C

FDT = 24°C

Recipe

Ingredients	Biga (g)	%	Dough (g)	%	Overall formula (g)
Marriages Superfines flour	3750	100	6250	100	10000
Water	3750	100	2750	65	6500
Yeast	7	0.19	150	1.5	157
Salt			200	2	200
Biga (wet)			7507	75	7507
Extra virgin olive oil			500	5	500
Required inclusion for rolling (not to be mixed into the dough)					
Caramelised red Onion			4200 (Raw weight 8000)	N/A	N/A
Gruyere			4200	N/A	N/A
TOTAL	7507		17357*		

*Excluding inclusions for rolling

Method

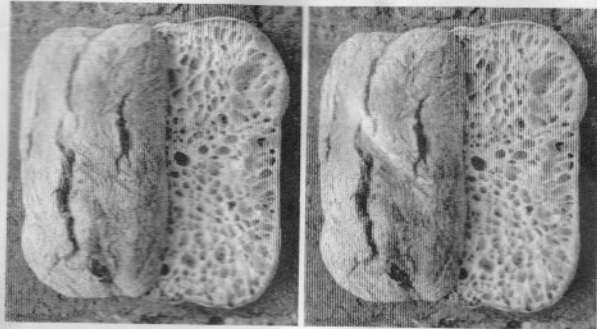
Key stage	Comments
Sunflower dressing preparation	Toast the sunflower seeds until golden brown, cool and blitz to a bread crumb texture. Be careful not to blend too far as this will form a paste. Combine the sunflower seed with sesame seed and semolina flour at the following ratio. Ground toasted sunflower: 400g Sesame seed: 400g Semolina: 100g
Caramelised red onion prep	Slice 8kg of red onion into wedges, add sugar, salt and balsamic vinegar. Roast on large lined baking sheets in a moderate heat deck oven.
Biga	Disperse the yeast into water and add flour and mix until dough comes together. Cover and bulk ferment for 12 to 18 hours at 18°C.
Mixing	Add all of the ingredients, with the exception of the oil and inclusions. Mix on slow speed until showing signs of strength. Then mix on fast speed until fully developed before gradually adding the olive oil over fast speed for a short period of time until incorporated. Dough should look soft and silky. <u>Mixing guideline</u> Mixer type = Spiral Speed 1 = 8 minutes Speed 2 = 2 minutes Speed 2 = 1 minutes (adding oil)
Bulk fermentation	Remove dough from the mixer and place into a lightly oiled dough container. Fold to neaten and cover. <u>Bulk ferment</u> Bulk ferment = 2 hours at 22°C
Folding	None

Dividing and bench rest	Evenly tip the dough onto the workbench and cut into even portions using a metal scraper. Apply even tension to shape into a long slipper. Evenly place dough pieces onto semolina and bench rest for 1 hour. <u>Scaling</u> Scaling weight = 700g Pre- shape = long slipper Bench rest = 60 minutes Resting temperature = 22°C
Pre prove finishing	Evenly stretch out the dough onto a lightly floured work surface and finger dock. The dough should resemble a slipper shape. To each slipper evenly apply the caramelised red onion (150g) and then grated gruyere (150g) over the slipper shaped dough. Then roll and stretch the dough in the fashion of a Swiss roll. There should be no visible filling. Next roll the entire dough on a dampened cloth placed in a shallow tray, making sure to use a food safe cloth. This prevents excessive water loading. Roll into the seed blend dressing. Shake off any excess. Then using a metal scraper cut all the way through the dough across the width so that there are two loaves. Pick up and place into a greased baking tin, ensuring filling is top side up. Sliced caramelised (cooked) red onion required for full batch = 4200g Grated gruyere required for full batch = 4200g
Final fermentation	<u>Final proof</u> Prove at 30°C for 45- 60 minutes.
Baking	Ensure the damper is closed. Place the tins on baking trays and load into the oven and inject full amount of steam. Release damper after 30 minutes Bake for a further 10 minutes and remove from oven and place on cooling racks. <u>Baking</u> Oven type = Deck Temperature = 230°C 40%/60% Steam = Full Baking time = 40 minutes Damper release = after 30 minutes

BT (58°C) - (flour temp + room temp) = 9.1°C
 ↳ go to early lean sheets ~ water temp



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Ciabatta with biga

Classic Italian bread, which is literally translated to mean "slipper", due to its shape. Ciabatta is a super hydrated dough that uses a biga for pre-ferment, and double hydration to achieve a very open and porous texture.

Dough yield = 20

Drop weight = 550g

BT = 58°C

FDT = 24°C

Recipe

28.8°C - flour
 22.1°C - room temp
 9.1°C = water

~~26°C dough~~
~~22.1°C room temp~~

Ingredients	Biga (g)	%	Dough (g)	Second stage water	%		Overall formula (g)	
T65 flour	2919	100			50	100	5000	10000
Marriages superfines flour			2919		50		5000	
Water	1751	60	3211	1167		85		8500
Yeast	5	0.1	21			0.4		40
Salt			117			2		200
Biga			4,675			80		8005
Extra virgin olive oil			60			1		100
TOTAL	4,675			11,003				

58 - (21 + 16.3)

Method

Key stage	Comments
Biga	Disperse yeast into water and add flour. Mix until the dough comes together. Cover and bulk ferment for 12 to 18 hours ideally at 18°C.
Dough mixing	Add the flour, salt, biga, first stage water and yeast to the mixer. Mix on slow speed for 8 minutes, until the dough starts to appear developed. Gradually add in second stage water. Dough should appear soft but with tenacity. Finally mix through the oil. <u>Mixing guideline</u> Mixer type = Spiral mixer. Speed 1 = 8 minutes Speed 2 = 6 minutes (add second stage water) Speed 2 = 30 seconds (add oil)
Bulk fermentation	Remove dough from the mixer and place into a lightly oiled dough container. Fold to neaten and cover. Prove for 3 hours at ambient. <u>Bulk ferment</u> Bulk ferment = 3 hours Fermentation temperature = 22°C.
Folding	Use wet hands to stretch and fold the dough, taking care not to tear. Folds = x4 @ 20-minute intervals
Dividing and shaping	Gently tip out the dough onto flour, flour the top, and tamp out to even. Using a baguette peel, or metal scraper, cut the dough in half lengthways. Push the sections apart to prevent sticking. Portion each half into slipper shapes, each weighing 550g. Gently pick up each portion and place, bottom down, onto a couche (dusted with semolina).

	<u>Shaping</u> Scaling weight = 550g Pre-shape = none Final shape = slipper
Final fermentation	Cover the shaped dough and prove for 10 – 20 minutes. <u>Final proof</u> Proving time = 10-20 minutes. Proving temperature = 22°C.
Baking	Ensure the damper is closed. Very gently transfer the dough from the couche to the oven setter and evenly distribute to avoid batching, taking care not to de-gas. Quickly load into the oven and inject the 1 second of steam. Release after 20 minutes. Remove from oven when optimum bake is achieved. <u>Baking</u> Oven type = deck Temperature = 230°C Steam = 1 second Baking time = 30 minutes Damper release = 20 minutes

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Orange and Raisin Sunshine Bread

This loaf is packed with 100% freshly pulped organic oranges, nutty toasted sunflower seeds and plump raisins which have been soaked in raspberry tea. The proportion of fruits and unique idea of using the whole orange used in this loaf are sufficient for it to be designated as rich in fibre.

Dough yield = 33

Scaling weight = 750g

BT = 60°C

FDT = 24°C

Recipe

Ingredients	Dough g	✓	%	Overall formula g
T65	10000		100	10000
Water	5700		57	5700
Fresh yeast	200		2	200
Orange pulp	2800		28	2800
Mature wheat levain	1000		10	1000
Salt	200		2	200
Toasted sunflower seed	2000		20	2000
Raspberry tea soaker				
Raisins	2000		30	2000
Raspberry tea (boiling water) and 6 bags	1000			1000
TOTAL	24900			

Method

Key stage	Comments
Seed toasting	Toast sunflower seed on baking tray at 200°C until golden brown and nutty aroma.
Mature wheat levain	60% hydration mature wheat levain (fermented at 18°C for 12 hours)
Raisin Tea Soaker	Pour boiling water over 6 raspberry teabags and allow to steep for at least 1 hour. Remove teabag before pouring over raisins, cover and allow to soak for at least 12 hours. Drain off any excess liquid. Allow raisins to dry.
Dough mixing	Mix the flour, water, yeast, mature wheat levain and salt on slow speed until a strong dough is developed before adding the orange pulp and toasted sunflower seeds on fast speed until the dough is fully developed. Then add the drained raisins on slow speed until evenly distributed. <u>Mixing guideline</u> Mixer type = Spiral Speed 1 = 10 minutes Speed 2 = 3 minutes (adding orange pulp and sunflower seeds) Speed 1 = 2 minutes (adding drained raisins)
Bulk fermentation	Remove dough from the mixer and place into a lightly oiled dough container. Fold to neaten and cover. <u>Bulk ferment</u> Bulk ferment = 2 hours at 22°C
Folding	None
Dividing and bench rest	Evenly tip the dough onto the workbench and cut into even portions using a metal scraper. Apply even tension to shape into a round and evenly distribute the rounded dough pieces onto wooden proving boards. <u>Scaling</u> Scaling weight = 750g Pre- shape = round Bench rest = 60 minutes Resting temperature = 22°C

Final shaping	After optimum bench resting shape the dough into a crown. Apply even tension throughout the dough. Dip the craggy side of the crown into sesame seeds and place onto flour lined couche. Final shape = crown
Final fermentation	<u>Final proof</u> 22°C for 45 minutes.
Final finishing	Carefully invert by flipping over the crown from the couche onto the oven setter so that the seam is on the top and evenly distribute to ensure no batching occurs. The seam provides a natural burst, so no scoring is required.
Baking	Ensure the dampers are closed. Use the setters to load the dough into the oven. Inject 10 seconds of steam. Release the damper after 20 minutes. Remove from the oven after 28 minutes with a baker's peel and place into cooling baskets. <u>Baking</u> Oven type = Deck Temperature = 230°C Steam = 10 seconds Baking time = 28 minutes Damper release = after 20 minutes

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