



THE SCHOOL OF
ARTISAN FOOD

Secondary Raw Materials

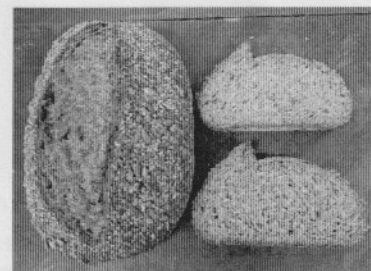
Pecan & Maple Bread, Challah & 3 Seed Levain

With Kevan Roberts

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Pecan & maple bread with bran

The use of natural syrup and toasted pecans & sesame seeds creates a unique sweet and nutty loaf.

Dough yield = 32

Scaling weight = 650g

BT = 58°C

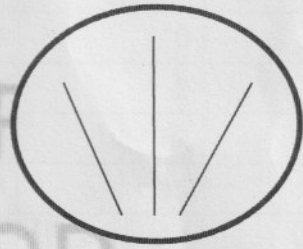
FDT = 24°C

Recipe

Ingredients	Sponge (g)	%	Dough (g)	%		Overall formula (g)	
T65			5500	55	100	5500	10000
Marriages superfines flour			2000	20		2000	
Wholemeal flour	2500	100		25		2500	
Water	1500	60	5500	70		7000	
Yeast	5	0.2	25	0.3		30	
Butter			500	5		500	
Maple syrup			800	8		800	
Salt			200	2		200	
Mature sponge			4005	40		4005	
Inclusions							
Toasted sesame seeds			300	3		300	
Toasted pecans			2000	20		2000	
Wheat bran soaker							
Wheat bran			100	1		100	
Water			200	2		200	
TOTAL	4005		21130				

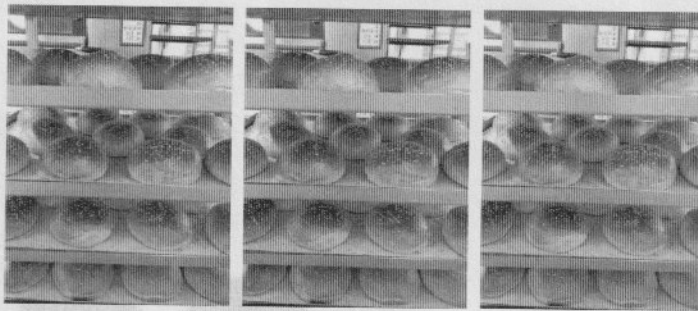
Method

Key stage	Comments
Sponge	Disperse the yeast into the water and add in the wholemeal flour. Mix by hand or in a spiral mixer until combined. Cover and ferment for at least 12 – 18 hours at 18°C
Toasting seeds & nuts	Pre-heat the oven to 200°C and roast until golden and a nutty aroma is achieved. Alternatively dry toast in a drying pan.
Wheat bran soaker	Add all the water to the wheat bran and allow to soak for at least 30 minutes.
Autolyse mixing	Mix the flour, water, and preferment. Mix on slow speed until slightly smooth. Place the dough into a container, cover and leave to autolyse.
Dough mixing	After the bran has soaked return the dough to the mixer add all the ingredients (except the pecans and sesame seeds). Mix on slow speed until nearly developed. Mixing on fast speed to develop the dough fully. Add in the inclusions on slow speed at the end of the mixing process, ensuring it is evenly dispersed. Check FDT <u>Mixing guideline</u> Slow speed = 6 minutes Fast speed = 2 minutes Slow speed = 2 minutes adding in inclusions.
Bulk Fermentation	Remove the dough from the mixer and place into a lightly oiled container and cover. <u>Bulk Ferment</u> 2 – 3 hours at 22°C

Folding	Neatly stretch and fold the dough inside the container. Take care not to tear the dough. Fold: 1 @ 1 hour, if required.
Dividing and shaping	Dust the workbench with flour and tip out the dough. Use a metal scraper to cut the dough into even portions, each weighing 650g. Apply even tension to shape the pieces into boule/batards. <u>Shaping</u> Scaling weight = 650g Final shape = boule/batards
Proving medium and finish	Roll the top in a dampened cloth and then into sesame seeds and place into flour dusted banneton smooth side down. Dusting medium = flour dusted boule/batard banneton.
Final fermentation	Place bannetons onto boards and prove at ambient until doubled in size. <u>Final proof</u> Proving time = 60 – 90 minutes Proving temperature = 22°C
Final finishing	Tap out the dough gently onto the setter, evenly distributing, before finishing with a central score for the batard or 3 scores for the boule. Score using a sharp blade. Cut for Batard  Cut for Boule 
Baking	Ensure dampers are closed. Load into the oven using setters and inject a full amount of steam. Release the damper after 30 minutes. Remove from the oven once optimal bake has been achieved. <u>Baking</u> Oven type = Deck Top temperature = 230°C



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Challah Burger Buns

Semi-enriched egg dough originating from Poland. Usually braided and typically eaten on ceremonial occasions such as Shabbat and major Jewish Holiday (other than Passover). Egg washing provides a high glaze finish to the product.

Dough yield = 190 buns

(12 per tray)

Scaling weight = 100g

BT = 56°C

FDT = 24°C

Recipe

Ingredients	Mature Levain (g)	%	Dough (g)	%	Overall formula (g)
T65	2300	100	7700	100	10000
Water	1380	60	3200	45.8	4580
Wheat Levain Starter	230	10		2.3	230
Fresh Yeast			200	2	200
Sugar			1000	10	1000
Vegetable oil			1000	10	1000
Salt			200	2	200
Egg, yolk only			700	7	700
Egg, whole			1500	15	1500
Mature Levain			3910	39	3910
TOTAL	3910		19410		

Method

Key stage	Comments
Mature levain	Mix the wheat levain starter, flour to the water and mix on slow until it comes together. Cover and ferment for 12 – 18 hours at 18°C. <u>Mixing guideline</u> Mixer type = Spiral Slow speed = 3 minutes
Dough mixing	Place all ingredients into the mixer and mix on slow speed until developed. Increase to second speed and mix until fully developed. Check FDT. <u>Mixing guideline</u> Mixer type = Spiral Speed 1 = 10 minutes Speed 2 = 2 minutes.
Bulk fermentation	Remove dough from the mixer and place into a lightly oiled container. Fold to neaten and cover. <u>Bulk Ferment</u> 2 hours at ambient or Overnight at 4°C.
Folding	None
Dividing & final shaping	Tip out the dough onto the workbench lightly dusted with flour. Using a metal scraper divide the dough into even squares and mould into rolls. Allow to rest for a short period the using a rolling pin flatten into a disk. <u>Shaping</u> Scaling weight = 100g Resting temperature = 22°C

	Place onto a lined baking tray, ensuring even distribution of 12 per tray.
Pre-prove finishing	Egg wash
Final fermentation	Place in a prover for 1 – 2 hours at ambient, or until doubled in size.
Post-prove finishing	Once fully proved, egg wash once more. Dress with sesame/poppy seeds if desired.
Baking	Ensure the damper is closed. Load the trays into the oven and bake for approximately 12 minutes or until a rich golden-brown colour. Once baked place into cooling baskets. <u>Baking</u> Oven type = Deck Temperature = 220°C 60% / 20% Steam = none Baking time = 12 min Damper release = none

Egg wash recipe

Ingredients	(g)
Whole egg	1
Egg yolk	1
Salt	pinch

Method

Key stage	Comments
Egg wash	Whisk the eggs and salt together. Sieve and store at 4°C overnight.



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3 Seed Levain with Soaker

48 hours fermented stoneground white levain dough using toasted sesame and sunflower seed and a linseed soaker, to achieve a rich nutty flavour. Seed soakers also help extend the baked shelf life by changing the available water level & reduces starch degradation.

Dough yield = $31 \times 2 = 62ish$

Scaling weight = 650g ^{700g}

BT = 58°C → Base Temp

FDT = 24°C → Final Dough Temp

half 0 and half 0

Recipe

double this recipe

Ingredients	Levain (g)	%	Dough (g)	Second stage water	%	Overall formula (g)
785	3000 1500	100			15 100	1500 8500 10000
785			1700 8500			
Water	3000 1500	100	1000 4500	1000	70	7000
Wheat levain starter	300 150	10			1.5	150
Salt	None		200 100		1	100
Mature wheat levain			6300 3150		31.5	3150
Soaker						
Toasted sesame seed			800 400		4	400
Toasted sunflower seed			1700 800		8	800
Brown linseed			800 400		4	400
Water			2400 1200		12	1200
Salt			200 100		1	100
TOTAL	3150		20150			

Method

676g
for this recipe ~~676g~~ per 100g

pre
day

Key stage	Comments
Mature levain ↳ starter	Mix wheat levain starter, flour, and water on slow speed until the dough comes together. Cover and bulk ferment for 12 hours at 18°C. <u>Mixing guideline</u> Mixer type = By hand
Seed toasting	Toast the sunflower and sesame seeds on a baking tray at 200°C until golden brown and give off a nutty aroma. Alternatively dry toast in a pan at moderate heat.
Seed soaker	Mix the linseed, toasted sesame and sunflower seeds with the cold water and salt. Cover and allow to soak overnight at room temperature.
Autolyse	Mix the flour, mature levain and first stage water. Mix on slow speed until slightly smooth. Place the dough in a container and cover. Leave to autolyse for 30 minutes. Autolyse mixing time = 4 minutes Mixing speed = 1 Autolyse time = 30 minutes.
Dough mixing	Return dough to the mixer. Add the soaker and salt and mix on slow speed to develop good strength, gradually add the second stage water to fast speed until fully developed. Check FDT. <u>Mixing guideline</u> Speed 1 = 8 minutes for the soaker and salt (use reverse intermittently). Speed 2 = 2 – 3 minutes for the second stage water.
Bulk fermentation	Remove the dough from the mixer and place into a lightly oiled container. Fold to neaten and cover.

	<u>Bulk ferment</u> 3 – 4 hours at 22°C
Folding	Neatly stretch and fold the dough inside the container, be careful not to tear the dough. x 3-fold at 30 minutes intervals
Dividing and shaping	Lightly dust the workbench with flour and tip out the dough. Cut the dough into even portions using a metal scraper, each weighing 650g. Apply even tension to shape the pieces into rounds and evenly distribute onto wooden proving boards. Cover and rest for 30 minutes. <u>Shaping</u> Scaling weight = 650g Pre-shape = round Bench rest = 30 minutes
Final shaping	After resting, apply even tension to shape the dough into a round using the stitching method. Place dough smooth side down into pre-dusted proving basket. Final shape = boule Dusting medium = semolina/flour dusted round bannetons.
Final fermentation	Cover to ensure no dough skinning and retard overnight. <u>Final proof</u> Overnight at 4°C.
Finishing	Gently position the rounds onto an oven setter. Score the top with a central score, using a sharp blade. Score = x2 "Scottish flag" 

Baking	Ensure the dampers are closed. Use the setters to load the boules into the oven. Inject a full amount of steam. Release the damper after 30 minutes. Remove from the oven after 40 minutes with a baker's peel and place into cooling baskets. <u>Baking</u> Oven type = Deck Temperature = 240°C Steam = full Baking time = 40 minutes Damper release = 30 minutes

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