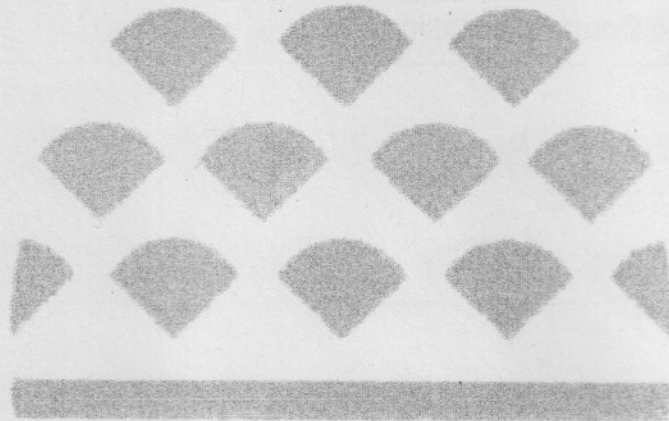




THE SCHOOL OF
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Term One – Induction & Basic Shaping Techniques



White & Brown Tin Loaves

With Kevan Roberts

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White Tin Bread (hand Mixed)

Dough yield = 1

Scaling weight = 520g

BT = 68°C

FDT = 24°C

Recipe

Ingredients	Dough g	✓	Bakers %	Overall formula g
Organic Strong White Bread Flour	300		100	300
Fresh Yeast	6		2	6
Salt	6		2	6
Water	189		63	198
Butter	6		2	6
Mature wheat levain	30		10	30
TOTAL	537			

Method

Key stage	Comments
Autolyse	Place the flour, water and butter into a bowl, then mix. Use the finger tips of one hand, as if your hand is a paddle, while the other hand gradually rotates the mixing bowl. Continue until a coarse dough is formed. Do not add the salt, yeast and levain at this stage. Cover the bowl, to prevent the dough from drying out, and leave in a draught-free place for one hour. <u>Mixing guideline</u> Autolyse mixing time = 4 mins. Autolyse mixing medium: by hand. Autolyse time = 1 hour. Holding temperature = 22°C (room temperature).
Mix by hand (kneading)	Crumble the yeast into the mix and knead in the bowl until evenly distributed. Add the salt and mature wheat levain and knead again until the salt clears. Around the clock kneading (ACK) method Place one hand on the rim of the bowl to steady. The other hand then pulls the edge of the dough from the outside (imagine the 12 o'clock position), stretching it slightly upwards and then in, over the dough, towards the centre. This process is then repeated around the dough at 1 o'clock, 2 o'clock etc. Cover the dough and allow to rest for a couple of minutes before repeating. Repeat ten times, or until the dough is smooth and elastic. <u>Mixing guideline</u> Mixer type = Bowl (hand). Stage 1: Add yeast. Stage 2: Mix. Stage 3: Add salt and mature wheat levain.

	Stage 4: Knead.
Bulk fermentation	Place the dough in a lightly oiled container, cover and allow to rise at room temperature, until doubled in size (approximately 90 minutes). <u>Bulk ferment</u> 90 minutes at 22°C.
Fold	Fold the dough once, 30 minutes after bulk fermentation start. Use wet hands and fold using the ACK technique. Try not to tear the dough. <u>Folding</u> x1 at 30 minutes.
Divide and shape	Using a little flour, shape the dough into a batard, applying even tension. Place smooth side up into well-greased tins. <u>Shaping</u> Scaling weight = 520g Final shape = batard/loaf
Pre-prove finishing and final fermentation	Dust the top with flour and score five times, diagonally. Prove at ambient temperature until doubled in size. <u>Final proof</u> Proving medium = tins Proving time = 1-1.5 hours Proving temperature = 22°C.
Baking	Place the tins on baking trays and quickly load into the oven. Inject the full amount of steam, ensuring that the damper is closed. Bake for approximately 40 minutes, releasing the damper after 25 minutes. Once optimum bake is achieved, take the loaves out of the oven.

Remove bread from the tins and place into cooling baskets.

Baking

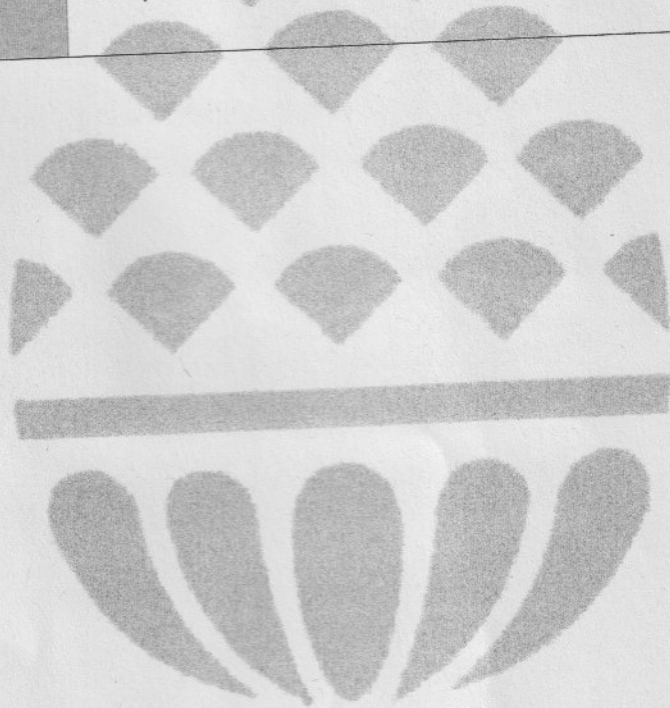
Oven type = deck

Temperature = 240°C

Steam = full

Baking time = 40 minutes

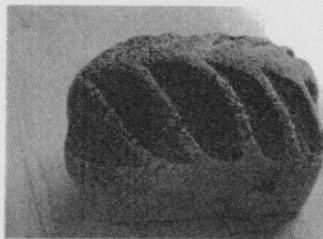
Damper release = 25 minutes



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Wholemeal Tin Bread (hand Mixed)

Dough yield = 1

Scaling weight = 500g

BT = 68°C

FDT = 24°C

Recipe

Ingredients	Dough g	✓	Bakers %	Overall formula g
Wholemeal bread flour	300		100	300
Fresh yeast	9		3	9
Salt	6		2	6
Water	210		70	210
Mature rye levain	60		20	60
Butter	30		10	30
TOTAL	615			

- Flour side of bowl
- use scraper to form dough before using hands
- mix in bowl
- throw

Method

Key stage	Comments
Autolyse	Place the flour, water and butter into a ^{side of bowl} bowl. Then mix, using finger tips as though your hand is a paddle, whilst the other hand gradually rotates the mixing bowl. Continue until a coarse dough is formed. Do not add the salt, yeast and levain at this stage. Cover the bowl, to prevent the dough from drying out, and leave in a draught-free place for one hour. <u>Mixing guideline</u> Autolyse mixing time = 4 mins. Autolyse mixing medium: by hand. Autolyse time = 1 hour. Holding temperature = 22°C (room temperature).
Mix by hand (kneading)	Crumble the yeast into the mix and knead in the bowl until evenly distributed. Add salt and mature wheat levain and knead again until the salt clears. Around the clock kneading (ACK) method Place one hand on the rim of the bowl to steady. The other hand then pulls the edge of the dough from the outside (imagine the 12 o'clock position), stretching it slightly upwards and then in, over the dough, towards the centre. This process is then repeated around the dough at 1 o'clock, 2 o'clock etc. Cover the dough and allow to rest for a couple of minutes before repeating. Repeat ten times, or until the dough is smooth and elastic. <u>Mixing guideline</u> Mixer type = Bowl (hand). Stage 1: Add yeast. Stage 2: Mix. Stage 3: Add salt and mature wheat levain. Stage 4: Knead.

Bulk fermentation	Place the dough in a lightly oiled container, cover and allow to rise at room temperature, until doubled in size (approximately 90 minutes). <u>Bulk ferment</u> 90 minutes at 22°C.
Fold	Fold the dough once 30 minutes after bulk fermentation start. Use wet hands and fold using the ACK technique. Try not to tear the dough. <u>Folding</u> X1 at 30 minutes.
Divide and shape	Using a little flour, shape the dough into a batard, applying even tension. Place smooth side up into well-greased tins. <u>Shaping</u> Scaling weight = 500g Final shape = batard/loaf
Pre-prove finishing and final fermentation	Roll on a dampened cloth, then in brown rice flour. Score five times, diagonally. Prove at ambient until doubled in size. <u>Final proof</u> Proving medium = tins Proving time = 1-1.5 hours Proving temperature = 22°C.
Baking	Place the tins on baking trays and quickly load into the oven. Inject the full amount of steam, ensuring that the damper is closed. Bake for approximately 40 minutes, releasing the damper after 25 minutes. Once optimum bake is achieved, take the loaves out of the oven. Remove bread from the tins and place into cooling baskets.

Baking

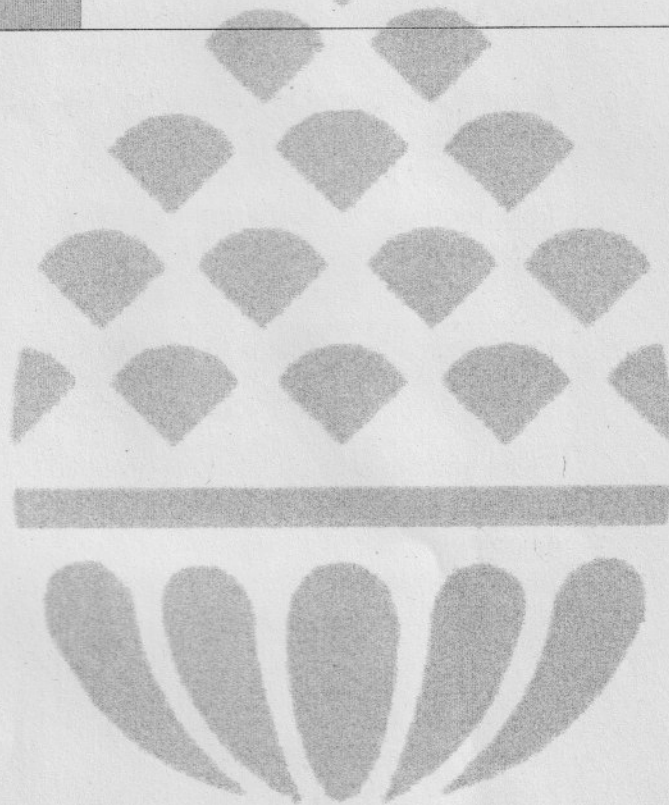
Oven type = deck

Temperature = 240°C

Steam = full

Baking time = 40 - 45 minutes

Damper release = 25 minutes



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Base Dough for shaping

BT = 65°C

FDT = 24°C

Recipe

Ingredients	Levain g	Dough g	√	Bakers %	Overall formula g
T55	228	1000		100	1228
Water	148	680		68	828
Salt		20		2	20
Fresh Yeast		10		1	10
Wheat levain starter	24				24
Mature wheat levain		400		40	400
TOTAL	400	2110			

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Method

Key stage	Comments
Levain	Using a wheat levain starter, add the flours to the water and mix on slow speed until dough comes together. Cover and bulk ferment for 12 hours at 18°C.
Autolyse Mixing	Weigh and add the flour and water. Then mix on slow speed until the dough looks as though it is slightly smooth. Remove the dough from the mixer and place into a dough tub and cover. Allow to Autolyse.
Dough mixing	After Autolyse place the dough back into the spiral mixer, add the yeast and mix for 7 minutes on slow speed until good strength is achieved and fully developed.
Bulk fermentation	Bulk ferment = 1.5 hours at 22°C
Folding	Fold the dough once after 45 minutes.
Shaping and baking	Shape and bake accordingly.

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