



COOKING CLASSES
AT SUR LA TABLE

FOCUS SERIES:
2-DAY BREAD WORKSHOP

WITH SUR LA TABLE CHEF

MENU:

RUSTIC DUTCH OVEN FRENCH BREAD
ITALIAN ROSEMARY AND ROASTED GARLIC
FOCACCIA

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

- Purchase ingredients for which ever flavored butter you'd like to make in class. Or make both! These butters can be kept in the freezer for about 1 month.

Produce

- 1 head garlic
- 1 package fresh rosemary

Pantry/Dry

- 3 1/2 tablespoons instant dry yeast
- 1/4 cup granulated sugar
- 4 pounds 8 ounces unbleached all-purpose flour
- Kosher salt
- About 1/2 cup extra-virgin olive oil

Refrigerated

- 1/4 cup whole milk

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef's knife
- Bread knife
- Cutting board

Hand Tools/Gadgets

- Liquid measuring cups
- Dry measuring cups and spoons
- Whisk
- Mixing bowls, various sizes, at least 1 very large bowl
- Bowl scraper
- Bench scraper
- Pastry brush
- Wooden spoon

Electrics

- Digital scale
- Stand mixer with dough hook

Bakeware

- Rimmed baking sheet
- Dutch oven or bread oven
- Small baking dish (to make roasted garlic)
- Shallow metal or cast iron pan
- Bread lame, optional

Other

- Parchment paper
- Plastic Wrap
- Foil

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- Feel free to pre-measure ingredients, but it is not necessary.

Before Day 1 Class:

1. Have all ingredients set out on counter ready for use.
2. Preheat oven to 400°F.

Day 1:

- Prepare dough
 - Roast garlic
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Before Day 2 Class:

1. 1 hour before class remove doughs from the refrigerator and allow to come to room temperature.
3. Preheat oven to 450°F and place a rack in the center or low enough to accommodate your Dutch oven.

Day 2:

- Shape breads
- Bake bread

ROSEMARY AND ROASTED GARLIC FOCACCIA

Yield: 1 pan of focaccia

A close cousin to pizza, focaccia is made from high-gluten flour, salt, oil, yeast and water. Typically baked as wide, flat sheets, focaccia is dimpled on top and coated with olive oil, herbs and salt. Focaccia can also be used as a base for pizza or split to make sandwiches.

3 cups warm water (105° to 115°F)

2 tablespoons instant dry yeast

1/4 cup sugar

2 pounds plus 8 ounces unbleached all-purpose flour, divided

2 teaspoons kosher salt

Roasted garlic:

1 head garlic, halved crosswise

1 tablespoon extra-virgin olive oil

kosher salt

1/3 cup extra-virgin olive oil, plus more for coating the sheet pan

1/2 cup fresh rosemary leaves

1 tablespoon kosher salt

- 1. Action:** In a large mixing bowl, dissolve the yeast in warm water and allow to sit for 5 to 10 minutes, or until mixture is foamy. If mixture doesn't foam, discard and start again with a new batch of yeast.
2. Add the sugar, 2 pounds of flour, and salt and mix either by hand or with a stand mixer fitted with a paddle attachment until the mixture is thoroughly blended. Turn the dough out onto a floured surface, and knead until smooth and elastic, about 5 minutes. Add remaining flour as necessary to keep the dough from sticking, but it should remain soft. Form the dough into a ball, transfer to a large, oiled mixing bowl, and turn it to coat the dough with oil. Cover bowl with plastic wrap and allow the dough rise in a warm place until it doubles in bulk, about 1 1/2 hours. The dough may be made up to this point, punched down, kept covered and chilled overnight. Allow the dough to return to room temperature before proceeding with the recipe.
3. **To roast garlic:** Preheat oven to 400°F. Place the garlic halves, cut side up, in a small shallow baking dish. Brush each half with olive oil and season with salt. Cover dish tightly with aluminum foil and transfer to the preheated oven. Roast garlic until golden and soft, 45 to 50 minutes. Remove dish from oven, uncover, and set aside until garlic is cool enough to handle. Squeeze roasted garlic cloves into a small bowl, lightly mash, and set aside. Turn off the oven.

4. Press the dough evenly into a well-oiled rimmed baking sheet and let it rise in a warm place, covered loosely, for 1 hour or until almost doubled in bulk. Combine 1/3 cup oil, roasted garlic and rosemary leaves in a small mixing bowl and set aside.

5. Increase oven to 450°F. Using your fingertips, dimple the dough evenly across the surface to make ¼-inch deep indentations. Using a silicone pastry brush, coat the focaccia with the herb oil and sprinkle lightly with sea salt. Place in preheated oven and bake until the top is golden brown, 20 to 25 minutes. Allow the focaccia to cool in the pan on a wire rack and serve warm or at room temperature, or split for sandwiches if desired.

RUSTIC DUTCH OVEN FRENCH BREAD

Yield: 3 or 4 loaves, depending on size

3 cups lukewarm water, about 105°F

32 ounces unbleached all-purpose flour

1 tablespoon sea salt

1 1/2 tablespoons instant yeast

1/4 cup whole milk, for brushing

1. Combine all of the ingredients in a large mixing bowl, or a large (6-quart) food-safe plastic bucket.
2. Mix and stir everything together to make a very sticky, rough dough. If you have a stand mixer, beat at medium speed with the beater blade for 30 to 60 seconds. If you don't have a mixer, just stir-stir-stir with a wooden spoon or dough whisk until everything is combined.
3. *Let the dough rise:* If you've made the dough in a plastic bucket, you're all set – just let it stay there, covering the bucket with a lid or plastic wrap; a shower cap works well here. Transfer the dough to a large bowl as it will rise significantly. There is no need to grease the bowl, though you can if you like; it makes it a bit easier to get the dough out when it's time to bake the bread. Cover the bowl and let the dough rise at room temperature for 2 hours. Then, refrigerate it for at least 2 hours, or for up to about 7 days. (If you are pressed for time, skip the room temperature rise and stick it right into the fridge.) The longer you keep the dough in the fridge, the tangier it'll get; if you chill it for 7 days, it will taste like sourdough. Over the course of the first day or so, it'll rise and then fall. That's OK; that's what it's supposed to do.
4. When you're ready to make the bread, sprinkle the top of the dough with flour; this will make it easier to grab a hunk. Grease your hands and pull off about 1/4 to 1/3 of the dough – a 14 ounce to 19 ounce piece, if you have a scale. It'll be about the size of a softball or a large grapefruit.
5. Transfer the sticky dough onto a floured work surface and round it into a ball or a longer log. Don't fuss around trying to make it perfect; just do the best you can.
6. Place the dough on a piece of parchment. Sift a light coating of flour over the top; this will help keep the dough moist as it rests before baking.
7. Let the dough rise for about 45 to 60 minutes. It won't appear to rise upwards that much; rather it'll seem to settle and expand. Preheat your oven with the Dutch Oven large enough to accommodate the bread to 450°F while the dough rests. Place a shallow metal or cast iron pan (not glass, Pyrex or ceramic) on the lowest rack and have 1 cup of hot water ready to go.
8. When you're ready to bake, take a sharp knife and slash the bread 2 or 3 times, making a

cut about 1/2-inch deep. The bread may deflate a bit; that's OK, it'll pick up right in the oven. Using a silicone pastry brush, lightly brush the loaf with milk.

9. Transfer the bread to the Dutch oven and place in the oven. Carefully pour the 1 cup of hot water into the shallow pan on the rack beneath. It'll bubble and steam; close the oven door quickly.

10. Bake the bread until it is a deep, golden brown, 25 to 35 minutes. Remove the bread from the oven and cool it on a rack. Store the leftover bread in a plastic bag at room temperature.

Basic Bread Baking Steps

Measuring Ingredients, or Scaling

It's very important to measure all ingredients in a bread recipe by weight whenever possible. This is the easiest way to ensure that the final bread product will be consistent each time it is made. Even the slightest variations in an ingredient such as yeast will result in a larger variation in the bread recipe. Ingredients should be weighed on a scale, digital being the easiest to read and use. When you weight ingredients, 4 ounces of flour will always be 4 ounces of flour, but when scooping a cup of flour, the weight can range between 4 and 6 ounces.

Mixing and Kneading, or Gluten Development

All ingredients must be thoroughly mixed. This is usually done by “squeezing” the liquid throughout the dry ingredients. Next comes kneading, where the dough is “folded” over onto itself repeatedly, until the desired consistency is reached. This develops the gluten protein in the flour, which gives the bread structure. Longer kneading times will result in a “tighter” bread, meaning there will be fewer airy pockets within the bread.

Rising, or Fermentation

The dough is covered and left alone until doubled in volume, which can take anywhere from 45 to 90 minutes, but times can vary. This allows the yeast to process sugar in the dough and produce carbon dioxide, which “inflates” the dough, creating tiny air pockets in the finished bread.

Punching and Folding

The dough is folded over onto itself to expel excessive amounts of carbon dioxide. Punching also redistributes the yeast to encourage even fermentation. Punching is generally followed by one more period of fermentation.

Scaling or Portioning

The mass of dough is cut into smaller pieces of uniform weight. The weight depends only on the desired product. For example, the dough may be cut into 3 ounce portions if 3 ounce rolls will be made.

Pre-Shaping

The individual scaled pieces are roughly shaped into round spheres or square masses of dough. This preshaping encourages the gluten to be formed into the desired final shape before baking.

Bench Resting

After preshaping, the dough must rest on the table, sometimes called the bench. This allows the gluten to relax so that it does not get overworked and torn. The dough should rest for twenty minutes for full gluten relaxation.

Shaping and Panning

The dough pieces are formed into the final desired shape and are placed on a sheet pan for baking.

Proofing

Proofing the final shaped dough is another process of fermentation. The dough is left to sit until the yeast typically doubles in size. This allows any air pockets to reinflate after being punched down by the shaping process.

Baking

The bread is baked in a preheated oven. For lean breads (doughs with no fats, sugars, or other enriching agents), higher temperatures are used (typically 400 to 450 degrees). Richer breads are usually baked between 350 and 400 degrees.

Cooling

Bread must be left to cool on a cooling rack before being sliced open. Freshly baked warm bread still contains many gases remaining from the yeast that must be “exhaled” in the cooling process. In addition, the protein structure of the bread does not fully solidify until the bread is allowed to cool. Slicing into warm bread will make the final product dense.

Storing

Bread with a firm outer crust should be stored in paper bags to avoid becoming soft. Bread with a soft outer crust should be stored in plastic to avoid becoming stale.

A Note About Yeast

Yeast is a biological organism used to leaven, or rise, bread. There are three common types of yeast used in baking: fresh yeast; active dry yeast; and instant dry yeast. Depending on the type of yeast used, the amount may need to be adjusted within any given recipe.

Many bread recipes specify instant dry yeast since it is easy to find, store and use. If you would like to use active dry yeast, simply multiply the amount given by 1.5. If you are using fresh yeast, multiply the number in the recipe by 4. For example, 10 g of instant dry yeast is equal to 15 g of active dry yeast, or 40 g of fresh yeast.

It is also important to note that yeast can be killed if it is mixed in a liquid with salt, or if a liquid added to the dough is too hot. Ideal liquid temperatures range between 90 and 100 degrees and should never exceed 120 degrees.

Diagnosing Bread Baking Issues

Even under the best conditions, breads can turn out different than what you expect. Below are a few of the most common issues with baked bread how to avoid them in the future:

Dense Bread

The dough never rose! This is most likely caused by bad yeast, or worst yet, expired yeast. As mentioned above, yeast can be killed if the liquid added is too hot, or if it stays in direct contact with salt.

Poor Shaping

When shaping bread before proofing, make sure any seams are pinched shut and positioned on the bottom of the bread. This will ensure that the bread will bake evenly and should also prevent splitting.

Blistering

Large bubbles may form in the crust if the bread is proofed too long just before baking. Blisters may also form if excess gas was not pressed out of the dough during final shaping.

Uneven Crumb

If the interior of the bread, or crumb, is uneven or streaky looking, this is probably an indication of poor gluten development. In other words, the dough was kneaded either too long or not long enough. The dough must be kneaded until it is smooth and uniform. If it feels lumpy, continue kneading. If the dough feels tight and starts to tear before it gets smooth, let it rest for a few minutes before kneading again.