



COOKING CLASSES
AT SUR LA TABLE

2-DAY WHOLE WHEAT BREAD WORKSHOP

WITH SUR LA TABLE CHEF

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.

Bread Ingredients

- Canola, or vegetable oil
- ¼ ounce active dry yeast
- 3 ounces honey
- 13 ¾ ounces bread flour
- 5 ounces whole wheat flour, plus more if needed
- Kosher salt
- 2 ½ ounces cracked wheat
- 2 tablespoons poppy seeds
- 2 tablespoons white or black sesame seeds (or both)
- ¾ ounce raw sunflower seeds
- 2 ounces pumpkin seeds

Honey Butter Ingredients

- 4 ounces unsalted butter
- ¼ cup honey
- Kosher salt

Tapenade Butter Ingredients

- 4 ounces unsalted butter
- 1/3 cup mixed olives, pitted and finely chopped
- 2 tablespoons mixed herbs such as parsley, basil, and mint
- Pinch red pepper flakes
- Kosher salt and freshly ground black pepper to taste

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
- Bowl scraper
- Bench scraper
- Pastry brush
- Fork

Electrics

- Stand mixer with dough hook

Bakeware

- Rimmed baking sheet

Other

- Parchment paper
- Plastic Wrap

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.

Day 1:

- Prepare dough
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Before Day 2 Class:

1. 1 hour before class remove dough from the refrigerator and allow to come to room temperature.
2. Set butter out at room temperature.
3. Preheat oven to 375°F and place a rack in the center.

Day 2:

- Shape bread
- Make flavored butters
- Bake bread

SEEDED WHOLE WHEAT BOULE

Yield: 2 loaves

A boule is a traditionally shaped French bread, resembling a flattened ball. It is a rustic loaf shape into which many flours can be made. Enjoy this hearty loaf with your favorite soup, salad, either buttered or plain.

Vegetable or canola oil, for greasing bowl

8 ounces warm water (105 to 110 degrees), plus more as needed if dough is dry

1/4 ounce active dry yeast or 1 ounce fresh yeast

3 ounces honey

13-3/4 ounces bread flour

5 ounces whole wheat flour, plus more if dough is too moist, and for dusting

1-1/2 teaspoons kosher salt

2 ounces canola or sunflower oil

2-1/2 ounces cracked wheat

2 tablespoons poppy seeds

2 tablespoons white or black sesame seeds

3/4 ounce raw sunflower seeds

2 ounces pumpkin seeds, divided

1. Grease a large mixing bowl with vegetable oil to coat, set aside.
2. To a small mixing bowl add warm water, yeast, and honey. Whisk together and set aside until yeast begins to foam, 5 to 10 minutes.
3. To the bowl of a stand mixer fitted with a dough hook add bread flour, whole wheat flour, and salt. Increase mixer speed to medium to mix flours.
4. To the yeast mixture add oil, mix well. With the stand mixer running on medium slowly stream in the yeast mixture. Mix until the dough comes together in a soft, elastic ball that begins to pull away from the side of the bowl, about 8 minutes. If the dough is too sticky, add flour in 1 tablespoon additions. If the dough is too dry, add water in 1/2 teaspoon additions.
5. Add cracked wheat, poppy seeds, sesame seeds, sunflower seeds, and 1 ounce pumpkin seeds to dough, mix on medium-low until seeds are incorporated evenly into dough.
6. To a lightly floured surface, using a dough scraper, remove all dough from mixing bowl. Knead with your hands a few times to ensure seeds are well distributed throughout the dough. Transfer dough to oiled mixing bowl, turning the dough a few times to lightly coat in the oil. Cover bowl with plastic wrap and place in refrigerator to rise overnight.

7. Remove dough from refrigerator and set aside to come to room temperature. Meanwhile, line a rimmed baking sheet with parchment paper and set aside. Preheat oven to 375°F and place a rack in the center of oven.
8. Roughly chop remaining 1 ounce pumpkin seeds, set aside.
9. Turn dough out onto a clean, lightly floured surface. Using a dough scraper, divide dough in half. Shape each half into tight rounds.
10. Roll each dough round in the chopped pumpkin seeds to coat the top of each loaf. Place both rounds of dough on the prepared baking sheet. Cover loosely with plastic wrap and set aside to rise until doubled in size, about 45 minutes.
11. Transfer the baking sheet to the preheated oven and bake until loaves are lightly browned and sound hollow when tapped, 35 to 40 minutes. Transfer baked loaves to a wire cooling rack. Cool completely before slicing.

HONEY BUTTER

1 stick (4 ounces) unsalted butter, softened
1/4 cup honey
1/4 teaspoon kosher salt

1. **To prepare the honey butter:** To a small bowl, stir together the softened butter, honey and salt using a fork. Set aside.

TAPENADE BUTTER

1 stick (4 ounces) unsalted butter, softened
1/3 cup mixed olives, pitted and finely chopped
2 tablespoons mixed herbs such as parsley, basil, and mint
Pinch red pepper flakes
Kosher salt and freshly ground black pepper to taste

1. **To prepare the tapenade butter:** To a small bowl, stir together the softened butter, olives, herbs, red pepper flakes with a fork. Taste and adjust seasoning with salt and pepper. Set aside.

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.