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Bread making per the book “The New Artisan Bread in Five Minutes a Day” by Jeff Herzberg, M.D. & Zoe Francois

1. Class Schedule

Enjoy Just Baked muffin bread at start of class. (Dough mixed & rose the day before with double water)

THREE METHODS TO MAKE BREAD

- 1. Dough from the frig – mix before (able to form dough by hand) [Round & Baguette]
- 2. Mix Dry Ingredients at 70° F (smooth with a spoon & water) [Pan & Flat Bread]
- 3. Mix Dry Ingredients at 70° F: 2x Water (able to pour dough) [Pan & Flat Bread]

The following will be done for the three methods listed above:

- Standard Artisan Round Loaf
- Bread in a Pan
- Baguette Bun
- Flat Bread

2. Dry Ingredients

- Buy in large size & store in freezer
- Pre-measure ingredients into ZIP LOCK bags
- Store bags in freezer
- Use a Kitchen Aid mixer or equivalent instead of a spoon
- Take dry ingredient bags out of frig or freezer the night before to bring to room temperature
- Pre-mix dough
 - Store a supply of dough in the frig or freezer
 - Can store in the frig for up to a month

3. How to mix ingredients

- Pre-measured ingredients in ZIP lock bags
- Ingredients are at room temperature
- Put yeast & salt (& gluten if used) in mixing bowl
- Heat water to 100° F – See Section 5 Master Flour Recipe for amount of water
- Add water to bowl & mix
- Add flour to bowl & mix

4. Ways to Make Bread & Pizza

4.1 Dough from frig to make a loaf – able to form dough by hand

NOTE: The dough was mixed, rose & put in frig the day before

- Pre-heat oven to 450° F
- Get dough from frig
- Put baking stone in center of oven
- Put parchment paper on work area & dust with flour
- Put dough on parchment paper
- Form loaf by hand
- Check that the oven is 450° F before continuing
- Add a pan of water to bottom of oven
- Cut off excess parchment paper
- Put dough on stone in the oven
- Bake dough for about ~30 minutes at 450° F

4..2 Same Day Mix & Bake – must smooth dough with a spoon & water

- Pre-heat oven to 450° F
- Put baking stone in center of oven
- Mix per Section 3 How to mix ingredients
- Spray bread pan(s) with Cooking Oil & put dough in bread pan(s)
- OR Put parchment paper on work area & spray with Cooking Oil
 - Put dough on paper
 - Pick up paper & put in a bowl
- Smooth dough with spoon & water
- Fill mixing bowl with water to make cleaning easy
- Let dough rise for 2 hours
- Add a pan of water to bottom of oven
 - Cut off excess parchment paper
- Wait until the oven get to 450° F before continuing
- Bake all loafs
 - Or put some in the frig for later
- Put bread pan in oven or dough on stone in the oven
- Bake dough for about ~30 minutes at 450° F

4..3 Same Day Mix & Bake 2x Water – able to pour dough

- Pre-heat oven to 450° F
- Put baking stone in center of oven
- Mix per Section 3 How to mix ingredients
- Spray cup cake pan with Cooking Spray
 - Pour dough in cup cake pans – eack cake about half full
- OR Put parchment paper on pie tin or other device to contain the liquid for Flat Bread
 - Spray with Cooking Oil
 - Pour dough on paper like pancakes (make one big very thin pancake)
 - Bake on pie tin or other device

NOTE: Lots of water in dough to cook out: keep dough small or thin

- Fill mixing bowl with water to make cleaning easy
- Let dough rise for 2 hours
- Wait until the oven get to 450 degrees F before continuing
- Add a pan of water to bottom of oven
 - Cut off excess parchment paper
- Putcup cake pan in oven or dough on stone in the oven
- Bake dough for about ~30 minutes at 450° F
 - Bake Flat Bread ~20 minutes

4..4 Make Flat Bread

- Put pizza baking stone in the center of oven
- Set oven to 450 degrees F
- Chose one of the following for dough:
 1. Just Mixed go to Section 4..1.1
 2. Double Water go to Section 4..2
 3. From the Frig go to Section 4..4.3
 4. To make pizza go to section 4..4.4
- Let rise for 2 hours
- Cut off excess parchment paper
- Wait until the oven get to 450 degrees F before continuing
- Use peel to put dough in oven on stone
- Cooking time is 10 to 20 minutes

4..4.1 Just mixed Dough

- Put parchment paper on work area
- Spray with cooking spray
- Put dough on paper
- Spray another piece of parchment paper with cooking spray
 1. Put parchment paper on top of dough – sprayed side down
 2. Flatten with a large frying pan or equivalent
 - i. OR use a rolling pin
 3. Remove top parchment paper
- Go back to Section 4..4 and continue

4..4.2 Double Water Dough

- Put parchment paper on pie tin
- Spray with cooking spray
- Pour dough on paper
- Go back to Section 4..4 and continue

4..4.3 Dough from frig

- Get dough from frig
- Put parchment paper on work area
- Dust with flour
- Put dough on paper
- Roll dough into a circle one foot in diameter with a rolling pin to 1/8 inch thick
- OR Spray another piece of parchment paper with cooking spray
 1. Put parchment paper on top of dough – sprayed side down
 2. Flatten with a large frying pan or equivalent
 3. Remove top parchment paper
- Go back to Section 4..4 and continue

4.4.4 Dough from frig to make pizza – able to roll done in a circle

NOTE:

1. The book adds 1 ½ teaspoons of sugar & 1/8 cup of Olive Oil to the ½ Master Recipe.
 - These ingredients may be added if desired
 2. ¼ Master Recipe makes two pizzas about one foot in diameter
-
- Put pizza baking stone in the center of oven
 - Set oven to 550 degrees F (Broil)
 - Get all pizza topping ingredients
 - Prepare all topping ingredients – cut, shred, etc.
 - Put parchment paper on work area
 - Dust parchment paper with flour
 - Get dough from frig & put on paper
 - Roll dough into a circle with a rolling pin to 1/8 inch thick
 - OR Spray another piece of parchment paper with cooking spray
 1. Put parchment paper on top of dough – sprayed side down
 2. Flatten with a large frying pan or equivalent
 3. Remove top parchment paper
 - Add pizza topping in the following order:
 1. Add pizza sauce on the dough – leave a one inch border
 2. Add mozzarella cheese
 3. Add other ingredients as desired
 - Cut off excess parchment paper
 - Wait until the oven get to 550 degrees F before continuing
 - Use peel to put dough in oven on stone
 - Cooking time is ~10 minutes
 - Pizza should be brown when done
 - Remove the pizza with the peel
 - Let cool for a few minute

5. Master Flour Recipes

Double the water for flat bread or muffins.

5.1 Master White Flour Recipe

Ingredient	Volume	Weight	Grams	Cost	Time
Salt	4 teaspoons	0.75 oz	20	\$ 0.12	For Water
Yeast	1 Table Spoon	0.35 oz	10	\$ 0.43	To Reach
Bread Flour	6 1/2 cups	2 lbs	910	<u>\$0.45</u>	100° F In
				<u>\$1.00</u>	Microwave
Water	3 cups	24 oz	740		~55 Sec
2x Water	6 cups	48 oz	1440		~1 1/2 min

5.2 1/2 Master White Flour Recipe

Ingredient	Volume	Weight	Grams	Time
Salt	2 teaspoons	0.375 oz	10	For Water
Yeast	1 1/2 teaspoon	0.175 oz	5	To Reach
Bread Flour	3 1/4 cups	1 lb	455	100° F In Microwave
Water	1 1/2 cups	12 oz	340	~35 sec
2x Water	3 cups	24 oz	680	~1 min

5.3 1/2 Whole Wheat Flour Master Recipe

Ingredient	Volume	Weight	Grams	Cost	Time
Salt	2 teaspoons	0.375 oz	10	\$ 0.06	For Water
Yeast	1 1/2 teaspoons	0.175 oz	5	\$ 0.23	To Reach
Gluten Flour	1/4 cup	1.231 oz	35	\$0.25	100° F In
Whole Wheat Flour	3 cups	14.769 oz	420	<u>\$0.46</u>	Microwave
Water	2 cups	16 oz	493		~1 Minute
2x Water	4 cups	32 oz	986	\$1.00	~2 Min

5.4 Comparing 5 Minute Bread to Kneaded Bread

	Water	Flour	Salt	Yeast	Sugar	Oil
	cups	cups	teaspoon	teaspoon	teaspoon	teaspoon
Regular	5	12	8	6	24	24
5 Min	12	12	8	6	0	0
2xWater	24	12	8	6	0	0

6. Web Site & YouTube video on “Bread in 5 Minutes”

6.1 Web Site

This is the author’s web site:

<http://www.artisanbreadinfive.com/>

6.2 YouTube

<http://artisanbreadmakinginfiveminutesada>

This is a video by the authors of the book, Artisan Bread in Five Minutes a Day Hertzberg and Francois

7. Supplier List

- Chico Natural Food Co-op, 818 Main, Chico, 891-1713: Yeast, sea salt, organic flour
- NorCAL Restaurant Supply, 170 Commercial Av, Chico, 343-5198: Containers, Peels, stones
- The Galley, 551 Country Dr, Chico, 343-8820: Peels, Baking Stones, containers
- Cash & Carry, 930 Mangrove Av, Chico, 891-9140: Yeast, sea salt, organic flour
- S & S, 2100 Dr.1924 Mangrove, Chico, 343-4930: Yeast, sea salt, organic & gluten flour
- Costco, 2100 Martin Luther King Jr Dr, Chico, 332-1740: Yeast, sea salt, organic flour
- Walmart, 2044 Forest Ave, Chico, 899-8760: Non-stick aluminum foil, yeast, sea salt, flour

7.1 Equipment to Measure & Store Mix

- One Gallon Zip Lock Bags to store full recipe measured ingredients
- One Quart Zip Lock Bags to store 1/2 recipe measured ingredients
- SNACK size Zip Log Bags to store measured salt, yeast & gluten
- Measuring cups: 1 cup, ½ cup & ¼ cup
- Measuring Spoons:
 - 1 TABLESPOON
 - 1 teaspoon, ½ teaspoon
- Refrigerator Freezer

7.2 Equipment to Bake Bread

- | | | | | |
|--------------------|-------------------|-----------------|-----------------------------------|------|
| • Teflon Bread Pan | Six quart bowl | Big Spoon | Large Mixer | Peel |
| • Serrated Knife | Dough Cutter | Baking Stone | Metal Broiler Tray | Oven |
| • Oven Thermometer | Wire Cooling Rack | Parchment Paper | Water Thermometer (60° to 220° F) | |
| • Microwave | Scissors | Cooking Spray | Oven Thermometer (to 600° F) | |

7.3 Parchment Paper

- Parchment paper (ignitions point is just above 450 degree F)
- Cut off excess paper before putting dough in oven
- Remove paper after 10 minutes in the oven

8. Measure & Store Ingredients

- Premeasure all dry ingredient in advance
- Store flour in one quart (1/2 recipe) or gallon (full recipe) zip lock bags
- Store yeast & salt in SNACK zip lock bags
- Store gluten in SNACK zip lock bags
- Put SNACK bags in the flour bag & store in frig or freezer

9. Experiment

- You may wish to experiment with the recipe.
- If you do, follow one rule: CHANGE ONE THING AT A TIME!
- I used the basic recipe for whole wheat flour.
 - I used ¼ cup of gluten flour and 3 cups of whole wheat flour for ½ the recipe
 - I tried 1 ½ cups of water and found it hard to mix.
 - I increased the water to 2 cups.
- You may want to try other thing: GO FOR IT!
- Good Luck & Good Baking