

HOW TO MAKE BREAD IN 5 MINUTES

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

1. Supplier List

- Costco: Yeast, sea salt, organic flour, ZIP lock bags

2. 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 (& gluten) in SNACK zip lock bags
- Put SNACK bags in the flour bag & store in frig or freezer

3. YouTube video on “Bread in 5 Minutes”

The authors of the book, [Artisan Bread in Five Minutes a Day](#) Hertzberg and Francois

[This is the author’s web site: http://www.artisanbreadinfive.com/](http://www.artisanbreadinfive.com/)

5. More Information

www.ChicoClasses.org

6. Experiment

- You may wish to experiment with the recipe.
- If you do, follow one rule: CHANGE ONE THING AT A TIME!
- Good Luck & Good Baking

	Recipe	Full	1/2	1/4	1.5x	2x
Yield:	Pounds	2	1	0.5	3	4

Add to mixing bowl

Salt	teaspoons	1	0.5	0.25	1.5	2
Yeast	teaspoons	3	1.5	0.75	4.5	6

Add water to container

Water	cups	3	1.5	0.75	4.5	6
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Microwave water to 100 degrees F (about 1 minute)

Add water to mixing bowl & mix

Add flour to mixing bowl & mix

White Flour	cups	6.5	3.25	1.625	9.75	13
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Spray or grease bread pan(s)

Fill each bread pan 1/2 full

Smooth dough with spoon & water

Wash mixing bowl or fill with water to wash later

Set a timer for 2 hours

Allow to rise for 2 hours at room temperture

Set oven to 450 degree F to pre heat

After 2 hours add a pan of water to bottom of oven

Set timer for 30 minutes

Bake bread for 30 minutes

	Recipe	Full	1/2	1/4	1.5x	2x
Yield:	Pounds	2	1	0.5	3	4

Add to mixing bowl

Salt	teaspoons	4	2	1	6	8
Yeast	teaspoons	3	3	1.5	9	12
Gluten Flour	cups	0.5	0.25	0.125	0.75	1

Add water to container

Water	cups	4	2	1	6	8
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Microwave water to 100 degrees F (about 1 minute)

Add water to mixing bowl & mix

Add flour to mixing bowl & mix

Wheat Flour	cups	6.5	3.25	1.625	9.75	13
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Spray or grease bread pan(s)

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