

A few recipes...

April 22, 2020

Contents

Sourdough	1
Fresh pasta	2
Croissants	3
Sourdough bread	5
Granola	6

Sourdough

Sourdough is a symbiosis between bacteria and yeast that seem to appear ex-nihilo and colonise your rye-and-water mix...

Ingredients

Every day

50g or rye flour

50ml of water

Instructions

On the first day

1. Mix the flour and the water together. You can theoretically use regular wheat flour but for some reason I've only ever managed to start a sourdough with rye flour, so you've been warned.
2. Let it rest for 24h at room temperature in a clean container. It shouldn't be airtight. You can close it with a cheesecloth to make sure flies won't dive into it.

The following days

1. Remove the excess dough so that the container is always less than half full.
2. Add flour and water in, make sure it's well mixed together.
3. Repeat the operation every day until the sourdough has started. It's easy to see it has since it doubles in volume six hours or so after "feeding".

Once the sourdough has started

1. Feed it at least once a week (or once every two weeks if you keep it in the fridge).
2. The sourdough should be very active before you can use it to make bread. Make sure to give it one or two feed cycles before baking if you were keeping it hibernating.

Preparation: 20 minutes

Cook time: 10 minutes

Fresh pasta

Ingredients

400g of flour

15ml of water

4 eggs

a pinch of salt

Instructions

1. Mix the ingredients together and knead the dough for a few minutes.
2. Let it rest at least thirty minutes in the refrigerator, packed in plastic film.
3. Flatten and cut the dough to get the pasta.
4. Cook it in salted boiling water until ready (around 4 minutes).

Croissants

Ingredients

500g de farine	10g de levure
200g de beurre	2 oeufs
50g de sucre	10g de sel
200ml de lait	

Instructions

The dough

1. Mix the flour, sugar, milk and yeast together. Knead for a few minutes and let it rest for about an hour at room temperature.
2. Knead again to remove the air, and put the dough in the fridge to cool down. It is important the dough remained cold to prevent the butter from melting.
3. Roll the dough on a floured counter to obtain a roughly 30cm by 30cm square. Spread the butter in the center, leaving a margin of a few centimetres.
4. Fold the corners to the centre, and merge the sides together by humidifying them, in order to seal the butter.

Laminating the dough

1. Roll the dough with a rolling pin. Make sure to flour both sides of the dough to avoid any sticking –and butter getting out of the dough.
2. Fold the dough into three, and make a quarter turn.
3. Put the dough back into the fridge for about ten minutes to avoid letting the butter melt.
4. Start the process over twice to obtain a 27-layer laminated dough.

Preparing the croissants

1. Spread the dough on the kitchen counter, into a rectangle of roughly 40cm by 50cm. Cut in half along the length.

2. Cut long triangles (around 10cm-base and 20cm-height).
3. Roll the croissants, starting from the base and ending with the tip, which you can humidify to seal it.
4. If you wish to freeze the croissants, now is a good time. Put them on a baking tray covered with parchment paper. You can put them in a sealed plastic bag once they are frozen.

Baking the croissants

1. Put the croissants on a baking tray covered with parchment paper. Let them de-freeze if needed.
2. Let them rest for about an hour to let the yeast act. Once they have risen, you can paint them with yolk and water to make them more glossy.
3. Bake for 10 to 15 minutes at 210°C.

Sourdough bread

Un bon pain au levain...

Ingredients

500g of wheat flour	330ml of water
150g of sourdough	10g of salt

Instructions

Pointage

1. Mélanger les ingrédients.
2. Pétrir pendant 10 minutes. Si vous avez un robot pétrisseur, faites-le fonctionner à vitesse minimale.
3. Sur un plan de travail fariné.
4. Laisser reposer six à douze heures sous un torchon humide.

Façonnage

1. Sortir le pâton délicatement sur un plan de travail fariné.
2. Replier le pâton sur lui-même en tâchant de ne pas perturber les bulles.
3. Remettre le pâton sur un torchon propre, sec et fariné, la “couture” vers le haut. recouvrir avec le reste du torchon.
4. Laisser reposer une heure à une heure et demie.

Cuisson

1. Préchauffer le four à 240°C. Si vous avez une cocotte en fonte, mettez-la à chauffer aussi.
2. Sur un plan de travail fariné, sortir délicatement le pâton de son torchon, couture vers le bas.
3. Avec un couteau très bien aiguisé, pratiquer une ou plusieurs incision.
4. Enfourner.

Preparation: 10 minutes

Cook time: 20 to 25 minutes

Granola

Ingredients

430g of big oat flakes	one tea spoon of salt
around 100g of nuts and/or seeds	one tea spoon of cinnamon
180g of maple sirup (or honey)	a pinch of vanilla extract
120g of coco butter	

Instructions

1. Preheat the oven to 180°C.
2. Combine and stir the flakes, the nuts, the cinnamon, the vanilla extract and the salt.
3. Add the maple sirup and the oil. Mix until the flakes are coated with the mixture.
4. Put the mix onto a flat oven pan covered with parchment paper. Make sure it is well spread.
5. Bake for 20 to 25 minutes at 180°C. Stir again around 12 minutes in to make sure the granola bakes evenly. Spread it again and press on it to help big chunks form.
6. Let cool for 45 minutes before breaking it into chunks. Store in an air-tight container.