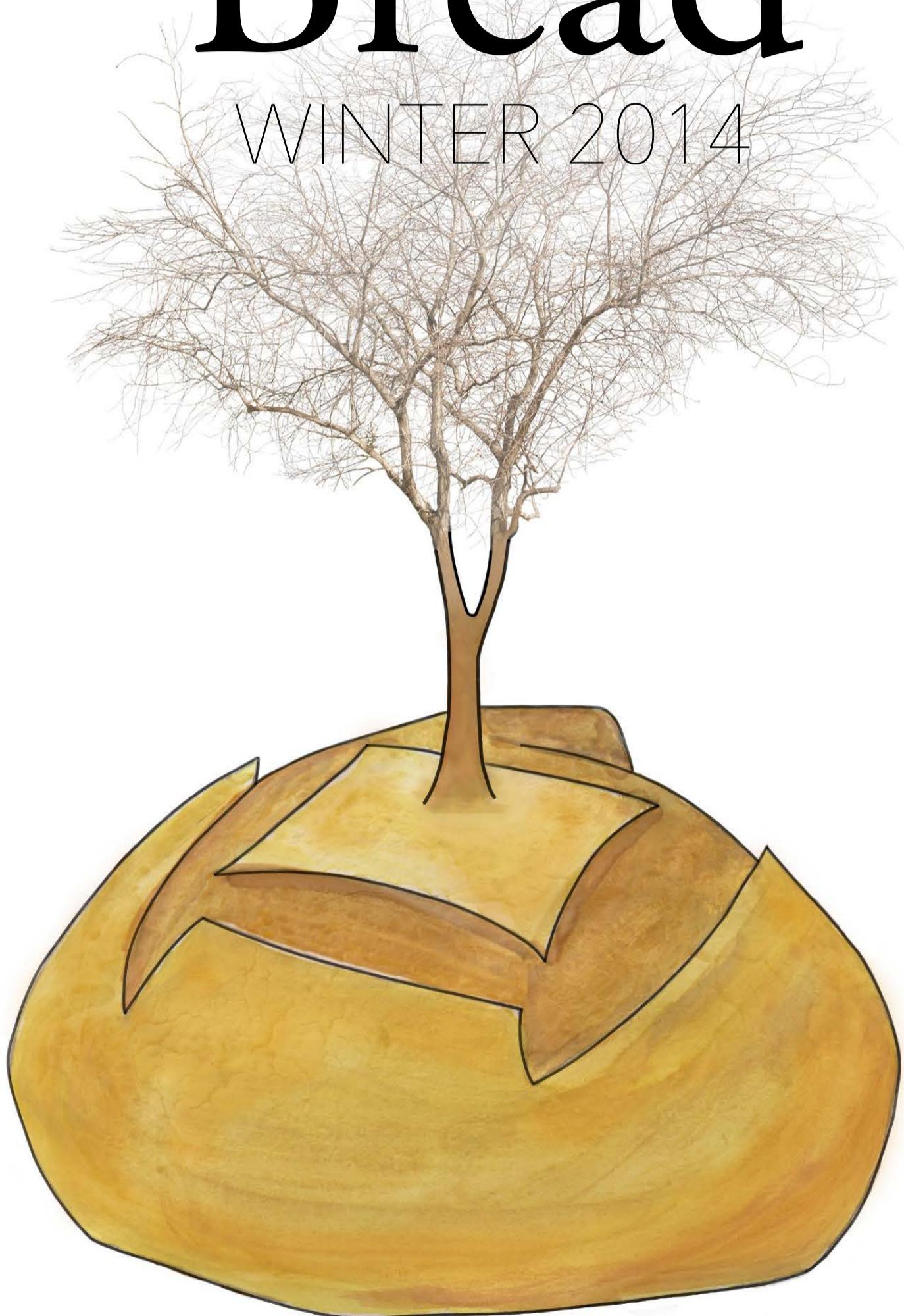


Bread

WINTER 2014





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A close-up photograph of a wrapped gift. The gift is wrapped in light-colored paper with a subtle, textured pattern. A small, white, three-dimensional star ornament is tied to the top of the package with a piece of twine. A brown paper tag hangs from the twine, featuring handwritten text in blue ink. The visible text on the tag reads "Hypää" on the first line, "ja Kii" on the second line, "syks" on the third line, and "ta" on the fourth line. The background is a plain, light color.

Hypää
ja Kii
syks
ta

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At new year, everyone makes resolutions for the coming year. What resolutions should we make as bakers?

WELCOME

Let me begin with a prediction: *2015 will be a big year for bread.*

As the shouts from the anti-gluten, anti-carb crowd ring loud in our ears, it might not seem so. But while these voices are strong, there is something powerful happening right behind the corner: In small bakeries and at small farms around the world, from North Carolina to Sweden, farmers, millers, bakers, and scientists are working together, thinking about the cornerstone of our civilization — the grain, looking for ways to bring it back to its rightful place as something more than the processed staple food that is currently blamed for a lot of our modern illnesses.

What they have found is encouraging: Bread made with less processed, locally grown flour tastes not only good but great. Add to that the centuries old understanding of baking slowly fermented bread with natural yeasts and sourdough bacteriae, and new scientific studies say that the bread not only tastes great but is also good for you. So far, while research is far from final conclusions, bread made this way seems to be free of the ills associated with factory bread.

What's left is educating the public.

After years of anti-marketing targeted at bread, it will require some work to convince the buying public that bread is actually good for them — as long as they choose the right one, the one with a personality.

But bread is not alone on this journey. Thanks to the farm to table movement, which is close to breaking into mainstream, people are already familiar with the idea that where food comes from matters. Many have started buying their meat and vegetables directly from producers. Some have even joined food co-ops that give city dwellers a chance to work together with a farmer to bring real food to their families.

Bread is lagging behind and hasn't yet gained the same level of publicity from the press, but there is every reason to believe it can use the farm to table movement's momentum and go from a staple that is blamed for many of the modern ills to a celebrated quality product — one made using great local, healthy ingredients.



One of the highlights in the first months of 2015 will be [The Grain Divide](#), an upcoming documentary movie about the rise of a new kind of grain economy.

The cast of the movie alone has got me eagerly waiting for its release — even just the trailer shows many of my baking heroes — but the message of good bread and the importance of using natural, local ingredients is equally important.

While the movie is a must see for us bread heads, I have high hopes that it will also be enjoyed by a new, broader audience — maybe some of them will even join us in our cause.

"We did it with everything else. With fruits and vegetables, with animals, with fish. You know, so why not wheat?" Marc Vetri, award-winning chef from Philadelphia says in the movie's trailer, and I have to agree.

The journey has been long, and in many ways, we bread enthusiasts have been seeing the signposts for years, from the early baking books to the rise of bread making forums and blogs — even this magazine has done its small part, I hope. Time will tell whether I am right or wrong but I'm sure you'll agree: there is something brewing, and the bread renaissance is only a matter of time!

Could 2015 be the year when the world falls in love with bread again?

Why not? That's up to us to decide. Bread is a basic food that touches something profound inside people, so we have every tool necessary to make it happen! Let's keep inspiring our friends, neighbors and relatives. Let's give them bread. Let's teach them to make their own. And if no one joins us, let's not worry too much — we can always have fun with bread on our own.

Here at Bread Magazine, as we go into our fourth year, we will keep rooting for the cause, sharing the work of bakers around the world and inspiring you to bake more and even better bread.

In this issue, we will approach the bread revolution through a number of interesting articles about bakers, flour, and bread making.

We'll start with an interview with The Grain Divide's producer, JD McLlland.

We'll meet Anna Häggblom, a self labeled "mini micro baker" from Switzerland who delivers her sourdough breads to her customers on foot: by running from door to door! We'll also get to peek into the bread making world in Costa Rica through the eyes of a young baking couple from the small artisan bakery, Passiflory.

A lot of the bread renaissance is about flour and so we will take a look at Peter Reinhart's new book (quite appropriately titled "Bread Revolution") on sprouted grain flour as well as one of the many less processed, so called "ancient," grains, KAMUT® (we'll also look at why it is written in all caps and what's the deal with the trademark...).

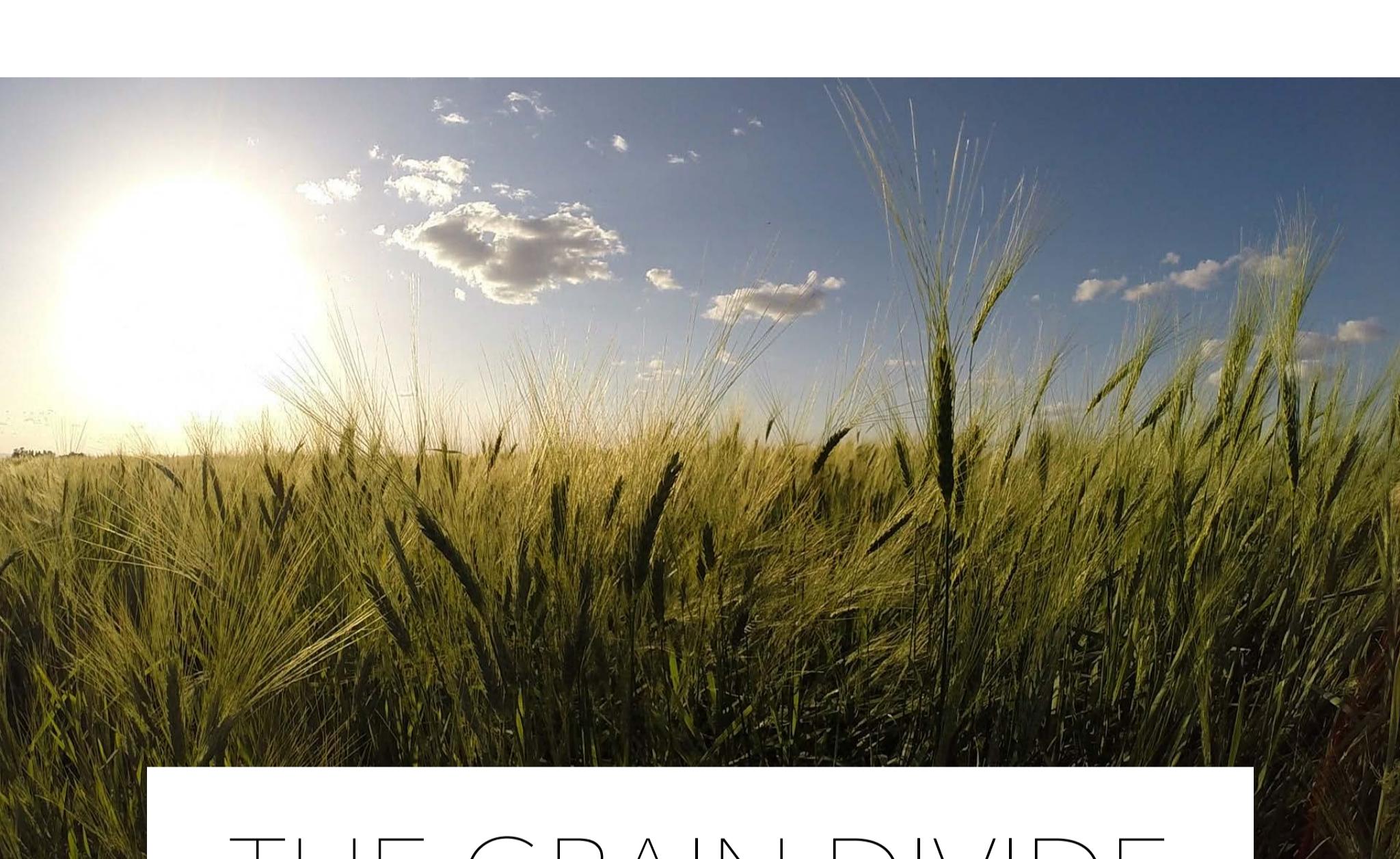
But we won't stop there. Our core mission is to keep you baking, and so, Raluca Micu will share her experiences from baking bread for a Christmas fair — along with two recipes.

I hope you'll enjoy what we have in store for you and will be inspired to bake, to talk about bread, and to invite others to join the not-so-secret guild of people who love to make bread.

If you have any questions or would like to suggest an article for the upcoming issues, get in touch!

Happy baking, happy holidays, and thanks for reading!

Jarkko

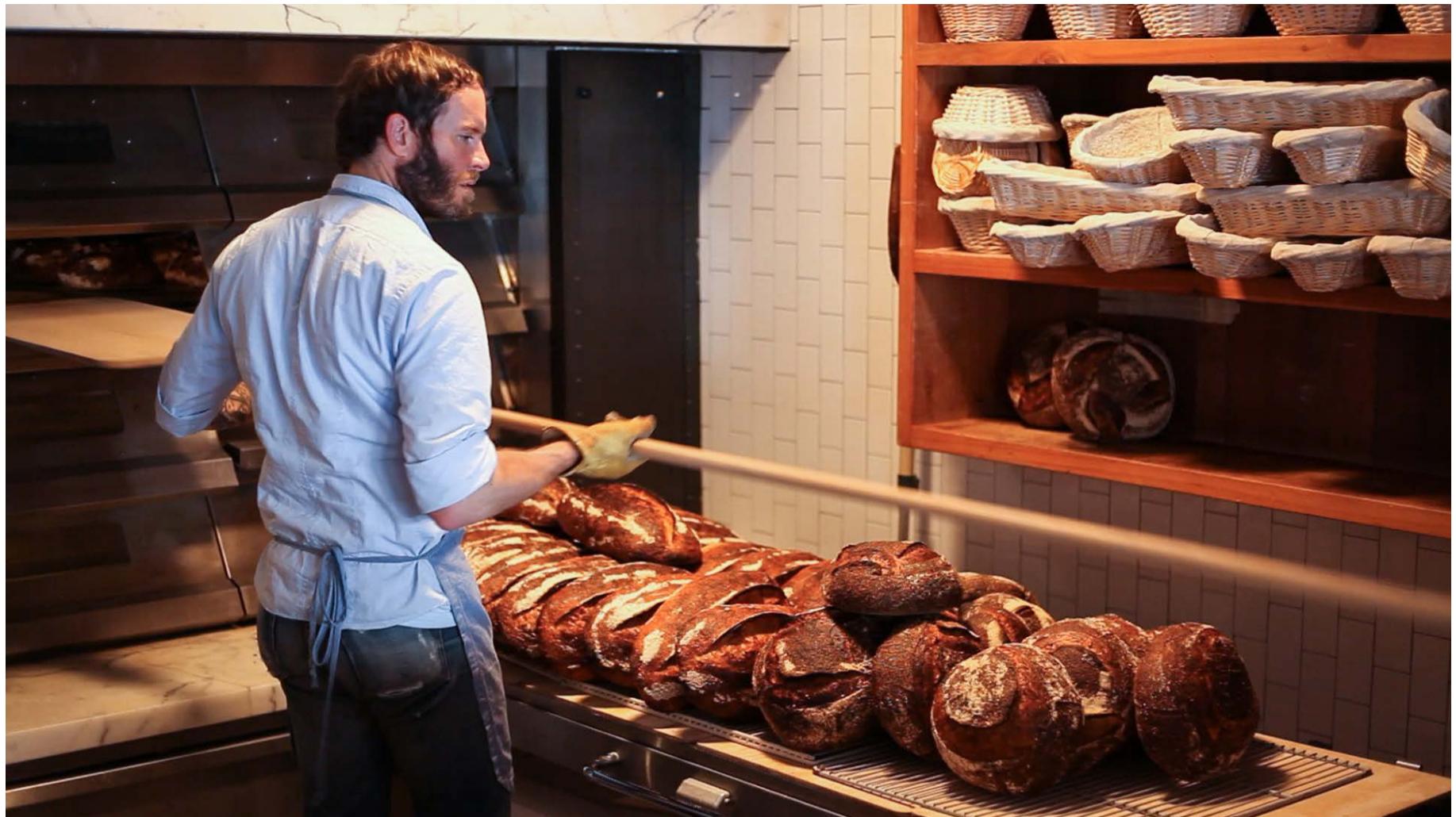


THE GRAIN DIVIDE

Words: JARKKO LAINE

Photos: THE GRAIN DIVIDE FILM (COURTESY: UNBROKEN FILMS)





For the past year or so, if you have been following bread related Facebook and Instagram feeds, you might have noticed mentions of a new film about grain — more specifically, wheat — and bread pop up around the internet. I can't remember for sure, but I think the first time I noticed the film was on Instagram when I saw photos of the team shooting with Chad Robertson at Tartine in San Francisco. After that, beautiful shots from familiar bakeries and mills have kept me eagerly waiting for its completion.

This movie, [The Grain Divide](#), is a story about the rise of a new way to look at grain, growing at the grassroots level among farmers, millers, chefs, and bakers who want to bring wheat back to its rightful place at the center of our civilization. It is also a call to join a movement — one that we can probably all identify with.

The team is currently putting in the finishing touches, with the movie scheduled for release

early next year. I asked the movie's director, JD McLellan a few questions about the film as well as his thoughts on the bread and grain revolution.

Here's what he told me.

* *

Jarkko: Let's start with a little introduction. Can you tell a bit about yourself and the team behind *The Grain Divide*?

JD: The core team behind the film has been together for several years, working primarily out of the West Coast United States while shooting worldwide.

Our history is rooted in the agency world of visual media — both production and delivery. We've been credited as some of the "pioneers" of modern media production and distribution and were some of the first to create and deliver true high quality video via streaming and cross

platform environments. Our focus is very much on a cinematic, true storytelling style. We have that unique blend of journalism, creative and tech. It plays a big role in our unique process for finding, capturing, telling and delivering a story to an audience.

After years of work focused with recognized brands, education and documentary style shorts, we were looking for the right feature length documentary to develop. That happened three years ago with The Grain Divide. The story happened to be connected to another passion: cuisine.

Jarkko: How would you briefly explain the key idea of the movie and how you came up with it?

JD: The film actually started as a 22 minute documentary short for TV and was based on a grain project in Arizona driven by Chris Bianco: the re-establishment of [Hayden Flour Mills](#) and [Sossaman Farms](#).

After the first couple of shoots, our research led us to realizing this was a much bigger, global story. The case against wheat and grains was starting to build, and we had questions. We set out to answer those questions and find the real solutions to the problems.

Jarkko: Are there some key reasons why you think wheat has become this undervalued commodity it is today?

JD: To put it simply, I'd say disrespect. The way we have treated wheat from seed to farm to mill to bread for the last 100 years — and certainly the last 50 — has primarily been void of anything regarding human health, nutrition and taste. We have essentially ignored what wheat needs in order to be delivered as a nutritious, delicious food. We are now seeing the effects.

"The way we have treated wheat from seed to farm to mill to bread for the last 100 years – and certainly the last 50 – has primarily been void of anything regarding human health, nutrition and taste."

Jarkko: For the film, you interviewed and worked with a big group of bakers, millers, and farmers working on this new grain economy. What are some of the biggest motivators for them?

JD: It's been a phenomenal and inspiring experience working with these artisans dedicated to cuisine in their domain.

It was important to find the true story and the real people driving this movement. These are all very "conscious" people. They wouldn't ever say they are doing something special. They are doing, as Chris Bianco says: "what makes sense."

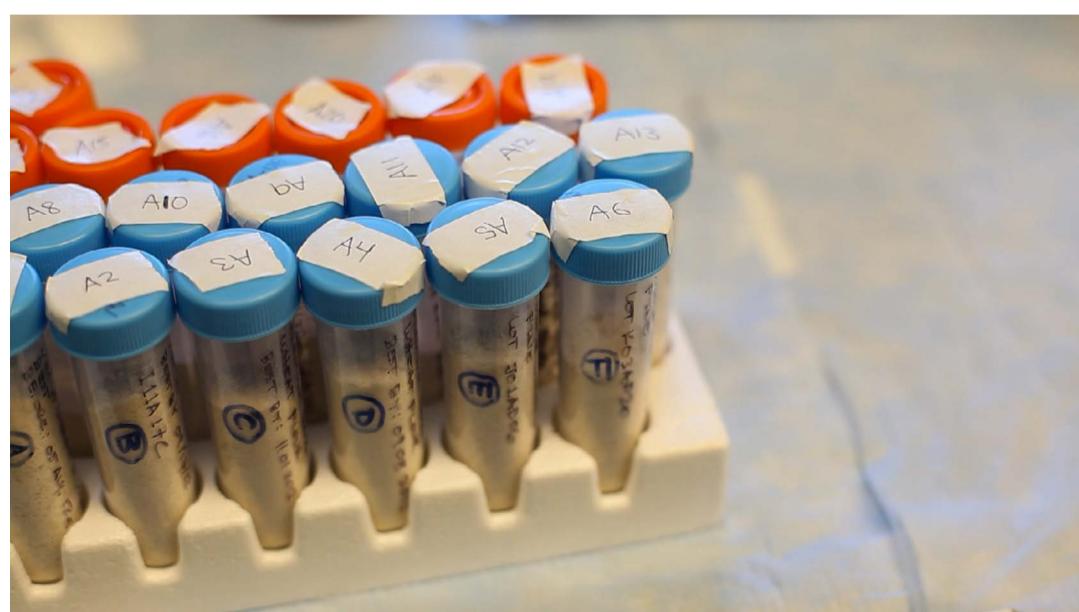
I think they are motivated by truth, authenticity, cuisine, and meaning. Food with purpose, story, integrity. Food as an experience, not a requirement.

Jarkko: How about you? What motivated you to make this film?

JD: Anybody who knows me is familiar with my love of food and cuisine. They also know my love for the “3 pillars” of wheat: pizza, pasta and bread.

I grew up watching TV carving out a sourdough loaf with a glass of milk. It's ironic that after I ended up in the hospital four years ago, I was told by a naturopath doctor that I was "gluten intolerant." After one trip to the "gluten free store" and applying a little common sense, critical thinking and research, I had my doubts.

What truly motivated me though was discovering the truth, getting to know the people, places and projects behind this movement. And finally, realizing and understanding how critical this was to cuisine, culture, and true sustainability.



Jarkko: What do you think a perfect (or near perfect) grain economy would look like?

JD: It all starts with re-localizing the grain economies and retiring the idea of centralized monoculture. A perfect or near perfect grain economy would require re-thinking or “remembering” everything: breeding, farming, post harvest handling, milling, storage, shelf life, baking and cooking techniques, and finally: how we consume.

It's critical to understand, however, that we are not just going back in time. We live in a much bigger and different world and environment than existed in 1900. A big part of this film is about merging tradition with innovation. We are not just rebuilding what I call “the Grainshed”, but we must innovate with integrity and good intentions.

Jarkko: What can we as bakers and customers do to advance the movement towards an economy like that?

JD: I'm a true believer that chefs and bakers can save the world. That's really the reason I decided to include an unprecedented number of cast members in this film. It's absolutely critical that chefs and bakers dedicated to craft and integrity show the world what's possible.

We can't just restore and innovate with the seeds and farming practices. They require the restoration of the craft, the creativity, and the respect to develop whole, fresh foods that are delicious and nutritious. I think a lot of bakers are still very conservative and fearful of taking

risks that the general public may not understand.

There are a lot of great bakers sharing information that can be tapped into now. Bakers need to take chances and let people see, taste, and feel what's possible.

Jarkko: What role do home bakers play in the “revolution”?

JD: Home bakers... I mean, that's the future. That IS the revolution.

This movement is about consciousness and reclaiming our food. The ultimate way of doing that is managing the entire process. Knowing where your ingredients come from, maximizing freshness, crafting your food with your own hands, and then enjoying it with all of its flavor and nutrition intact. There's so many great books out there now. Affordable home mills. It's really possible to make incredible bread at home.

Jarkko: You have been working on the film for over two years now... Over those years, what have been some of the most exciting developments in this renaissance of wheat and grains? Where do you see the world of bread making headed in the next years?

JD: The first year and a half were really spent finding the story. Finding answers. Understanding past, present and future. We didn't come into this with a conclusion in mind, we went and found it, without bias.

The last year has been incredibly exciting as we have worked directly with the farmers, millers, bakers, scientists, breeders, labs and chefs



to develop what the future of grains could look like. The most exciting developments have really come out of connecting all those people. Instead of working independently in their area of focus, they are working together. That's changed everything.

Jarkko: Is the movie now finished? When can we expect to see the movie internationally — and how? Will there be a Netflix release, for example?

JD: The movie is — well — almost finished. We are making final additions and changes as some of the final conclusions are coming in from studies, trials and testing. A lot of the arguments out there against wheat and bread are based on unfounded theories. We wanted to make sure that was not the case with this film. These final pieces are very critical.

As for the release of the film. I mentioned earlier that our background is in production and delivery. This affords us a unique opportunity that allows us to get the film to the masses much quicker than typically happens in the traditional path and process of a film. Our hybrid distribution plan will allow for screenings in the first part of 2015, as well as streaming and download via an online store and platforms like iTunes and Amazon shortly after. The film will of course be available for DVD / Blu-ray at that point also.

Eventually it will end up on Netflix as well. This film is far more than just a film. It's a project and movement. Getting it to the masses and calling attention to artisans and producers dedicated to the movement as quickly as possible is a big priority.

Jarkko: Finally, is there something you'd like to add and say to our readers?

**

JD: We will be launching the official website this week with plans for a number of really exciting opportunities to join us on tour, get early access to the film, and win "once in a lifetime" experiences with star cast members of the film.

Readers can sign up with their email to get updates and notifications. We will also be announcing an exciting advocacy campaign and website platform that will launch with the film. The site will contain several hours of bonus content as well as key resources, education, recipes and more.

The film campaign will run throughout 2015 and provide great opportunities to learn and get involved.

To learn more about The Grain Divide, visit the movie's [web site](#). You can also like the movie on [Facebook](#) or follow its updates on [Instagram](#) and [Twitter](#).



The background of the entire page is a blurred photograph of a stack of numerous small, thin magazines or zines, creating a textured, layered effect.

INSANELY INTERESTED IS A PUBLISHER OF MICRO MAGAZINES FOR THE CURIOUS.

A micro magazine is a magazine that focuses on a very specific topic, published online or off by a very small (but passionate) team of writers.

I am Jarkko Laine, stay-at-home dad, writer, the publisher of this magazine, beginner cigar box guitar player, and all-round creative guy from Vantaa, Finland.

I believe that as humans, we are born curious and need to keep learning about different things to enjoy our lives to the fullest. Insanely Interested is here to deliver a small part of that healthy diet for a curious brain.

My love for a dark crust on a soft white crumb combined with a need to find out how things are made lead me to create the magazine you are now reading.

Through small steps, as I keep learning more about how online publishing works, I am building [Insanely Interested](#) into a sustainable, long-lasting business that can serve the world by presenting new ideas and stories from people doing things they believe in.

Having you with me on this journey brings me joy.

One day, Swedish home baker living in Switzerland, Anna Häggbom, realized there was no room for any more bread in her freezer. But she didn't want that to stop her from baking...

This is the story of how she solved the problem.



THE RUNNING BAKER

Words: ANNA HÄGGBLOM

Photos: ANNA HÄGGBLOM and HÅKAN DAHLSTRÖM

Friday morning. My alarm goes off at 6.30 A.M. even though this is my day off from work and I could sleep until 10 A.M. I sleepwalk out into the kitchen and turn my oven to 275 degrees Celsius, happy to have put the baking stones in yesterday — it could have been risky to handle them now with so much sleep in my eyes.

I have always been tired in the morning, no matter how early I go to bed. At least that's what I keep telling myself. The fact is I actually love to be up early, I just have a problem with getting up early. But bread definitely helps.

After turning on the oven, I check on the breads in the refrigerator: the barley / spelt / wheat loaves and the julmust bread seem to have had a good night. I take out two loaves to let them adapt to room temperature while the oven heats. My oven and the stones need about an hour to be really hot and I need another hour of sleep.

The alarm rings for the second time.

Now it is definitely time to get out of bed. In go the first two loaves. I'm always enthusiastic as a child to see them rise, and anxious that they won't. As all of the breads are sold for this round of *The Running Baker*, I can't afford to spoil a single one.

Today is a good day, and the first barley/spelt/wheat loaves turn out good. After re-heating the oven for a short while, I throw in the next two. As I can only bake two loaves at a time, it takes me some time to bake off all eight loaves I will be delivering today.

Meanwhile I prepare the packaging of the bread, the wrapping paper, the strings and the tags, adding the names of the bread on the small cards.

At 2 P.M., all breads are out of the oven, cooled to a decent temperature, wrapped in paper and labelled with a tag. Today's route is planned, and my backpack is packed according to the orders and the route.

I am ready to run!

"I have always been tired in the morning, no matter how early I go to bed. At least that's what I keep telling myself. The fact is I actually love to be up early, I just have a problem with getting up early. But bread definitely helps."





Today I have four different addresses to deliver to. Customer number one is not home, but has left the payment for the bread in the *Milch-kästli*, Swiss German for the additional post box traditionally intended for milk delivery. No milk in the box today, but instead a fresh loaf of bread!

Customer number three is at home, and offers a chat and a glass of water.

The backpack gets lighter and lighter after each delivery and on the way home the only trace of bread in it is the flour and some crumbles at the bottom. With a bit over 12 km feeling in my legs, I arrive at home.

This time I will not forget to stretch.

"No milk in the box today, but instead a fresh loaf of bread!"



"Once, as I was going for a run, I brought a loaf of bread with me as I was passing by a friend's house. I always found running much more fun with a goal. This was my very first bread delivery round!"

BECOMING THE RUNNING BAKER

My story of delivering bread by foot started with my freezer. It was simply overloaded with bread due to all my baking. There is a limit to the amount of bread a two-person household can consume and my baking seriously exceeded that limit. So I started giving bread away, as gifts or instead of a wine bottle for a dinner party.

Once, as I was going for a run, I brought a loaf of bread with me as I was passing by a friend's house. I always found running much more fun with a goal. This was my very first bread delivery round!

Baking bread and delivering it by running is body work in two different ways.

The idea hit me: Wouldn't people be willing to pay for real good bread and to have it delivered to their door step? I nourish a dream of opening a bakery one day, so I thought "Couldn't this be a pre-prototype, pop-up version of my future bakery?" One that would at the same time give me a good work out.

Around this time, I also started my blog (www.brevfranbageriet.se, meaning "letters from the bakery" in Swedish) as I needed some kind of a channel to release the pressure building up in my head from all those bread-related thoughts I have. Why not advertise on the blog and have people booking their bread online?

The project soon started taking off within the Swedish community in Basel, where I live. I was overwhelmed by the good feedback I got: people really seemed to like both the bread and the delivery service.

Today, a year after my first *Running Baker* round, I have a loyal group of bread customers, and the breads sell out quickly every time.

People often ask me: "How did this happen? How did you become so interested in bread?"

I am not surprised by the question; I even agree it is a bit strange, my obsession with good bread. I use my holidays to do practice in bakeries, and I read an awful lot about bread, not to talk about all the baking I do.

So... How did it happen then?

I guess the answer is multi-fold, as most answers are. Waking up to the smell of fresh bread on the weekends as a child is one reason for sure. The smell of fresh bread lulls me into a feeling of security, and I have my father to thank for that, as he was the one baking the bread that smelled so good.

The second reason is my creative vein. In my profession and every day work, I am very far from baking, and the results of what I do will only be seen years from now. As for many others, the computer is my main tool, not my hands. As a child I dreamt of becoming an artist, a writer or an architect. I wanted to create something out of my head or using my hands.

Over the years, I always set those dreams a bit to the side, restricted them to something for the free time. "Free time" however, tends to be less and less, and for me that meant less time for my creative vein. Baking bread is for me, just as painting or writing, a creative process, where you add things together, work with your hands, and in the end you have a product you can see, feel, touch, and possibly even taste and smell.

I've realized I need this process, that's just how I am set up.

A MINI MICRO BAKERY

Since I am baking from my home kitchen, the quantities are not massive. Eight breads is what I can manage to bake per round, and what I can fit into my backpack.

I have many ideas circulating in my mind about the scaling up potential of The Running Baker. I could quit my job, and start my own place — tempting but not fitting into the puzzle of life at the moment. Another approach could be to keep scaling it up, step by step.

When searching for information about scaling up your home baking, you come across the term *micro bakery*. It is mostly defined as a small-scale activity, producing a limited amount of bread from a kitchen, basement, garage or other location you have access to, like a school kitchen or a restaurant.

It can be a profit-making activity, or an activity run just for the fun of it. I looked deeper into some scale-up steps of baking activities, and noted down these steps for going from home baking to starting a bakery:

1. Bake for yourself and your household
2. Bake for friends
3. Bake for neighbours
4. Bake for markets
5. Bake for a local shop
6. Bake for several local shops
7. Start your own bakery

I would say The Running Baker is a mini-micro bakery, currently between the second and third scale-up steps. I am producing a very limited amount of bread, but even if the amount is not that impressive it gives me the possibility to combine three interests of mine: baking real bread, running, and entrepreneurship.

Starting The Running Baker gave me the chance to keep baking a lot without drowning in bread, and it gives me the feeling of running a small business. It is something to build on, something to scale up.

And it helps my freezer from bursting.





ANNA'S JULMUST BREAD

This sweet-ish and slightly spiced sourdough bread is based on Julmust, a popular soft drink enjoyed in Sweden around Christmas time. For a stronger "Christmas taste", you can increase the amount of spices — I wanted the bread to give you just a soft hint of Christmas when eating it.

Best with butter and cheese.

Outside Sweden, you might have to do some work to find Julmust: some specialty stores around the world — and IKEA — sell the drink at Christmas time.

If your search proves fruitless, you can try replacing it with root beer, or for a less sweet taste, a dark beer...

Ingredients	Quantity	Baker's %
Water	150 g	21%
Julmust	330 g	46%
Active rye sourdough (120% hydration)	300 g	42%
Organic wheat flour	650 g	90%
Whole wheat flour	70 g	10%
Sea salt	15 g	2.1%
Crushed anise seeds	1 g	0.14%
Crushed fennel seeds	1 g	0.14%
Cinnamon	1 g	0.14%
Carnation	2 g	0.28%
Bitter orange	3 g	0.42%



INSTRUCTIONS

The dough is quite sticky, but you will get great results if you give the dough some love and a couple of turns

1. Pour water and julmust into a big bowl. Dissolve the sourdough in the liquid. Add flour and spices and mix until no dry flour can be seen.
2. Let the dough rest at room temperature for 45 min.
3. Lightly coat a plastic box with oil, then transfer the dough into the box. Add the salt and fold the dough over itself. The dough is quite sticky, but don't worry, it will improve after a couple of stretch and folds.
4. Let the dough rest at room temperature until it has reached double size. Fold the dough every 30 minutes for the first 2 hours.
5. Shape into round breads and let rest at the bench for about 10 min. Do the final shape and transfer the breads into floured round baskets (I use floured towels in the baskets as the dough is still a bit sticky). Let the breads proof overnight in the refrigerator.
6. Heat the oven to 250 degrees. I use stones to bake the bread on. Let the bread stand at room temperature while your oven is heating. Score the breads with a nice pattern before placing them into oven. Add water (with spray bottle) and close the oven.
7. After 15 minutes, reduce the temperature to 220 degrees and bake until the breads have the inner temperature of 98 degrees — approximately 35-40 minutes. Open the oven a couple of times during the last 15 minutes to dry the oven and to build up the crust. The breads are quite dark because of the sugar.

* *

To learn more about Anna and to follow her on her journey as The Running Baker, visit her blog at www.brevfranbageriet.se and follow her on Instagram.



SPROUTED GRAIN BREAD

Words: JARKKO LAINE

Photos: ANN MARIE MICHAELS, LEO GONG and PAIGE GREEN

In the introduction of his maybe most popular book, [The Bread Baker's Apprentice](#) (published in 2001), Peter Reinhart wrote: "I wanted to call one of my recent books The Bread Revolution, but that sounded too militant."

Fast forward thirteen years and you'll find that book: this October, he published a book with that very title — [Bread Revolution: World-Class Baking with Sprouted and Whole Grains, Heirloom Flours, and Fresh Techniques](#). To me this is a clear sign that he considers the current developments in bread making as profound and even more important than those of earlier years. After all, this is a man who has been following the growth of the home baking and artisan baking movement in the United States since the 1980s!

So, what is it that has gotten the baker and bread making teacher so excited?

First of all, as you'll quickly see looking at his bibliography, Reinhart is an explorer.

"If you've followed me through my literary journey with bread, you know that I'm fascinated by new frontiers and revolutionary turning points." Reinhart writes in his new book. This time, the new frontier is flour made of sprout-

ed grain. And not just small portions of this flour, but breads made entirely of sprouted wheat flour!

When I read the book's description for the first time, I had to go back and read it again. The first concept that comes to mind when we talk about sprouting is the falling number — and the idea that sprouted flour has already started breaking up and will lead to poor baking properties. Reinhart had the same doubts when he first came across with the idea in 2009.

"Doesn't sprouting the wheat compromise the gluten and damage the starch?" he asked the miller, Joe Lindley, who gave him his first batch of flour made with sprouted flour to experiment with.

But that's not what's happening here.

In fact, it turns out that sprouted grain flour, when produced correctly, not only can be used to make bread but can lead to great results with only a little effort. Reinhart writes: "what I especially love about it is that it can accomplish everything we strive to achieve through the use of pre-ferments and extending fermentation time, and it does so before the grain is even turned into flour."

Peter Reinhart himself is clearly excited. When I sent him a few questions about the new book and the idea of using sprouted wheat flour in bread making, he explained to me how we are living in an amazing time, "almost a Camelot time in the history of food and cooking" — a time where "science is helping us understand the why behind the how" and "there are financial resources available to encourage such experimentation."

WHAT IS THIS ALL ABOUT?

While sprouted flour probably won't replace regular wheat flour varieties, Reinhart is convinced that it will become a big deal in the future: "Probably not a replacement, since the supply will always lag behind conventional versions, and the cost will be higher, but I do believe it will work as both a stand alone product but also as an add-in to other grain breads and cereals. Bakers have spent thousands of years learning how to coax great flavor from un-sprouted grain so I see no need in throwing all that away, but I think we're just seeing the tip of the iceberg of what's possible with sprouted flour."

What is required is that a few key criteria are met. "Probably a couple of things: the supply must increase, the price must decrease, and some influential chefs like Thomas Keller or Dan Barber starting to use it. All of these things are possible, by the way." Reinhart says.

But what's so great about this type of flour?

First, there's the taste. As Reinhart told me, "If flavor isn't the first reason then the concept will never fly with the public. Healthfulness can get you in the door but flavor always rules in the end. This is, hands down, the best tasting whole grain flour, most especially and importantly, wheat, imaginable. The health and digestibility benefits are a huge bonus."

Second, this flour is healthier than regular wholewheat flour, with nutrients in a more digestible form.

"If flavor isn't the first reason then the concept will never fly with the public. Healthfulness can get you in the door but flavor always rules in the end. This is, hands down, the best tasting whole grain flour, most especially and importantly, wheat, imaginable."



"The method of using sprouted flour actually simplifies the process since there's little or no need for preferments, so the biggest shift is a mental one"

In the book, Reinhart writes: "Another benefit of using sprouted flour is that it means using the whole kernel—the entire grain or seed. And by germinating grains and seeds we actually enhance their nutritional benefits, allowing us receive the maximum nutritional benefit inherent in the grain."

Third, Reinhart says using sprouted flour simplifies the baking process: a lot of the benefits that regular bread gets from long fermentation, autolyse and other artisan bread making techniques have already taken place at the sprouting phase when the pre-digestion of the flour has started: "The hardest part is getting a hold of the flour; after that, the process is very simple, even easier than most artisan breads," Reinhart says.

"The method of using sprouted flour actually simplifies the process since there's little or no need for preferments, so the biggest shift is a mental one, believing that sprouted flour, which in the past would be viewed as "damaged," can actually work. After that, it pretty much sells itself."

As a specific difference compared to more traditional flours, Reinhart mentions that sprouted flour "absorbs more water than regular whole wheat flour, so be prepared to hydrate generously and to perform a few stretch and folds along the way to strengthen the gluten network."

TRY IT YOURSELF

If you got interested in the technique, you can start with the master formula for Sprouted Whole Wheat Bread we have "reprinted" with permission from the book's publisher, Ten Speed Press on the next few pages.

It's also the one Reinhart himself suggests as the first introduction to baking bread with sprouted flour: "The basic whole wheat bread is a great showcase, as is the buttermilk pancake recipe in my book. This one, simple as it is, makes the best pancakes I've ever tasted and is kind of deal closer for why to use sprouted

QUESTIONS TO THE MILLER

To learn more about the flour and what is involved in making it, I asked Peggy Sutton from [To Your Health Sprouted Flour](#) some additional questions.



Jarkko: Can you briefly describe the process of making sprouted grain flour?

Peggy: It is a 4-day process from raw grains to sprouted flour. The grains are washed, soaked, sprouted, dried, milled and packaged. All of these steps take 4 days to accomplish true sprouted flour.

Jarkko: The regular millers I've talked to are very interested in the falling number and how it affects the flour's properties. I understand that you are doing quite the opposite? Why is it possible to bake bread with nothing but sprouted grain flour?

Peggy: True sprouted flour will have a falling number reduction of about 50% compared to the falling number of the un-sprouted grain. The falling number measures the degree of sproutedness in a grain.

The baking characteristics of sprouted flour are, in many instances, superior to un-sprouted flour. The enzymatic action that is produced during sprouting and maintained by low-temperature drying and milling tend to form strong gluten bonds quickly without the need to knead breads for very long at all. Peter Reinhart uses a simple stretch and fold method that produces beautiful breads. Sprouting also improves the taste of different grains remarkably well. It removes all bitterness and enhances the individual tastes of grains (i.e. the sweetness of wheat, buttery flavor of kamut, nutty flavor of spelt).

Jarkko: Do you see sprouted flours becoming "the next big thing" in bread? What lies in the future?

Peggy: Sprouted flours have arrived! They ARE the next big thing. Although sprouting is an old time-honored tradition that for the most part fell by the wayside with the onset of the Industrial Revolution, it has been reborn over the last decade and today's chefs and bakers are realizing the phenomenal taste and textures that sprouted flour produces in breads and other baked goods. To Your Health has experienced triple digit growth each year since we opened in 2006. We're currently planning our third expansion which will get underway in early 2015.

Jarkko: What are some of the biggest reasons why a baker should start using sprouted flours like yours?

Peggy: Our sprouted flours are all 100% whole grain and are true sprouted flours (meaning not just soaked grains, but fully germinated). They are certified organic and non-GMO.

Taste, I believe, is the number one reason why a baker would want to work with sprouted flours, followed by baking characteristics, followed by the fact that sprouted breads are more easily digested and are nutrient-rich.

Jarkko: Do you have any other tips for bakers curious about your flours?

Peggy: We sprout 25 different grains and legumes. All of our sprouted products are available as whole grains and flour. The possibilities are almost endless for mixing different sprouted flours and grains for great artisan breads. While our flours can be found on many different store shelves including Whole Foods Market, we still mill online orders fresh and package just before shipping.

wheat. But the sprouted wholewheat master loaf also showcases the pure flavor without any help from other ingredients other than salt, yeast, and water. The less “other” ingredients, like fats, sugars, and dairy, the more obvious the flavor benefits.”

In the United States, you can get sprouted flour from a few specialty producers such as [To Your Health Sprouted Flour](#), presented in the book, or even King Arthur Flour. In the UK, a small business called [Breadlink](#) sells many kinds of sprouted flour. In the rest of the world, the flour may be harder to find, which — along with a rather high price tag — has led some home bakers to experiment with milling their own.

“It’s easy to make, as instructed in the book, if you have a small mill to grind the dried sprouted grain into flour.” Reinhart says. That said, you have to be careful — a quick browse through The Fresh Loaf’s forums shows that while easy in principle, creating your own sprouted flour requires a close attention to detail so you won’t sprout the grains for too long.

“Sprouting is the first step to malting and so, yes, sprouted flour could also be called malted flour. The trick is to not let the sprouts get too big before drying them so that the integrity of the grain is still intact. That’s the job of the spouters and millers (or us, if we are making our own). As soon as the sprout splits off into a little antenna, that’s the time to dry it and then mill it.” Reinhart says.

I still haven’t found sprouted flour to experiment with, but as soon as I do — or get inspired to try sprouting my own — I know I’ll go ahead and experiment with this idea.

As I don’t like the taste of regular whole wheat bread all that much, I’m curious to see if the sprouted flour bread is as tasty as Reinhart says it is — alone, or maybe mixed with 50% regular white flour... But I’m not going to give up my white sourdough.



SPROUTED WHOLE WHEAT BREAD

*Reprinted with permission from Bread Revolution by Peter Reinhart
(Ten Speed Press, © 2014). Photo Credit: Paige Green.*

This master dough can be used to make bread in any shape or size. It showcases the natural sweetness and tenderness of sprouted whole wheat flour without any added oil, fat, or other enrichments, such as milk, eggs, or sweeteners. Sprouting the wheat changes it so much that many of the "rules" for artisan breads, such as using pre-ferments and long, slow rising times, are unnecessary. The aims of those techniques can be achieved in less time with sprouted flour because the sprouting phase has already accomplished what pre-ferments and long fermentation typically do.

I suggest that you make this bread before attempting any of the more elaborate recipes that follow. This will familiarize you with the flavors and performance of sprouted whole wheat flour. In fact, it may be the only recipe you need for everyday breads, as it works equally well as a loaf pan bread and a crusty hearth bread.

Makes 1 large loaf, 2 smaller loaves, or up to 15 rolls.

Ingredient	Volume	Ounces	Grams	%
Sprouted whole wheat flour	3¾ cups	16	454	100
Salt	1 teaspoon	0.25	7	1.6
Instant yeast	1½ teaspoons	0.16	4.5	1
Water, at room temperature	1 ¾ cups plus one tablespoon	14.5	411	90
TOTAL		30.95	876.5	192.6

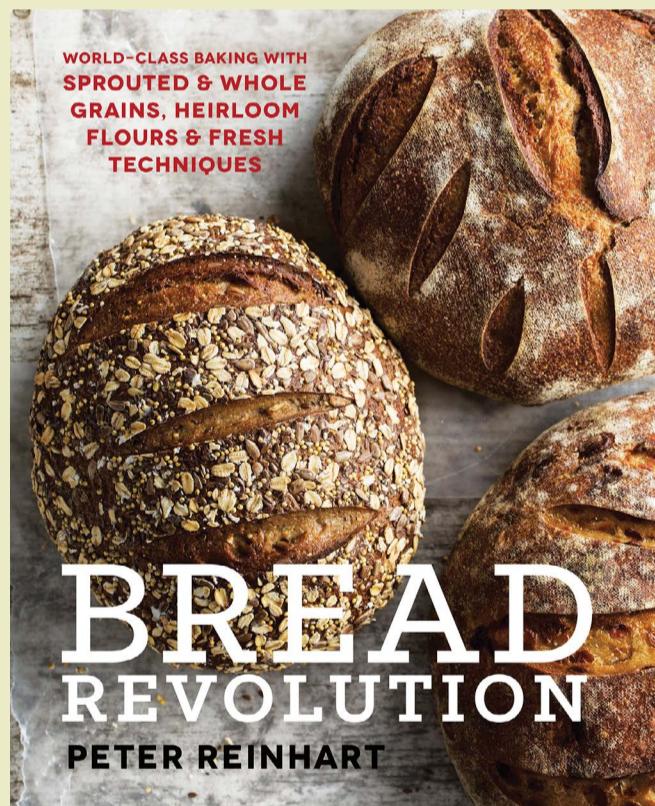
1. In the bowl of a stand mixer fitted with the paddle attachment, or in a large bowl, stir together the flour, salt, and yeast (on low speed if using a stand mixer). Add the water and mix or stir until the flour is hydrated and a coarse, wet dough forms, about 1 minute. Don't add more flour, as the dough will thicken while it rests.
2. Let the dough rest, uncovered, for 5 minutes. Then switch to the dough hook or use a wet spoon or wet hands and mix for 1 minute, on medium-low speed if using a stand mixer. The dough should be smooth but still very soft and sticky (similar to ciabatta dough). Add flour or water only if necessary to achieve that texture; the dough will firm up as you continue to work it.
3. Spread about 1 teaspoon of vegetable oil or olive oil on a work surface. Using a wet or oiled bowl scraper or rubber spatula, transfer the dough to the oiled area. Lightly oil your hands, then stretch and fold the dough as shown on page 20, folding it over itself four times: once each from the top, bottom, and sides. The dough will firm up slightly but still be very soft and somewhat sticky. Cover the dough with the mixing bowl and then, at intervals of 5 minutes or up to 20 minutes, perform three additional sequences of stretching and folding. For each stretch and fold sequence, lightly oil your hands to prevent sticking. The dough will firm up a bit more with each stretch and fold. After the final fold it should be soft, supple, and tacky and have a springy or bouncy quality when patted.
4. Oil a large bowl and put the dough in the bowl. Mist the top of the dough with vegetable spray oil and cover the bowl with a lid or plastic wrap; if using plastic wrap, stretch it tightly over the bowl rather than laying it directly on the dough. Ferment the dough at room temperature for 1½ to 2 hours, until double in size. (This time can be shortened by using a warm proof box set at about 90°F / 32°C.)
5. Oil the work surface again and use an oiled bowl scraper or rubber spatula to transfer the dough to the oiled area. For hearth loaves, prepare two bannetons or a couche as described on page 26. Divide the dough in half and shape each piece into a boule or *bâlard* as shown on page 21, then put the shaped loaves in the prepared proofing vessels. For pan loaves, mist two 4½ by 8-inch loaf pans with vegetable spray oil. Divide the dough in half and shape the pieces into sandwich loaves as shown on pages 23 and 24, then put the shaped loaves in the prepared pans. For rolls, line two sheet pans with parchment paper or silicone mats. Divide the dough into the desired number of pieces and shape as desired (see page 24). Put half of the rolls on each lined pan.
6. Mist the top of the dough with vegetable spray oil, then cover it loosely with plastic wrap. Proof for 1 to 1½ hours at room temperature, until the dough increases in size by 1½ times. When poked with a finger, it should spring back within a few seconds; if it holds the dimple, it's risen for too long. (Because the dough is so hydrated, it's fragile and will fall if you proof it until double in size. It's better to bake it while it's still on the rise.)

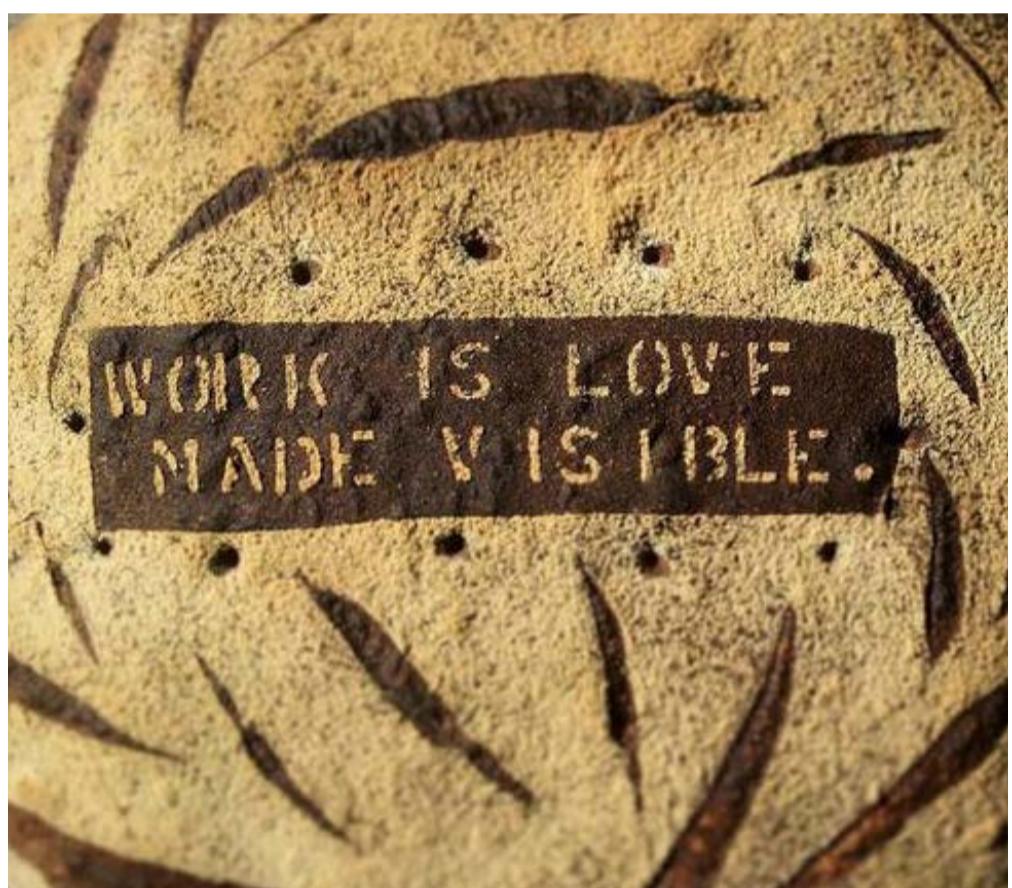
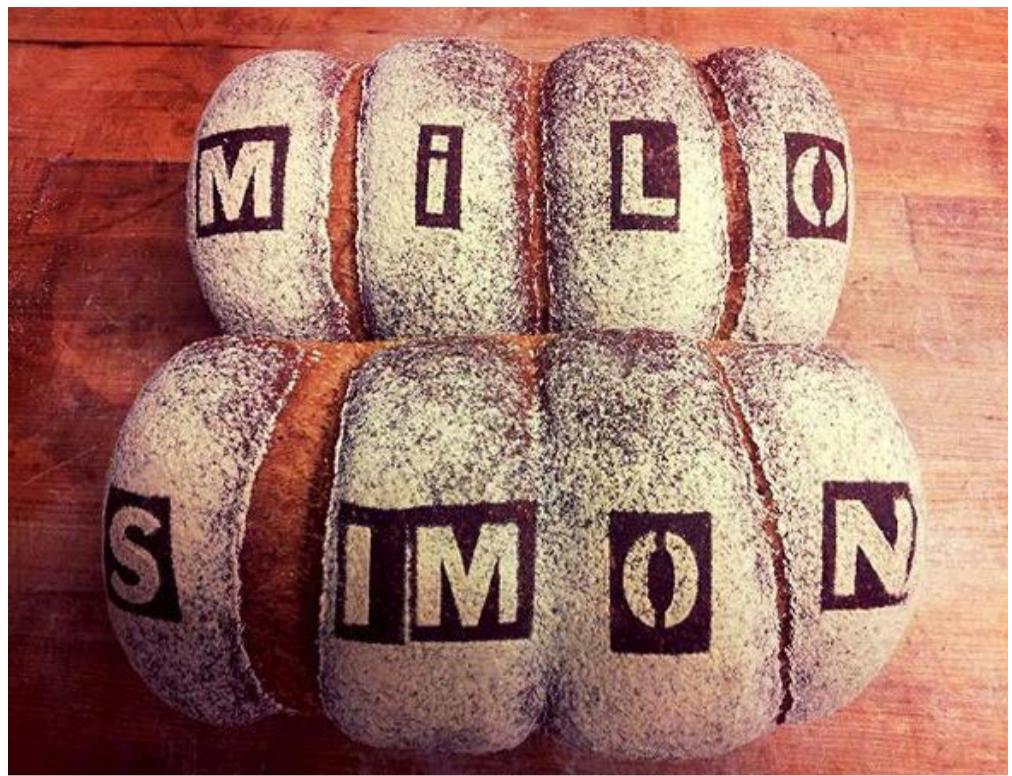
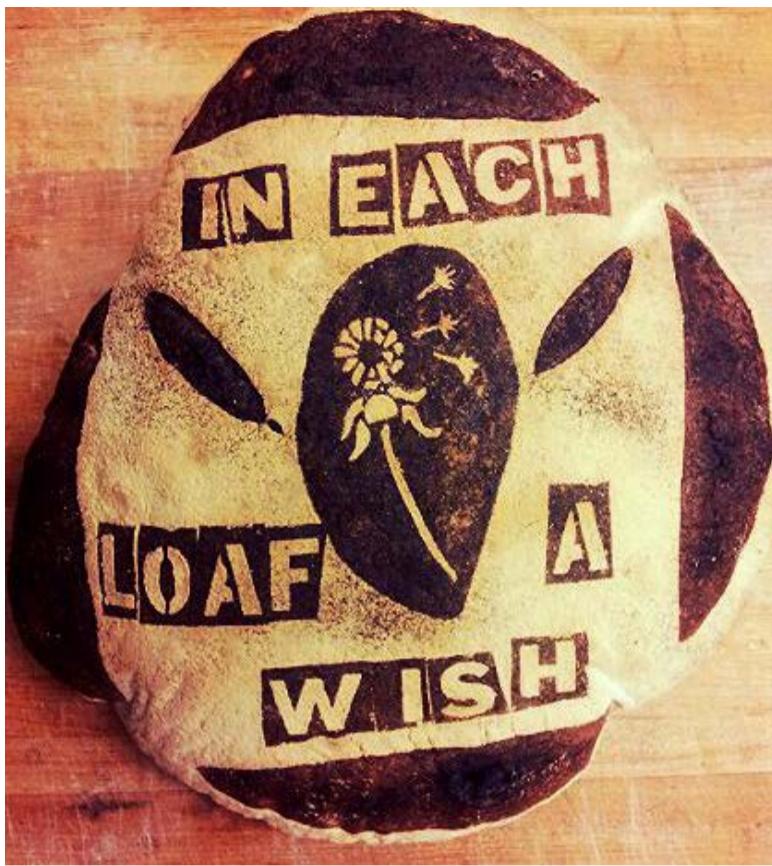
7. To bake a hearth loaf, about 45 minutes before you plan to bake, prepare the oven for hearth baking with a baking stone and steam pan as shown on page 29, then preheat the oven to 450°F (232°C). Transfer the shaped loaf to a floured peel (or keep it on the sheet pan for baking). Score the top as desired (see page 29). Transfer the loaf onto the baking stone (or put the sheet pan on the baking stone). Pour about 1 cup of hot water into the steam pan. Bake for 15 minutes, then rotate and bake for 15 to 20 minutes longer, until the loaf is golden brown on all sides and sounds hollow when thumped on the bottom. The internal temperature should be about 200°F (93°C). Transfer to a wire rack and let cool for at least 30 minutes before slicing and serving.
8. To bake pan loaves, preheat the oven to 375°F (191°C); steam is optional. Bake for 25 minutes, then rotate and bake for 25 to 40 minutes longer, until the bread is golden brown all around, the side walls are firm and not squishy, and the loaf sounds hollow when thumped on the bottom. The internal temperature should be at least 190°F (88°C). Let cool in the pans for at least 10 minutes, then transfer to a wire rack and let cool for at least 20 to 30 minutes longer before slicing and serving.
9. To bake rolls, preheat the oven to 400°F (204°C); steam is optional. Bake for 12 minutes, then rotate and bake for about 10 to 15 minutes longer, until the rolls are golden brown and sound hollow when thumped on the bottom (they will soften as they cool). The internal temperature should be about 190°F (88°C). Transfer to a wire rack and let cool for at least 10 minutes before serving.

NOTE: If it is more convenient for you to use an overnight method, put the covered bowl of dough in the refrigerator immediately after the final stretch and fold. The next day, remove it from the refrigerator 2½ hours before you plan to bake. Shape the cold dough and proof it at room temperature until it increases in size by 1½ times, then bake as directed.

* *

For more information about the book, visit Amazon.com or your local book seller.





USE STENCILS TO ADD PERSONALITY TO YOUR BREADS

Words: JARKKO LAINE and ROB SEGOVIA-WELSH

Photos: ROB SEGOVIA-WELSH and MACKENZIE ANN SMITH

If you've seen loaves like those on the previous page and been curious to learn how to make them yourself, you are not alone.

Stenciling is a great way to add more personality to your loaf of bread, be it a political message, a logo, or a collection of symbols that have a special meaning to you or the person receiving the bread. It is also a seemingly simple technique that isn't quite as simple when you actually give it a try.

However, with some practice and a few good tips, it's definitely not out of your hands either.

For a long time, I had been admiring photos of beautiful stenciled loaves — breads with a clear and strong contrast between the dark crust and the bright white flour. But I never knew where to start. None of the baking books I have in my bookshelf mention the technique, and while in principle stenciling sounds easy, the results from my own experiments weren't any good.

When I tried using a maple leaf to add its shape to my bread, I ended up spilling the flour all over the loaf. And when I wanted to print the LEGO logo on a loaf of bread to humor my son, all I could see was a light "E".

To finally learn the technique and to share the learning experience with you, I decided to talk to someone who has the experience and knows how to make great stencils — the baker who baked all the loaves pictured on the previous page, Rob Segovia-Welsh.

Since 2007, together with his wife, Monica, Rob has been running [Chicken Bridge Bakery](#), a small organic bakery with a strong commitment to nourishing the community in North Carolina. In the past seven years, the bread coming out their wood-fired oven has found its way to two farmers' markets and a few farm-to-table restaurants, allowing the baking family to give up their jobs outside the home and make Chicken Bridge Bakery their full-time job.

This November, Rob and Monica ran [a successful crowdfunding campaign](#) to collect money to build a new brick oven to increase production to continue supporting an ever growing customer base while baking in their home with their two sons acting as the official tasters and overall little helpers.

As luck would have it, I got in touch with Rob earlier this fall during the process of putting together this crowdfunding campaign. A little later, #BreadChat — the monthly event organized by Chicago Amateur Bakers — picked stencils as the topic of the month. Rob was invited to co-host the chat and so, inspired by the coincidence, I decided to ask Rob to share some stenciling tips with us.

Rob, being the nice guy he is, agreed, and so, here are Rob's tips for creating a crisp, beautiful stenciled loaf of bread.

Give the technique a go, and make someone happy by giving her a bread with her name or favorite symbol stenciled on it!

**



ROB'S STENCILING TIPS

To create a really crisp, clear and clean stencil, first you need a neat, well defined stencil. To get a nice print be sure to cut out your stencil carefully using a sharp X-Acto or utility knife.

Second, you need a smooth, blank surface of dough.

To make sure the surface of the dough is blank, try not to use much flour in the shaping and don't dust the tops of the loaves with anything. If the dough is strong enough to hold itself, you can place the loaves to proof on a piece of parchment, seem side down — this will keep the top surface clear and ready for the stencil.

If it's a wetter dough that needs the support of a proofing basket during its final rise, line the basket with a thin sheet of plastic. Proof the dough as usual, seem side up, while allowing the plastic to protect the surface that will be stenciled.

"To make sure the surface of the dough is blank, try not to use much flour in the shaping and don't dust the tops of the loaves with anything."



1. When the dough is fully proofed, you're ready to stencil! It is important that you don't bake the dough when it's still under-proofed or you risk big tears in the crust that will ruin the image. It's better to let the dough over proof a little if not sure...

If you proofed the loaf in a basket, turn it out onto a flat surface. If you proofed it on parchment paper, you're ready to go.



2. Decide where you want the image to appear and then gently place the stencil onto that part of the loaf. If the dough seems so sticky that getting the stencil off will be tough, then it's best to lightly dust the surface with a bit of flour.



3. Sift finely milled flour onto the dough. I like to use light rye flour, as it is quite fine and dusty. Any flour that has much bran, germ or coarse bits in it will cause the image to come out muddled, so a refined flour sifted through a sieve is recommended.

To get a nice image lightly tap the sieve while moving it over the entire loaf. A light dusting that covers the surface should be perfect. Too much flour or an uneven amount of flour on the dough can also cause muddled results (not to mention a floury bite of bread!)



4. You're ready to take the stencil off. Gently remove the stencil by lifting it straight up. If it sticks to the surface of the dough be patient and use a steady hand while removing it.



Finally, you'll want to score the loaf, as usual, to ensure a good but even oven spring. You can also use the scoring to accentuate the stencil. On large loaves, where the stencil may take up a good portion of the surface area, it may be wise to dock the dough where it cannot be scored to prevent any air bubbles from damaging the image. Using a wooden skewer to pierce through the whole loaf works great.

Bake the loaf as you normally would, keeping in mind that the darker the crust gets the more contrast it will give your bread — allowing the stencil to really stand out!

Good luck and bake on!





BAKING GREAT BREAD IN COSTA RICA

Words: JARKKO LAINE

Photos: JOSE BENAVIDES ZAMORA and MARIANA HERRERA CAMPOS

Meet Jose Benavides Zamora and Mariana Herrera Campos. During the day, the young couple from Costa Rica work in their separate office jobs in IT, but as soon as they get back home, they become [Passiflory](#), a small artisan bakery that combines their love for gardening, fine eating, and cooking with bread and baking. Baking from their home they supply great bread to a growing number of customers, hoping to grow the bakery into a full time business one day.

That said, the baking seems quite serious to me already. Or what do you think about this setup:

"Two stainless steel working tables, two Kitchen Aid mixers, and a semiprofessional bakery oven with five trays and steam injection"

I first met Jose through [Instagram](#), where he shares photos of Passiflory's bread, the couple's pets, and bonsai trees, a hobby he has been practicing since he was around 13-15 years old.

"I have around 30 trees." Jose says, and continues to tell, "It's a nice way to enjoy your free time between the office and making breads."

This November, Jose and Mariana produced an inspiring promotional [video about their bakery](#), in which they share some of the story: how they got excited to bake bread when Mariana's mother shared a basic white bread recipe with them, and how the journey continued as they started experimenting and sharing bread with their friends and colleagues.

After seeing the video, I felt curious to learn more, and so, I asked the bakers some questions about their bakery and the bread in Costa Rica.

Here's what they told me.

Jarkko: Can you start by telling a little bit about yourselves?

Jose and Mariana: We are Jose and Mariana, a young couple from Costa Rica, we've been together four years, and have four pets. We each have an office day job and we run the bakery on our free time.

We both love gardening, fine eating and of course, we love cooking.



Jarkko: What was the role of bread in your life before you started baking it yourselves?

Mariana: For me, it has always been very present since it was actually my mother who taught us how to bake bread. So I basically grew up watching her cook and bake.

Jose: For me it was just a part of our regular meal but not a requirement.

We do not have a bread culture in Costa Rica, like they do in Germany, France or United States. Most of our food involves rice and beans or "tortillas" — but I remember my parents asking me to go to the bakery in the morning and buy bread for breakfast.

I love cooking, I feel extremely happy when I create things with my hands, so by learning

how to make bread, it gave me the opportunity to cook for people which makes me happy and I would like to do that for the rest of my life.

Jarkko: What's bread like in Costa Rica in general and how is it usually sold and purchased?

Jose and Mariana: There is no bread culture here in Costa Rica, people are used to buying cheap bread from the corner store, or "bakery", very light-weight bread that they used mostly for breakfast, accompanied mostly with either eggs or sour cream. This bread is almost always shipped frozen to the stores and baked daily, but it is mass produced bread. Most people are not used to good bread or to paying a bit



more for quality artisan bread.

But don't get us wrong, you can find good bakeries in Costa Rica, some of them even make naturally leavened bread.

Unfortunately, we do not have access to all kinds of flour. It is almost impossible to get organic flour because we don't have wheat farms or stone ground mills. And you need a lot of money to import grains or the flour from other countries.

We just have all purpose flour, whole wheat, rye and strong flour (which is the one we use). Recently we noticed there is a small company that is importing quinoa products, so that's good.

Sourdough bread is not as common as it is in other countries, but we believe there is a food revolution happening globally, like for example in homebrewed beer. People are looking for better ways to eat, organic products and natural healthy ingredients, so this may change in a while and it feels good to be a part of it.

Jarkko: What was your original white bread recipe like?

Jose and Mariana: Very basic white bread. We did not have much experience with fermentation cycles. We started using all purpose flour only — the ingredients were flour, water, commercial yeast, salt, and probably olive oil or butter.

We used to bake our bread in a regular kitchen oven, without steam or thermostat, so basically everything was improvised.

Now we have a medium size industrial oven that works great

One of our first breads was made with rosemary from our garden, this bread was shared with co-workers who loved it and kept asking for more. We still have Rosemary bread on our product list, and it is one of our all-time favorites.

Jarkko: How soon after baking your first breads did you see the business potential and started planning for the bakery?

Jose and Mariana: It was never in our plans to either become bakers or run a bakery. As stated before, it was basically our co-workers' and friends' demand that pushed us to keep producing and start selling.

The word started to run to co-workers' friends and soon after we decided to open a Facebook page, create a logo and search for a name.

We were soon invited to small farmers markets and events in Yoga / Pilates workshops, so it was a good start.

Most of the customers reached us through recommendations from other customers; basically the product speaks for itself.

After we opened the Facebook page, more people started sharing and we were able to reach more and more people. Some of them just stumbled upon our page by chance, liked it, called us and hence became good customers. If people like a product, they'll recommend it to others, and the chain just keeps getting longer.

We do not own a place to sell our bread yet because we don't have enough money to start one, we are still working on it. It's not easy to start your own business with the country legislation.

Jarkko: Can you tell a bit about your bakery and how it functions today?

Jose and Mariana: We have a setup in our house: two stainless steel working table, two Kitchen Aid mixers, and a semiprofessional bakery oven with five trays and steam injection. Demand each week varies depending on client demand. Some weeks, we may bake every day and some weeks just a couple of days. The number of breads may go from 1 or 5 up to 40.

We arrange most of our sales through Facebook. If they are known customers or friends, they can come to our house or nearby at our neighborhood.

Otherwise, Mariana delivers them at the location of her office day job. Sometimes we go to farmer's markets or health fairs.

Jarkko: How much time do you spend on the bakery every week?

Jose and Mariana: For each bakery working day, we spend around 4 or 5 hours, this during weekdays. Some Sundays, we may spend up to 8 hours. But we don't have a weekly average.

Jarkko: What's important for you in bread making? What's great bread for you?

Jose and Mariana: One of the most important things in bread making, believe it or not, is your mood when making it. Bread dough is very sensitive, it's alive, it's an organism and it will respond to how you treat it. One must always make bread with love to get a good result. If you are sad or in a bad mood, the bread will somehow sense it and it won't be as good as it should be.



Great bread should have a nice dark crust and a soft crumb. The smell is important too, but that will depend on the ingredients and the fermentation process.

One of the most amazing things of making bread is that everything will affect the final product: the weather, the temperature, the flour and the yeast.

Jarkko: How about in your business? What makes it worth all the work?

Jose and Mariana: To be able to create something with your own hands. Something that came from the soil, a seed that became a plant and again, a seed which milled provide us with the flour, the flour becomes bread which is a basic meal that has been on the planet for thousands of years.

People's feedback. We love to hear how much people like it, or from how far they are willing to come to get some of our bread. Hearing or reading their comments — some even have shared family recipes with us. People who we don't know feel identified with

what we do and that fuel us to continue giving them our best.

Jarkko: What types of bread do you make?

Jose and Mariana: We have a large list, and we try to introduce new products periodically.

As for now this is what we have: Plain white or whole grain; rosemary; ciabatta; mixed herbs (from our garden); barley bread (made with barley from a local artisan beer factory); olive bread; multigrain, tomato and basil (the most popular); tarragon and parmesan; coconut and almonds; apple, cinnamon and granola; hamburger buns... We also make panini shaped small loafs and sell pizza dough. We are currently introducing cookies. And from time to time we will offer a seasonal bread of some sort, for example in November we had a pumpkin and sunflower seed bread.

In the next few weeks we will have Christmas cake which is similar to fruitcake, this is a sweet, heavy cake made with dried fruit and nuts that has often been soaked in rum.



"We dream of having our own shop, where people can come and buy fresh breads and some dishes prepared with our breads, pizzas, and some other baked goodies, where people can see the herb garden that we use for our breads."

Jarkko: You say you have learned everything about bread making from books and by trying it yourself. What have been some of the most important books and the most important lessons learned during the journey so far?

Jose and Mariana: Our bible was [Tartine Bread](#) by Chad Robertson. He has been a great inspiration for us. We would like to visit his bakery and have a conversation with him one day, he is amazing.

We also have read [Josey Baker Bread](#)¹ by Josey Baker and [Jamie at Home](#) by Jamie Oliver — who is also one of our heroes.

YouTube, Reddit and Vimeo help as well. Tara Jensen² has been a great inspiration too — she doesn't have a book out yet, but her [blog](#) and her [Instagram](#) are beautiful.

It's not easy, I mean we had to throw away breads because they weren't good, or the final product was not what we expected. Staying up late or waking up early in the morning before going to the office to prepare ingredients or to feed your starter. But in the end, everything has been worth it.

Jarkko: What do you see in the future for Passiflory?

Jose and Mariana: We dream of having our own shop, where people can come and buy fresh breads and some dishes prepared with our breads, pizzas, and some other baked goodies, where people can see the herb garden that we use for our breads.

We will focus on promoting fair trade and support for local producers like ourselves. We would like to offer something different.

Some people have told us that what are doing here in another country like United

1 See our [October 2013 issue](#) for an interview with Josey Baker.

2 See our [June 2013 issue](#) for an interview with Tara Jensen.

States would be better received and have a greater support than what we are getting here.

Jarkko: Finally, is there something you'd like to say to bakers reading this who might want to try something similar and start a bakery of their own?

Jose and Mariana: Go for it. It's not easy, especially if like us you hold an office day job and the bakery at the same time. It can be tiring but if you love what you do it is totally worth it. Life is too short to sit around and watch it pass by, so get up and get things done.

The faces and feedback from people when they taste real bread, one made with love is priceless.





A SPECIAL KIND OF WHEAT

Words: GAIL NICKEL-KAILING

Photos: KAMUT INTERNATIONAL,
DEANE BROWNFIELD and VILICUS FARMS

FROM SEA TO SHINING SEA

The United States' "National Hymn," America the Beautiful, opens with the image of endless skies over fields of ripe golden grain that reach to purple mountains on the horizon.

That idyllic scene represents thousands of years of human development beginning with the gathering and consumption of grass seeds in the Fertile Crescent about 17,000 years ago.

Poet Katharine Lee Bates would probably be appalled to realize that she was eulogizing one of the worst examples of monocropping in existence – second only to the carpeting of Iowa with corn.

Modern wheat production has been one of the major contributors to decades of soil and water erosion and water contamination in the American heartland. And a contributor to one of the greatest environmental disasters of the Twentieth Century: the Dust Bowl of the 1930s.

In *Romeo and Juliet*, Juliet says, "That which we call a rose by any other word would smell as sweet." With apologies to William Shakespeare, we say that may apply to a rose, but we need to be careful what we call one of the world's most important grains – wheat. Especially when we refer to an ancient wheat called KAMUT® Khorasan wheat...

"O beautiful for spacious skies,
For amber waves of grain,
For purple mountain majesties
Above the fruited plain!
America! America!
God shed his grace on thee
And crown thy good
with brotherhood
From sea to shining sea!"

An industry analyst, consultant, and nationally recognized speaker on a wide range of subjects, **Gail Nickel-Kailing** brings enthusiasm and a unique blend of experiences to her projects. And as a journalist who has contributed to publications in the US, Canada, India, and Brazil, she's covered a number of "beats," particularly the "good food" system, sustainability, distribution, and commercial printing. Gail is also co-publisher of the online magazine [GoodFood World](#), now in its fourth year of publication by Nickel Resources.

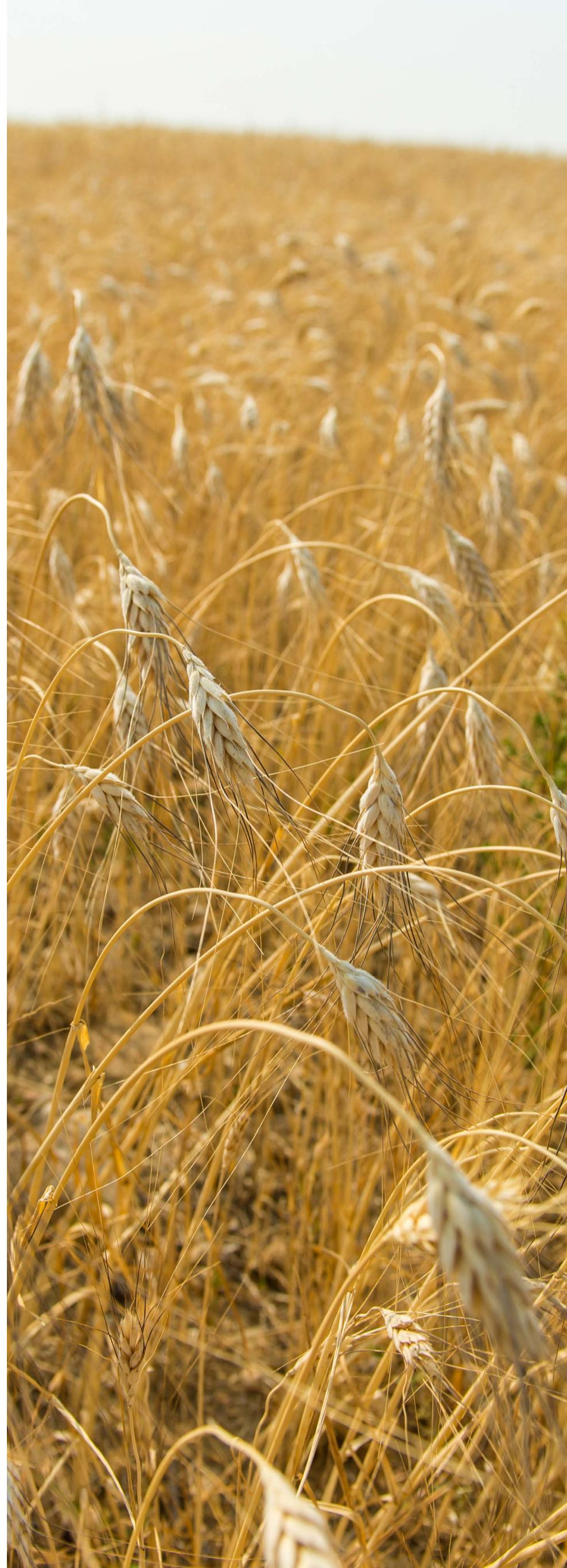
THE WHEAT FAMILY TREE

Yes, “cereal grains” — domesticated grasses — are covering the earth. Wheat is second only to rice as the largest source of vegetable protein for human consumption, and maize (corn) is a close third. Nearly half of the calories of the world’s protein intake comes from cereal grains. Mainly rice, wheat, corn, and barley.

The “family tree” of the genus *Triticum* (wheat) is divided genetically into three groups:

1. Wild and cultivated einkorn (Diploids whose genes contain 14 chromosomes): considered to be the “parent” wheat and grown by man as early as 10,000 to 12,000 years ago.
2. Wild and cultivated emmer and durum wheat (Haploids – the 28 chromosome group). Durum, the world’s second most widely cultivated wheat, is primarily used to make pasta.
3. Spelt and all bread wheat (Hexaploids – the 42 chromosome group). Spelt is a hulled wheat – the hulls are tightly clasped around the grain and must be removed for consumption – and common wheat is “free threshing,” that is, the hulls fall off at maturity. All hexaploid grains are domesticated; none have been found growing in the wild.

The first domesticated food crops — the so-called “Neolithic founder crops” — include einkorn and emmer (two of the earliest domesticated wheats), barley, lentils, peas and chickpeas, and flax. Samples of early bread wheat containing enough gluten for yeasted bread date from 1350 BC in Greek Macedonia.





THE BIG NAMING QUESTION: IS IT KHORASAN OR KAMUT®?

The answer to the question: "Is it Khorasan or Kamut?" is simple: It depends... Let's start at the beginning.

Khorasan is an ancient Persian province, today described as a historic region stretching across parts of Iran, Turkmenistan, and Afghanistan. It is also the common name of a wheat species related to Durum, *Triticum turanicum*, suggested to have originated from the region.

Kamut — an ancient Egyptian word for

wheat or grain — is the brand name for marketing a specific kind of Khorasan wheat (*Triticum turanicum*, var QK-77), trademarked by [Kamut International](#), the organization created to market the grain.

So, while all Kamut is Khorasan, not all Khorasan is Kamut.

The story of Kamut is charmingly romantic: a US airman stationed in Portugal was given 32 giant wheat kernels from a fellow airman who said it had come from a tomb in Egypt.

But the real hard work started in 1977, when a small jar of seed landed in the hands of Mack Quinn, a grain farmer from Fort Benton, Montana.

Mack planted the grain in his garden and over several years it increased to around 90 pounds; in 1986, he planted 1.5 acres with that 90 pounds.

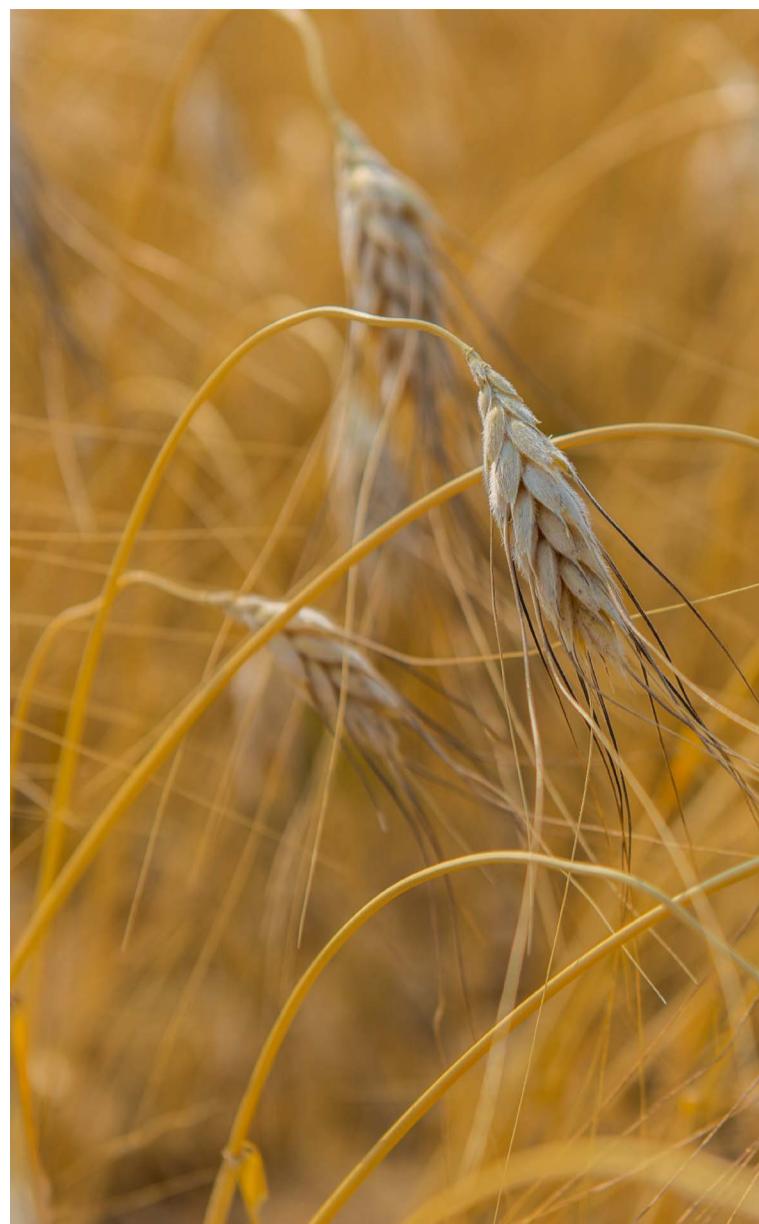
In 1988, the first product carrying the Kamut brand name — a type of pasta — was introduced. The first bread made with Kamut brand Khorasan wheat was produced in 1989. Kamut International registered the Kamut trademark in 1990.

Today, under the management of Mack's son Bob (pictured above) — who holds a Masters degree in plant pathology and a Doctorate in plant biochemistry — and Kamut International, more than 45,000 acres across parts of Montana, Alberta, and Saskatchewan are planted in Kamut and the grain and products made from it are sold around the world.

What makes Kamut special? It's not all in the name; the real secret is the variety of grain and how it is raised and handled.

Since Kamut International owns the trademark, any wheat sold under the trademark must follow the quality specifications required by Kamut International:

1. Be the ancient Khorasan variety of wheat.
2. Be grown as a certified organic grain.
3. Have a protein range of 12-18%.
4. Be 99% free of contaminating varieties of modern wheat.
5. Be 98% free of all signs of disease.
6. Contain between 400 and 1000 ppb of selenium.
7. May not be "used in products in which the name is deceptive or misleading as to the content percentage."
8. May not be mixed with modern wheat in pasta.



DEANE BROWNFIELD BAKES WITH KAMUT

Deane Brownfield is an experienced home baker and active member of the artisan baking forums at The Fresh Loaf, where he is known as Dabrownman.

Two years of experimenting with Kamut have taken him from near disaster to beautiful loaves. Baking with Kamut, because it is a durum flour that is high in protein but has a low gluten content, can require a little patience and experience.

The good news: the creamy yellow, nutty flavored flour makes a nice artisan bread. The bad news: it has better absorption properties than regular bread flour, so you'll need to adjust the amount of water you use.

Recently Deane baked two varieties of 50% Kamut bread and a 100% Kamut loaf, which he has agreed to share with us for this article.

He notes, "The crust came out that beautiful orange-tinged color that a durum grain is so famous for. The yellow crumb is another striking feature. The best part was the taste. Nothing tastes as sweet as Kamut and the sprouts made it taste like it had a bit of sweet cornbread in it."

100% WHOLE GRAIN KAMUT WITH 14% SPROUTED GRAIN



More than two years ago, Deane baked his first high-hydration 100% Kamut bread: 102% hydration! Working under primitive conditions — he ground the Kamut berries in a Krup's coffee grinder — he persevered. Back then, he wasn't using straight rice flour in the baskets and the loaves stuck badly, resulting in what Deane called "Oh Mon Dieu Pain Rustique."

Clearly the only direction to go was up!

Here's how Deane does it today. Start with just 6 grams of "9-week retarded rye starter" to make the Kamut levain and plan to spend at least 2 days making this lovely loaf.

Just what's a "9-week retarded rye starter," you ask?

Deane describes his process:

"I keep my rye starter in the fridge with no maintenance for 16 weeks at a time. I build it with fresh-milled whole rye flour at 66% hydration and use a little bit of it to make the levain for my weekly bake."

"After about 16 weeks I refresh it with 60 grams of fresh-milled rye and 40 grams of water to bring it to the original amount. I call it the 'No Muss No Fuss Starter.' This loaf was made with a bit of the starter that had been cooling its heels in the fridge for 9 weeks, unfed."

First step – sprouting the Kamut: Start by soaking the berries for four hours and put them in your sprouter of choice for 24 hours. Then dry with a paper towel and air dry for at least 4 hours.

You will prepare two kinds of fresh milled flour. First mill whole Kamut berries and sift the hard bits out. Deane ended up with an 85% extraction – that is, 15% of the flour was "hard bits." Next, mill the sprouted Kamut berries.



THREE-STAGE LEVAIN BUILD

Stage 1

Ingredients	Quantity	Baker's %
9-week retarded rye sourdough starter	6 g	100%
15% extraction Kamut	6 g	100%
Water	6 g	100%

Stage 2

Ingredients	Quantity	Baker's %
All of stage 1	18 g	
15% extraction Kamut	12 g	100%
Water	12 g	100%

Stage 3

Ingredients	Quantity	Baker's %
All of stage 2	42 g	
85% extraction Kamut	24 g	100%
Water	24 g	100%

Begin the 3-stage levain build by adding the 15% extraction from the whole unsprouted grains to the starter in the first stage, "to get the levain up to speed."

FINAL DOUGH

Ingredients	Quantity	Baker's %	Baker's % (Total formula)
15% extraction Kamut			4.89%
85% extraction Kamut	326 g	100%	95.11%
100% whole sprouted Kamut	60 g	18.40%	16.30%
Water	332 g	101.84%	101.63%
Levain (all from the 3-stage build)	90 g	27.6%	
Salt	8 g	2.45%	2.17%

As you combine the flour and water for the autolyse, use both the sprouted and the 85% extraction flour. Limit the autolyse to half an hour since the sprouted grain could "spike the autolyse into enzymatic overload."

Mix in the levain and salt, and apply 8 minutes of slap-and-folds. Adjust the final water amount to 90% hydration.

Let rest for 30 minutes and apply 3 sets of stretch-and-folds from the compass points at 30-minute intervals to finish the gluten development. This part of the process should take about 2 hours.

Let the dough rest for 10 minutes, shape it into a squat oval, and put it in a basket floured with 100% rice flour.

Slip the basket into a plastic bag, seal it, and retard in the fridge for about 18 hours.

Put two baking stones in your oven, separated by enough space for the bread to rise while baking. Allow the dough to come to room temperature while you heat your oven to 550°F / 285°C.

Deane has devised a steaming system he calls "Mega Steam," which consists of two pans each containing a rolled up kitchen towel and a third filled with lava rocks. Fill each

half full of water. Fifteen minutes before you are ready to bake, slide the pans into the oven and let the steam build up.

Unmold the dough onto a parchment sheet, slash, and load it onto a peel. Open the door **VERY** carefully! As Deane says, "Make sure your face is away from the oven door as you open it to put the bread on the stone. No sense burning the skin off your face, in my book!"

Slide the dough onto the bottom stone and bake with steam for 2 minutes, then reduce the temperature to 465°F / 240°C and continue to bake with steam for 13 minutes.

Remove the steam, turn the oven down to 425°F / 220°C and bake for 10 more minutes or until the internal temperature is about 210°F /

99°C.

Some advice from the baker: Expect that the dough will spread a bit after you unmold it, however it will have some oven spring and will bloom a bit. The crust will be crispy right out of the oven, but it will soften as it cools.

The crumb is soft and moist from the sprouts and open for whole grain bread. While this makes a fine boule, if you want a tall loaf, bake it in a pan — though you will miss out on all the tasty crust that comes with a rustic loaf.



50% WHOLE GRAIN KAMUT – 2 VERSIONS



For bakers who prefer to blend whole grain Kamut with bread flour, here are two variations on a theme.

These two loaves have especially interesting “add-ins:”

1. Prunes and ground flax, sesame seeds, poppy seeds, and chia seeds - mix as you choose or substitute your own blend.
2. Risotto (made of red onion, Kamut berries, chicken stock, and a splash of Malbec wine) and grated Pecorino Romano and Parmesan cheeses - again mix as you choose or substitute your own blend.

The process to prepare these two loaves is the same as before, except for the add-ins, mixed into the dough between the second and third sets of stretch-and-folds

THREE-STAGE LEVAIN BUILD

Stage 1

Ingredients	Quantity	Baker's %
9-week retarded rye sourdough starter	8 g	57.14%
15% extraction Kamut flour	14 g	100%
Water	14 g	100%

Stage 2

Ingredients	Quantity	Baker's %
All of stage 1	36 g	
15% extraction Kamut flour	10 g	62.50%
85% extraction Kamut flour	6 g	37.50%
Water	16 g	100%

Stage 3

Ingredients	Quantity	Baker's %
All of stage 2	68 g	
89% extraction Kamut flour	28 g	100%
Water	28 g	100%

FINAL DOUGH (VERSION 1)

Ingredients	Quantity	Baker's %	Baker's % (Total formula)
15% extraction Kamut			6%
85% extraction Kamut	142 g	41.52%	44%
Bread flour	200 g	58.48%	50%
Water	262 g	76.61%	80%
Levain (all from the 3-stage build)	124 g	20.53%	
Salt	8 g	2.34%	2%
Seed mix	72 g	21.05%	18%
Prunes	68 g	19.88%	17%

FINAL DOUGH (VERSION 2)

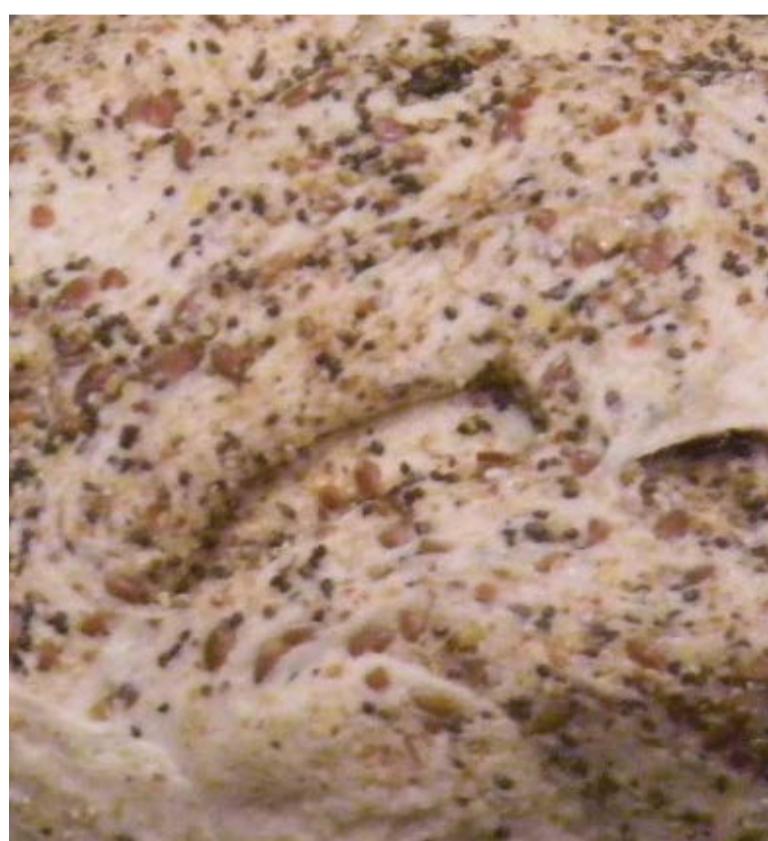
Ingredients	Quantity	Baker's %	Baker's % (Total formula)
15% extraction Kamut		6%	
85% extraction Kamut	142 g	41.52%	44%
Bread flour	200 g	58.48%	50%
Water	262 g	76.61%	80%
Levain (all from the 3-stage build)	124 g	20.53%	
Salt	8 g	2.34%	2%
Malbec and Kamut risotto	158 g	46.20%	39.50%

When you have bagged the basket bread, retard for about 15 hours in the fridge. Let the dough warm up for about an hour before you start preheating the oven.

Bake following the instructions previously given. Deane, ever the adventurous baker, had a bit of bad luck when baking the prune and seed bread. He neglected to reduce the temperature at the 2-minute mark and baked at the maximum temperature for 15 minutes. When he discovered the error, Deane dropped the temperature to 400°F / 205°C convection to try to compensate. (Remember to check the internal temperature!)

Baker's commentary: "The temperature was way too high and the loaf didn't spring like it should, the crust was dark, and the crumb was dense. The bold bake really contributed to a great crust, but the crumb was a disappointment. The risotto bread had a beautiful crumb."

When making breads with add-ins, especially moist ones like the risotto, you'll discover how different the breads can taste. In the final analysis, however, for the seeded bread, Deane suggests either adding 5% more water or soaking the ground seeds in that amount of water to bring up the hydration and open up the crumb.



MEET THE GROWER: VILICUS FARMS



Located 8 miles north of Havre in north central Montana — nearly at the Canadian border — Vilicus Farms is an organic “dryland” farm owned and operated by Doug Crabtree and Anna Jones-Crabtree. Since 2009, the farm has expanded to 4,700 acres growing heirloom and specialty grains, pulses, oilseed, and broadleaf crops.

A new wave of farmers, most in their 20s and 30s and more than a few in their 40s, are taking up the plow again. Today’s new farmers are highly educated and many are experienced in fields that may, at first glance, seem unrelated to the business of farming.

While Doug was born on a grain farm in Ohio, it wasn’t until he and Anna turned 40 that they became beginning farmers on their own land.

Kamut — a beautiful robust grain with large heads full of huge berries and long black awns — is one of four or five grains that the Crab-

Vilicus: In ancient Rome, a *vilicus* was an overseer of an estate; he managed the land, buildings, and staff with an emphasis on the long-term productivity of the land. Many were freed slaves, and they were said to no longer be slaves to their previous owners, but slaves to the land with which they were entrusted.

trees grow in rotation and in combination with strip cropping and intercropping, all of which significantly increase the biodiversity in each field. The selection for grains grown every season depends on the market, on growing contracts, and the soil conditions.

While Kamut isn't particularly difficult to grow, it does have certain characteristics that require special adjustments.

For example, unlike conventional wheat, Kamut does not form "tillers" or lateral shoots from the base of the stem. Tiller production occurs before the reproductive growth and can help suppress weeds as well as develop into seed heads. By intercropping with flax, Doug and Anna reduce the competition from weeds and produce an additional cash crop at the same time.

On Vilicus Farms, the Crabtrees practice advanced land stewardship at a scale that mat-

ters. More than 20% of the farm is in non-crop conservation and wildlife habitat and the farm's cropping system takes into consideration nature's systems.

Organic production isn't just growing food without chemical inputs; it's a system that requires improving soil, water, and associated resources, while producing safe and healthy food for a growing population of informed consumers.

Doug and Anna seek to maximize income — not production — by focusing on the returns to the farmer and the land rather than gross revenue based on high yields using costly inputs.

"We envision a world where farming is a respected and indispensable avocation, organic practices are considered conventional, and agriculture is defined by a supportive network of like-minded farmer stewards," the Crabtrees say.





AN AMATEUR BAKER AT THE CHRISTMAS FAIR

Words and photos: RALUCA MICU

Have you ever looked at all those happy people selling their amazing products at your favorite market on a Saturday morning, thinking how you wished you could do this, to be one of them?

I have! I do it all the time.

So if you are like me, I am sure we can be best friends forever.

You will probably like me even more when I tell you that this year, just a couple of days ago, I was one of them! I was a part of a Christmas fair, I had my own stall, and I sold my own produce!

OK, maybe it was a small fair and the stall was just the top of a bar, but — oh boy — was it exciting!

Let me start from the beginning: I've been an amateur baker for quite a while now, but apart

"Just a couple of days ago, I was one of them! I was a part of a Christmas fair, I had my own stall, and I sold my own produce!"

from selling my bread to a couple of friends and feeding my colleagues with sweets and bread and butter, I haven't done anything of this scale ever before.

But now, when this chance arose, I thought to myself: "You have to start somewhere! Why not here?"

So, I did!

I was one of the stall holders at this year's "Karmarama's Kristmas Market" that took place at the Karmarama head office, the biggest independent marketing communications agency in London, where my husband works. The office is home to 250 employees and let me tell you they are quite a picky bunch!

I was quite concerned about their reaction to my products; they could, as they say, "make or break a man."

So here I was: the date set for the 12th of December, I just had to cook, bake, show up, and make them love my produce — and take their money, as I had decided that all proceeds from the fair would be given to a children's home in my home country of Romania.

To paint the entire picture for you: I am mum to a two and a half years old and very active daughter, a wife to a very creative man, and I also have a full-time job at the moment — so, this task wasn't an easy one.

I'll be honest: it didn't really seem possible for me to do everything I wanted to in the time allotted: I had two days from 8 A.M. to 5 P.M. and the morning of the actual fair to cook and bake all the products I wanted make, to package them, and to have them ready, working in a normal domestic kitchen with an oven that only allows me to bake one loaf at the time on the baking stone or a maximum of two small tinned loaves.

It was a crazy amount of work and planning and shopping, but I did it!

PLANNING THE BREADS

I started with a preliminary list of what I wanted to cook and bake — just rough notes so that I could determine what exactly I would need in terms of packaging.

Once the list was done, I ordered plastic bags, paper bags, and stickers with the name of my dream bakery, "October 26th".

Then, with packaging sorted, I spent two more days ironing my product list and making a detailed schedule of all the things I needed to do, step by step. The next list was the shopping list, which turned out incomplete a couple of times — but it happens to everyone, right?

Returning to the planning, the most important part of it revolved of course around bread. As I have mentioned, my oven can only fit one loaf at the time on the baking stone, or two

small tinned loaves, so I had to plan everything around the breads:

On the first baking day, I decided to start with two rye breads, as we all know they are better eaten more than a day away from the baking. I also added two other breads with a high amount of whole wheat flours to the first baking day's schedule as they are brilliant eaten the next day when the flavor becomes even richer: the miche and a version of the whole wheat Tartine loaf with an addition of nigella seeds.

I knew that the white breads would be better baked the same day, so I kept three breads — a pain au levain (the one I've told you guys all about in the [summer edition of Bread Magazine](#)), a version of the country white Tartine, and a white bread with sesame seeds and a touch of rye flour — to be baked the morning of the fair.

But did I stop here with the breads? Oh, no! Why would I have?

While researching bread baking schedules, I came upon an article that mentioned baking an enriched bread, challah, a day before, so of course I thought: "*Great! I'll bake two of those as well!*"

And that's how I ended up going to the fair with the following breads:

- Two 100% rye breads with fennel seeds (you can find the recipe below)
- One miche (recipe below)
- Two tinned challahs with raisins
- One whole wheat bread with nigella seeds
- One country white
- One pain au levain
- One white with sesame seeds

In the end, I sold six of the nine breads. I think people felt a bit intimidated by the miche's size. Half way through the fair, I decided to cut through one of the challah breads to offer a piece to my famished daughter, just to realize the bread was unfortunately a bit dense, so I took it off the counter. A bit disappointed to be honest, but felt better that I didn't end up selling it.

If you want a piece of advice: never take to a fair a bread you haven't tested before.

With the bread schedule in place, I thought I might do some other bits and bobs, for the ones with a sweet tooth and because — I am not afraid to say it — I just wanted to show them all I could do.

Did I take on too much? Sure!

Am I sorry? Not really. But I can't help but think I will need to give this much more thought next time if I want to make a business out of this!



BAKING DAY 1

I spent my first working day dedicated to the fair making:

- 21 bags of strawberry and black pepper meringues (each containing 8 meringue kisses)
- 19 bags of winter spice marshmallows covered in dark chocolate and sprinkled with ginger crumbs (each bag containing 4 meringues)
- 16 bags of salted butter caramels (each bag containing 10 caramels)

It was a lot of beating, baking, cutting and packaging, plus lots of levain creation for the next day.

That evening, I also prepared the dough for my brown butter and orange madeleines and for some rye crisp breads. The madeleine dough was kept in the fridge overnight, while





the rye crisp bread dough was left to mature on the counter in a covered bowl.

In between all the preparations, I also cut tiny squares of waxed paper for the caramels and cut out the supports for the eclairs, as it was impossible to find something similar ready made in the small quantities I needed, and presentation is really important to me.

BAKING DAY 2

I started the second baking day early in the morning by baking my madeleines, preparing the levains for the breads I was going to bake on Friday, and actually starting the doughs for the day's breads.

It might sound impossible, but in between baking the madeleines and the breads, I managed to bake two types of cookies, the rye crisp breads and a focaccia, which means that at the end of day two, I had even more boxed products to keep my toddler away from with the promise: "I'll give you some tomorrow!"

- Eight bags of brown butter and orange madeleines (each containing 2 madeleines)
- 16 bags of cookies (each containing two double chocolate chip cookies and two gingerdoodle cookies)
- 10 bags of rye crisp breads (each containing 10 small crisp breads)
- One miche
- One whole wheat and nigella bread
- Two 100% rye breads with fennel seeds
- Seven slices of sun-dried tomatoes, olive oil and oregano focaccia (I kept three of them for the three of us and was right to do so, as it was delicious and it sold out at the fair, with people coming back to ask for more.)
- Two challah with raisins



FAIR DAY

On the morning of the fair, I woke up at 5 A.M., not knowing what hit me. But very soon, I had my first set of eclairs in the oven and I was working on the chocolate ganache.

Of course not all things go to plan, so my daughter woke up at 5.30 instead of her regular 7, which meant that I had to get everything done with her running around in the kitchen asking me for milk, cookies of cartoons on TV.

I soon realized that we would be late: The fair was starting at 12 P.M. and we should be there at 11 A.M. to prepare the stall. It was 10.30 A.M. and I was still glazing my little marzipan disks to go on my raspberry eclairs while the last bread was still in the oven and the toddler and her dad were having a massive argument about what shoes she was going to be wearing.

Time was up and I have added to the list of produce the following:

- One country white bread
- One white sesame seeds bread
- One pain au levain
- 13 chocolate and coffee ganache and chocolate glaze eclairs
- 13 raspberry crème patissiere with passion fruit glazed marzipan disks eclairs

We were out of the house at 10:50 A.M. and on our way! I was really nervous: even though all the work was done, I still needed to get there, to set up and to see the people's reactions to all my work.

We arrived at the parking lot only to realize we had left one of the boxes containing the caramels, madeleines and marshmallows at home! I felt like crying, thinking of all the work I had put into them that no one would see, taste, and appreciate.

"And so, there I stood, behind the counter with all my products nicely displayed and a child attached to my leg, feeling pretty chuffed with myself! I couldn't believe I had managed to make all this!"

Plus all the money I could have gotten for the kids from selling the goodies.

But it was late, so no time for too much drama.

We took all we could from the car and got to the fair 10 minutes before the start. And realized we had forgotten the price tags I had spent the previous evening writing on lovely cardboard paper and the bread knife in the car.

The organizer was awesome and helped me with some paper and a pen, so I just redid them on the spot.

They didn't look as nice, but did the job!

The loving husband was sent home, a return journey of around an hour and thirty minutes, to retrieve the forgotten box, even though the fair would only last for two hours.

And so, there I stood, behind the counter with all my products nicely displayed and a child attached to my leg, feeling pretty chuffed with myself! I couldn't believe I had managed to make all this!





People come, they look at the table. Some buy and comment, amazed by all the things I've done by myself!

I love it! I love this feeling of handing over a produce of my work to another person knowing that they will most likely enjoy it! I am even happier when some of them return to get more cookies or meringues because they have tasted them and love them some much!

One or two people actually ask me to keep some of the bags for them while they go get some cash! This is huge!

I've never done anything like it and even though it is clear that I am not going to sell out, simply because there are not enough people in the office at this time and I've made too much of everything, it still feels good to hear them say:

"These look amazing!",
"Have you tasted the focaccia or the cookies?"
"They are amazing!"

In the end, I sold around half of all the items I had prepared, but it was well worth to challenge myself, and I would urge any single one of you to do it at least once, even if you aren't dreaming of being a full time baker!

To give you a nudge, here are two of the recipes I used for the fair, in case you need some inspiration. The first one is for the massive 1.5 kg miche and the other one for the 100% rye with fennel seeds.



MICHE

BUILDING THE LEVAIN

To create the levain, start by dissolving the starter in the water. Then add the flour and mix until all the flour is hydrated.

Ingredients for the levain (Part 1):

Ingredients	Quantity	Baker's %
White flour	87 g	100%
Water at 25.5°C (78°F)	87 g	100%
Rye starter (100% hydration)	25 g	28.73%

Leave the levain to mature or ferment at room temperature for ten hours in a covered ceramic bowl.

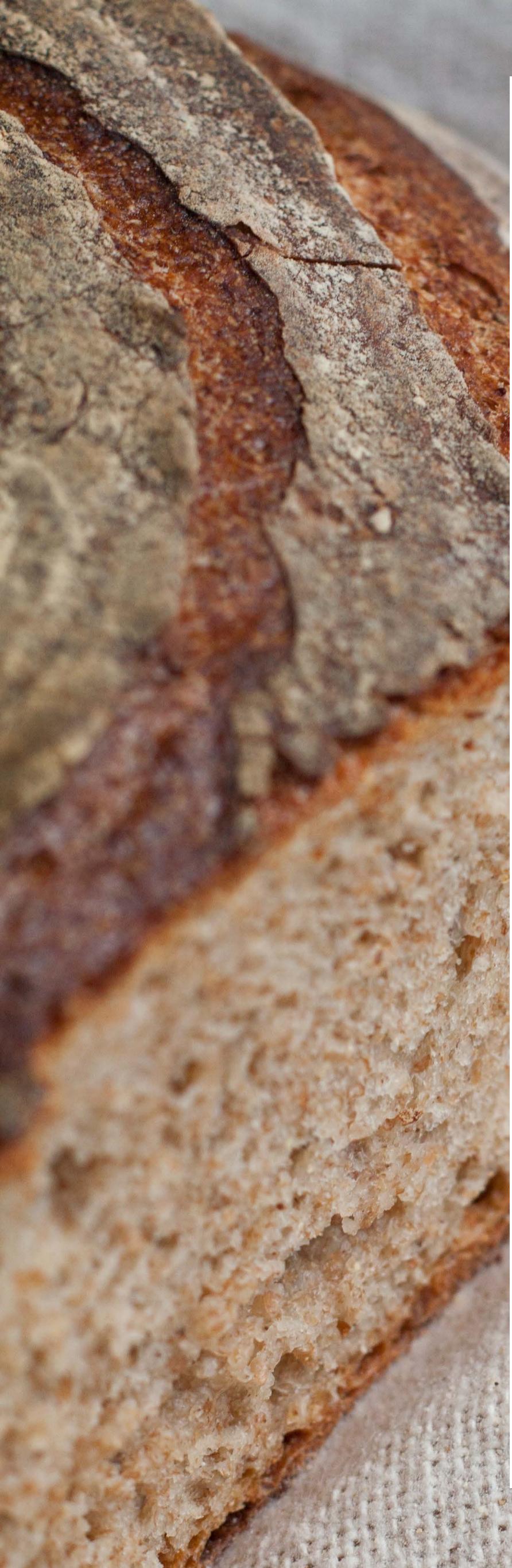
The bread ingredients (Part 2):

Ingredients	Quantity	Baker's %
White flour	314 g	40%
Whole wheat flour	314 g	40%
Whole spelt flour	118 g	15.03%
Dark rye flour	39 g	4.94%
Water at 25.5°C (78°F)	541 g	68.91%
Levain (from step 1)	119 g	25.35%
Salt	18 g	2.29%

Overall bread formula¹:

Ingredients	Quantity	Baker's %
White flour	401 g	45.98%
Whole wheat flour	314 g	36%
Whole spelt flour	118 g	13.53%
Dark rye flour	39 g	4.47%
Water at 25.5°C (78°F)	628 g	72.01%
Starter	25 g	2.86%
Salt	18 g	2.06%

¹ The flour and water in the starter (12.5 g each) are not accounted for the flour and water overall percentages.



AUTOLYSE – 30 MINUTES

Once the 10 hours are up, we are ready to start making our bread.

First, dissolve the levain in the water. Add the flours (white, whole wheat, spelt and rye) and mix, by hand or with a rubber spatula / wooden spoon, until all the flour is hydrated. Use the ingredients from Part 2.

The dough will be a lumpy mess, but that's ok. Cover the bowl with your trusted shower cap and leave to rest for 30 minutes.

MIXING – AROUND 5 MINUTES

When the 30 minutes are up, you are ready to add the salt. Sprinkle it on top and start pinching the dough with your fingers to make sure the salt is evenly distributed. You can also reserve some of the water (from part 2) to dissolve the salt in prior to adding it to the dough in this mixing stage, but I find it is not necessary for the small quantity of salt and dough we are talking about here.

Work the dough with your hands for about two minutes, to make sure the salt is incorporated, then give it about 10-12 series of stretch and folds. The entire mixing will take about 5 minutes.

Transfer the dough to a clean bowl that you have previously lightly brushed with some vegetable oil.

BULK FERMENTATION

– 150 MINUTES

Once the dough is sitting nicely in your covered bowl (use cling film or a shower cap), leave it to rest for 30 minutes.

When the first 30 minutes are up, perform the first stretch and fold — I usually do this in the bowl without transferring the dough — and then leave to rest another 30 minutes.

In all, perform four stretch and fold series leaving the dough to rest 30 minutes between each stretch and fold.

PRE-SHAPING – 20 MINUTES

Now that the bulk stage is over, we are ready to pre-shape our dough. I always pre-shape it into a boule shape, but not a very tight one. Rest the dough with the smooth side up.

Cover the loaf with a clean tea towel and leave to relax for 20 minutes.

SHAPING

Flour your banneton, then uncover your dough and shape it as a boule again. Place the loaf seam side up in the banneton and cover it. Alternatively, you can slide the basket into a plastic bag and tie it up.

ROOM TEMPERATURE

PROOF – 90 - 120 MINUTES

Leave your bread to proof at room temperature for 90 to 120 minutes. Watch the dough as in some environments 90 minutes might prove to be too long, or even not enough. Use the "finger test" to check the dough's readiness: Poke the loaf with your finger — if it bounces back immediately, it needs a bit more time. If the dent remains you are ready to bake.

While the bread is undergoing the final proof, start pre-heating your oven to 250°C (482°F). In my case I get the best results if I pre-heat the oven, including the baking stone and baking tray, for around 90 minutes before I want to bake the bread. The baking stone I use needs the longer time to become really hot and give the best results.

BAKING

When you are ready to bake, prepare your peel (I use a chopping board) by sprinkling it with semolina flour and fill a glass or mug with very hot water. Prepare yourself to use the razor blade as well!

Once the loaf is on your peel you are ready to score.

Transfer the scored loaf quickly on the baking stone, pour the hot water in the baking

tray and quickly close the oven door to ensure most of the steam that you just created stays trapped inside. At this stage, because my oven is very small I reduce the temperature to around 220°C (428°F), but for bigger ovens you can reduce it only to 230°C (446°F).

Bake with steam for the first 20 minutes, then open the oven door and remove the baking tray.

Bake for another 25 minutes — a total of 45 minutes. When the 45 minutes are up, turn off your oven, leave the door slightly ajar and leave the bread inside for a further 5 minutes.

You should now have a beautiful and aromatic miche.

**

100% RYE BREAD WITH FENNEL SEEDS



This formula was used for one of my 450 grams bread tins (approximate dimensions 150x94x-74mm). For the fair, I doubled the amounts and baked two loaves.

BUILDING THE LEVAIN

To create the levain, start by dissolving the starter in the water. Then add the flour and mix until all the flour is hydrated. Use the ingredients from Part 1:

Ingredients for the levain (Part 1):

Ingredients	Quantity	Baker's %
Dark rye flour	90 g	100%
Water at 25.5°C (78°F)	150 g	166.66%
Rye starter (100% hydration)	15 g	16.66%

You will notice that this is quite a liquid levain. If your starter is very active, I recommend using a large container for this levain or making sure you leave the container on a plate rather than directly on the counter.

Leave the levain to mature or ferment at room temperature for 10 hours in a covered ceramic bowl.

For this bread I also used a soaker made of rye flakes, water and fennel seeds to give it a bit more depth of flavour.

Ingredients for the soaker:

Ingredients	Quantity
Rye flakes	50 g
Fennel seeds	5 g
Water	150 g

Prepare your soaker: mix the rye flakes, water and fennel seeds in a bowl, cover it and leave at room temperature to soak up until you are ready to build the dough the next day.

The bread ingredients (Part 2):

Ingredients	Quantity	Baker's %
Dark rye flour	110 g	35.48%
Light rye flour	200 g	64.51%
Soaker	205 g	66.12%
Water at 25.5°C (78°F)	200-250 g	64.51% 80.65%
Levain (from Part 1)	255 g	82.25%
Salt	8 g	2.58%

Overall bread formula¹:

Ingredients	Quantity	Baker's %
Dark rye flour	200 g	50%
Light rye flour	200 g	50%
Soaker	205 g	51.25%
Water at 25.5°C (78°F)	500 - 550 g	125% - 137.5%
Starter	15 g	3.75%
Salt	8 g	2%

AUTOLYSE - 20 MINUTES

Once the 10 hours are up we are ready to start making our bread. First, dissolve the levain in the water. Start by using just 200 grams of the water. Add the flours and mix, by hand or with a rubber spatula / wooden spoon, until all the flour is hydrated. Use the flour measurements from Part 2.

Cover the bowl with the trusted shower cap and leave to rest for 20 minutes.

MIXING - AROUND 5 MINUTES

When the 20 minutes are up, you are ready to add the salt and soaker. Add the soaker and salt and mix.

The dough should be loose and should drop through your fingers easily.

If it is still quite stiff, add the extra 50 grams

¹ The flour and water in the starter are not accounted for in the overall percentages.

of water. Mix the dough until you have a uniform mass, than level it in your bowl and cover it.

BULK FERMENTATION

- 150 MINUTES

Once the dough is sitting nicely in your covered bowl (use cling film or a shower cap), leave it to proof for around 2 hours.

PREPARE YOUR TIN

Butter your tin generously and dust it with rye flour. Set aside.

Prepare a bowl with cold water to help while you transfer your dough to the tin.

Transfer your proofed dough to the tin using a dough scraper that you keep dipping in the water as the dough is really sticky.

Add layers of your dough in the tin making sure you push it to the corner of the tin and that you press it properly so that no big air gaps remain.

When all the dough is transferred, level the loaf with your scraper. Then also drag your wet scraper between the dough and the tin, to make sure it will not stuck. At this stage you can dust the loaf with flour, or sprinkle some seeds — the bread pictured at the beginning of the formula is topped with caraway seeds.

ROOM TEMPERATURE

PROOF - 90 - 120 MINUTES

Leave your bread to proof at room temperature for 90 to 120 minutes. I usually leave mine to proof until the loaf has visibly risen and there are small numerous cracks on its surface.

While the bread is undergoing the final proof, start pre-heating your oven to 250°C (482°F). In my case I get the best results if I pre-heat the oven, including the baking stone and baking tray around 90 minutes before I want to bake the bread. The baking stone I use needs the longer time to become really hot and give the best results.

BAKING

Transfer your tin on the baking stone in the oven and reduce the temperature of the oven to 230°C (446°F).

Bake with steam for the first 20 minutes, then open the oven door and remove the baking tray. Reduce the oven temperature bit by bit, until you reach 200°C (392°F). If you notice the loaf is getting darker too fast, after the first 20 minutes cover it with tin foil.

Bake for another 25 minutes — a total of 45 minutes. When the 45 minutes are up, remove the loaf from the tin and transfer it to the baking stone for a further 15 minutes so that a crust forms and the colour of the loaf becomes more uniform.

After one hour in the oven you should have a great rye loaf and your house will smell all kinds of sweet and spicy.

The loaf is better eaten around 36 hours after it has been baked, which was great for me as I could bake it one day before the fair and it will still be great for breakfast on Saturday morning or evening canapés.

* *

WHAT'S NEXT?

What's next for this baker?

Loads I hope.

The fair has been an eye opener for me in so many ways. I think the most important thing I have learned is that a fair gives you visibility, allowing you to make contacts that could turn into great opportunities — and even if they don't, it's awesome to wake up the next morning to see pictures of your bread being enjoyed for breakfast in other homes around London.

What learnings can I share with you? What will I do differently next time?

I will think more about my audience: What would they be more inclined to buy? I'll also think about the time of day people will be buying my products! If it's lunch time, by all means think about savoury things too, and

sweet things will probably work better in the afternoon with their tea, or as something to take home for after dinner.

I would definitely scale down a bit, or maybe ditch some of the items on the menu and take with me the stars of the show.

Lastly: give people the chance to taste your goodies. Allow them little morsels of goodness to convince them to buy. Once they are hooked they will buy!

I haven't figured out exactly what I am going to do next, but there are some people I've met at the fair well worth keeping in contact with, while I try to improve my baking, my breads and my accounting and planning skills!

Happy baking and happy holidays, everyone!



12 likes

bellisjewell HELL YES BREAD 🙌

@ralukmica @axelk how can we get a regular supply please. #october26th



lauralouisewilkins, axelk, mandslynn

fionamoseley This bread is incredible! Thank you @ralukmica, it was the best breakfast.



NEW YEAR'S RESOLUTIONS FOR BREAD BAKERS

Words: JARKKO LAINE

Photos: HIROYUKI TAKEDA, JARKKO LAINE

At the end of the year, most people like to look back and analyze the past year while planning what to do differently the next.

"This year, I will finally stick to that running plan and complete the marathon."

"This year, I will wake up an hour earlier every day and get that novel written."

And so on...

Some of the decisions stick, many don't. But either way, New Year's resolutions are a checkpoint to check if your desires and actions match and if there's something you might want to do differently in the next year.

As this is a magazine about bread, let's talk about bread: Are there bread and baking related New Year's resolutions that we could all try to achieve this year?

I have collected a list of resolutions that we can take on both as a group of bread lovers and individual bakers. Pick the ones you like and that match where you are in your bread making — and come up with a few of your own. Then, with the help of these resolutions, let's make 2015 the year of the big bread renaissance!

"As this is a magazine about bread, let's talk about bread: Are there bread and baking related New Year's resolutions that we could all try to achieve this year?"

15 BREAD MAKING RESOLUTIONS FOR 2015

1. "In 2015, I will make and use a sourdough starter."

If you have been baking bread for a little while, this should be your first New Year's resolution. Baking with sourdough isn't hard, and the result is not only a healthier but also more delicious loaf of bread. You'll never look back.

2. "In 2015, I will try at least five (or four, or ten — you pick the number) different flours."

This can mean wheat flour from different mills or new grains that you haven't used before. Experimentation is fun, and might lead to great new finds!

3. "In 2015, I will learn to shape a decent baguette."

I picked the baguette because it's one I struggle with, but go ahead and pick any bread shape you have trouble working with and get to work. Read instructions, watch some videos, maybe ask a friend who knows how to do it, and then practice until you make it.

4. "In 2015, I will be patient and let my doughs rest longer."

As Jukka Kotkanen told me when I interviewed him in this year's first issue, "waiting is the hardest part" in bread making. That's so true. Almost always, my best results have been the breads that I forgot to bake when I wanted to. So, at least for someone as impatient as I am, waiting a little longer is a good idea. Do analyze your baking, though: If your breads are always well proofed, don't add any more time... Unless you do it by retarding the doughs in a cool temperature — which is always a good idea!

5. "In 2015, I will stop buying bread from the supermarket."

Make your own bread, occasionally buying a great loaf from a local craft bakery and you'll be surprised to see that you'll never want to go back.



6. "In 2015, I will find time to bake with my children."

Even if baking with children is slower and sometimes frustrating, it is always rewarding. The joy and bonding that comes from mixing the dough and imagining recipes together is many times worth all the trouble.

7. "In 2015, I will give yeast water a try."

As great as sourdough is, it's fun to try new things. So, next summer, grab some raisins or fruit and start a yeast water experiment to create a different kind of naturally fermented bread.

8. "In 2015, I will get myself some brown paper bags and a stamp to use for bread packaging."

At least here in Finland, this isn't as easy as you'd think and finding good packaging material for bread requires some work. That's why I'm making this one of my own New Year's resolutions: good and simple packaging material makes giving (and even selling) bread much easier.

9. "In 2015, I will bake through one of my bread books." I did this with my first bread book, Richard Bertinet's *Dough*, and I feel the experience taught me a lot. That, and the fact that I like to work through goals with clear numbers (like coming up with these 15 resolutions) made it an enjoyable journey. This year could well be the time to pick another book and start baking.

10. "In 2015, I will organize a popup bakery for one day, baking bread and selling it to people." This could be a special market like the Christmas Fair Raluca visited this year or some other event, such as Restaurant Day. If you want to go further, you can pick the next one...

11. "In 2015, I will take the next step and start my community supported micro bakery." Whether you deliver your bread by running (like Anna Häggblom, *The Running Baker*) or by bike, come up with an idea, let your friends know and get started. Bake bread for one recurring customer, then two, and grow from there.

12. "In 2015, I will encourage at least one friend to start baking bread." I'm not a big fan of evangelization of any kind, but if the topic is brought up and the other person seems genuinely interested, why not give a few pointers and maybe share some sourdough starter with him or her? Inviting the friend to bake with you could be a fun thing to do together as well.

13. "In 2015, I will participate in a bread making event." If you live at reasonable distance from some big yearly bread making event such as the Kneading Conference, take the trip to learn new bread making tricks and to meet like-minded people.

On a smaller scale, finding a local amateur baker group — or starting one if there aren't

any in your area — would be a great start.

And who knows, maybe you could even end up organizing your own bread making conference?

14. "In 2015, I will get to know my miller and farmer." This is a New Year's resolution mostly for professional bakers, but it's a good way to further advance the bread revolution. Try to inspire your miller to create flour using local varieties of wheat and other grain. Invite him to experiment with stone grinding and other "new" techniques such as making sprouted flour. Ask for their input on your bread making: maybe the farmer has ideas on how you could be more sustainable and create products that better match with the year's harvest?

15. "In 2015, I will give bread to those in need." Whether it is through a charity or an organization such as the Farmer Foodshare, you have something great to give. Why should only the "haves" have the right to good bread?

I hope you found one or two resolutions that you'd like to pick from the list and make yours in the coming year. But in the end, what matters is that you keep baking and learning.

That's why, here's one New Year's resolution more:

BONUS: "In 2015, I will have fun with bread making." Try new things. Enjoy the old things. Take your time. Be present. Smile.



WHAT'S NEXT?

This is it. You have reached the end of the issue and the third year of BREAD Magazine. I hope you have enjoyed the journey — through this issue as well as the entire year, and have felt inspired to bake bread and experiment with new ideas and directions!

But this isn't the end: when one year ends, another begins — and the magazine continues.

If you'd like to see what comes next, I would love to see you with us again next year.

Head over to our website and renew your subscription [by buying the Year 2015 package](#) to receive the year's four issues as soon as they are published. Notice that our subscriptions are for just one year at a time, so your Year 2014 subscription will not renew automatically.

But now, before we start our next big adventure together, it's time to bake and break some bread with your loved ones. I wish you a happy Christmas and a New Year filled with joy and new experiences!

As always, thank you for reading, and happy baking!

Jarkko Laine
Publisher

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