

Poxa vida

Recipe Book

Tested and Approved

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The Author Himself

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Disclaimer

These recipes were tested by the author, which gives absolute **NO** guarantee that they will work for you. Cooking varies a lot depending on ingredients, equipment, personal technique and taste. Hence, do not be a whining biatche.

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Colophon

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<https://github.com/fmarotta/kaobook>

(You are welcome to contribute!)

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From gramma to mama, from all around the world, good food always get the friends together and warms the heart.

– Leandro de Souza Rosa

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BREADS

Ella's Amazing Brioche Buns for Burgers

1

1.1 Ingredients

200 ml Water	35 g Sugar
1 egg + 1 for egg-wash	8 g Salt
[4 Spoons] Milk	80 g Cold butter
[1 Cube] Fresh Yeast	500 g Strong flour

1.2 Preparation

Separate the butter for later.

First, add all other ingredients in a bowl and mix them until everything is combined. It does not need to be smooth, as long as you do not have large amounts of flour anywhere in the bowl. Then, wait 30 minutes before start kneading the dough¹.

When the dough is kneaded, start adding the butter in chunks. Here, if you are doing this by hand, you can add a chunk, fold a bit the dough, and add another chunk, go folding until no butter chunks are apparent. If you have a beating machine², just go throwing the butter there a chunk at the time with the machine on low speed.

With that baby dough kneaded, leave to proof for about an hour, or until it almost double in volume³. Transfer the dough to a surface with a bit of flour, and fold it into a tight ball. Divide the dough in 8 portions (usually around 110g each), and form them into 8 tight balls⁴. Put these babies in the baking tray and cover them with a tea towel, and leave them to grow until they double, or a bit more.

Egg-wash, sesame seeds, egg-wash on top before putting in the oven.

1.3 Baking

Preheat the oven to 180 – 200°C. Buns in the centre of the oven. Bake until they are delicious-golden on top.

1.4 Experiments

Making the *roux*⁵ improves the elasticity of the dough, making it easier to roast it with butter, keeping its shape while eating, and avoiding it to break apart. First test with 20% of the flour as *roux* resulted in a very nice structure. However, the shape was a bit off, which I blame on the poor shaping and baking in two layers. [need to retest.]

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1: During this time the proteins in the flour will start combining with the help of the water (*autolyze*), forming gluten. If you start knead before this, you will be kneading while the gluten forms, which is a waste of time. Relax and clean the space in the meanwhile.

2: Electrical mixer for dough

3: It will become a big girl ready to giggle in the party.

4: This girl is sticky, use a light coat of flour on your hands and part of the working surface.

Why butter in the end?

Butter has a bit of fat, which acts as a shortening to the gluten, as result, it is more difficult to knead the dough with the butter there from the beginning.

5: *water roux* or *tangzhong*

This is my original recipe of Focaccia, based on Chiara's super special focaccia and Luiz's super tasty one.

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2.1 Ingredients

150 g Semola di grano duro rimacinata	200 g Milk
150 g Manitoba (wheat min.13g)	30 g Oil Extra Vergine di Oliva (EVO)
250 g Wheat flour (tipo 0)	150 g Water
15 g Yeast	∞ EVO to slather on
11 g Salt	

2.2 Preparation

Optional: On the day before, mix the water, wheat flour, and yeast. Cover and let it rest for a 1 hour, or in the fridge overnight ¹.

Mix all the ingredients, cover, and leave it to rest for 30 minutes before kneading². Relax and clean the space in the meanwhile.

After kneading, shape it into a tight ball and leave it to rise for 1h. Then, reshape it into a ball carefully, you do not need to completely deflate the dough. After that, rest in a bowl with oil for another 30 minutes³.

Put quite a lot of oil on a baking tray, and gently open the dough on the tray⁴. Press with your finger tips gently to help opening and shaping the dough on the tray, but not too much otherwise it will stick.

Cover it and let it rise again for 1h.

Finally, right before putting it in the oven, mix salt, water and oil in a pot until it emulsify. Dump your hands on the mixture generously and make the typical focaccia holes with your fingers. Here you want a lot of the mixture over the dough, which will also accumulate in the holes.

Put stuff on top, onions, rosemary, cherry tomatoes, whatever you want. Try to place them within the wholes⁵. Then brush the mixture on top once again, and slide into the oven.

1: You can put less yeast and increase the fermentation time, which will add more flavour. This is the so called Biga. Typical recipes call for 1% yeast for an 16h fermentation or 24h in the fridge [link](#).

2: Read Chapter 1 for the whys in this recipe.

3: that gurl needs to relax a bit before being opened.

4: The dough, your hands, the tray and your soul will be covered in oil.

Relax Time?

Kneading and shaping the dough makes it tight, and very elastic. As such, it is difficult to open the dough. Whenever you need to open a dough and it springs back you need to stop, cover the dough, and let it rest for 15 minutes. After that, you will see that it opens much easier. Don't force the dough to open, or it will become a hard dense.

2.3 Baking

Preheat the oven to 180 – 200°C. If it is possible, turn off the heat from below, here you want a gentle heat from above. Focaccia in the centre of the oven. Bake until they are delicious-golden on top. Brush oil on top right after it comes out from the oven.

2.4 Experiments

I need to measure better amounts for the mixture of salt, water and oil. Try to substitute the yeast and biga with sourdough starter, usually $\frac{1}{3}$ of the flour mass, but be aware this will completely change the fermentation times. The relaxation times should remain the same.

DOUGHS

TECHNICAL

Acronyms

EVO Extra Vergine di Oliva. 5