

BREAD Lines



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IT'S TIME FOR THE BIG REVEAL!



I have exciting news to share. Cognizant of changes in the industry, society, and culture, The Bread Bakers Guild of America is rebranding. Our new name, The Artisan Bakers Guild reflects our expanding interests in bread, pizza, leavened pastry, and pasta. We are changing our name; Our spirit and ethos will remain the same. Baking bread will continue as our core tenet. Its role in civilization and disparate cultures is inarguable. With Guild members on all but one continent, our new name engenders the global community that we've become. It is not a harbinger of a new identity. It is more descriptive of what we have become. As hobbyist, cottage, and professional bakers, Guild members freely share information, techniques, ideas, resources, and inspiration. The perceived as the intersection of bread and leavened pastry has become much easier to navigate.

Bakers have anchored their communities since the birth of civilization. Although the challenges of 2020/2021 reinforced that image in our communities and the media, it serves us well to remember that a seed is planted, nurtured, grown, harvested, processed, stored, and delivered before our work can begin. As bakers, we are simply one part or component of the process, and as anchors, we are simply one component of the community. Our colleagues, peers, friends, and neighbors will remain the focus and beneficiaries of our work and devotion.

Whether it's bread, viennoiserie, sweet treats, or nutritious snacks, we are compelled to reproduce, recreate, and share the products that allure, seduce, and sate us. As we gain skill and confidence from a multitude of lessons, we pursue the elusive mastery of the craft. Our commitment and curiosity keep mastery just in sight. They also keep it just beyond our reach. The more we learn, the more we share, and the more we share the more we learn.

Thirty years ago, Tom McMahon and a fledgling band of artisan bakers began a project that would become a reckoning force in the world of artisan baking, The Bread Bakers Guild of America. The mission, "Shaping the knowledge and skills of the artisan baking community through education," will endure, driving and underscoring our mission. Bread, in all its forms, is a cultural and dietary staple, used to welcome, sustain, and celebrate. It will remain the alpha

The Bread Bakers Guild of America is the leading American educational resource for artisan bread bakers. Our mission: to shape the knowledge and skills of the artisan baking community through education. **Bread Lines**, the magazine of The Bread Bakers Guild of America, is published four times per year.

(Continued on inside cover...)

(...continued from cover)

and omega of the Guild as we pursue related disciplines with the reverence and exuberance we share for baking bread.

We will respect and honor the founders' central promise to shape the knowledge and skills of the artisan baking community. Renaming represents emerging from, rather than shedding, our chrysalis. No longer on the fringe of the culinary world, we are a mature organization, emerging from the suffocating and shrouding miasma of nighttime and underground baking to be regarded as artisans and community pillars. Our new name and logo represent our expanding interests, expanding audience, and steadfast

commitment to sharing knowledge and experience. We can take pride in our accomplishments and look to a promising future knowing that we remain guided by **Knowledge, Skills, and Community**.



MITCH STAMM
Executive Director –
The Bread Bakers Guild of America



PHOTO COURTESY OF MITCH STAMM

In my next endeavor I want to be a flower farmer. Not a wheat grower, but a farmer of cut flowers. The kind you take pause in and enjoy in the moment. To “stop and smell the roses” has brought new meaning into our distanced lives these past 18 months. Maybe we needed to slow down and live in the present; to appreciate that which we all do daily. For the Guild, this slowdown has brought our focus to three guiding core principles of **“Knowledge, Skills, and Community.”**

Every day I bake, I am reminded how alive the loaves are emerging from the oven. The heat of the hearth along with a baker's cool hand and technique creates a wholesome goodness to feed communities. As bakers we enjoy each other's company and the joy that comes in making food that satisfies and delights our customers, friends, and family. This is the basic definition of hospitality, and one that defines our association as a Guild. This is only possible with your memberships, donations, and sponsorships. As we embark on a new two-year fundraising pledge cycle beginning January 2022, know that your donations allow the Guild to accomplish our mission of member education and insures the continual promotion and growth of our craft.

This slowdown has brought our focus to three guiding core principles of “Knowledge, Skills, and Community.”

It's humbling to think that our Guild traces its roots to a time when embracing industry through education was far from the standard it is today. Now is the time when members, teachers, and industry leaders come together to make changes in a significant manner. By setting the standard we are the go-to resource within our community while fulfilling our commitment to our mission. We have several unprecedented changes happening.

First, as we rebrand as “The Artisan Bakers Guild,” we are embracing the larger scope of the baking industry. We offer

resources in all aspects of baking and our name and brand should reflect that ideal. Second, the Guild is finalizing an Apprentices Program that will support future bakers in under-served communities. We will bring talented new bakers to sponsoring bakeshops across the nation and not only to teach them but to keep them on track to successful careers in the industry. Third, your philanthropy will provide opportunities of scholarship in our programming of classes within your bakeries and let members discover their full potential and make a difference in local communities.

We are at the forefront of baking excellence and teaching. We must distinguish our Guild through an openness that goes beyond the bench, into a digital media and to commit deeper to each other. Our baking impacts our communities, and our Guild impacts the world.

We can never be defined by the gifts received but by the transformative ways they come to fruition. Your vision and your support are helping to create a stronger, more innovative, and more globally connected Guild. With your continued support, we aim to make minds full with **knowledge**, engage hands with **skills**, and our hearts of **community** will follow.

Thank you for your generosity.

Make it a great moment!



Tony Sapia
Board Member and Owner of
Gemelli Bakers –Philadelphia, PA



PHOTO COURTESY OF TONY SAPIA

**Gold Partners (\$60,000)**

Central Milling Company
King Arthur Baking Co.

**Silver Partners (\$36,000)**

General Mills, Inc.
Lesaffre Yeast Corporation

**Bronze Partners (\$18,000)**

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TMB Baking Equipment

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Clear Flour Bakery
Common Good Bakery
Crema Café & Artisan Bakery
El Horno de Pane
Essence Bakery Café

THANKS TO OUR DONORS

The Bread Bakers Guild of America gratefully recognizes its 2019–2021 fundraising partners for their generosity.

Fournee Bakery
David & Wendi Krishock
John & Laura Kvasnosky
Richard Sperry
Standard Baking Company
Sun Street Breads

Baker's Bunch (\$390–\$989)

Anonymous (1)
Mary K. Andrews
Debra Auden
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Eric & Marlene Baumgartner
Brake Bread
Breadfarm
Ann F. Burgunder
Challenger Breadware
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Janice Corsino
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INDIVIDUAL MEMBERS



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 Melanie Cote
 Warren Crowell
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 Evan Smith
 Anastasia Svistunova
 Lucinda Thayer
 Kim Uhlich
 Susan Wall
 Eve Whalen
 Chingping Wong
 Roger Zander
 Gary Zeitz
 Barry Zelickson

COMPANY MEMBERS

BACK IN THE DAY BAKERY — Savannah, GA

IG @backinthedaybakery | backinthedaybakery.com
 Back in the Day Bakery is a Southern dessert resource and provisions space created to serve fresh seasonal food. Our menu, space, and retail offerings change as we evolve through the seasons.

BLACKBIRD BAKING COMPANY — Toronto ON, Canada

IG @bbirdco | www.blackbirdbakingco.com
 In May 2011 in a little corner of an old building on King Street West, Blackbird began to grow from an idea into a living thing. Started with flour, water, and salt, our team has grown to close to sixty people who produce and deliver thousands of loaves of bread, pastries, and sandwiches to our community with attention, skill, and care.

CRUST — Fenton, MI

IG @crust_fenton | crustandbeyond.com
 CRUST is dedicated to excellence in artisan principles with all-natural ingredients that are locally sourced and organic whenever possible. The flours we use in our products are all unbleached and unbromated, and we partner with suppliers who source their wheat from non-GMO sources. CRUST produces over 120 different baked goods, and all are handcrafted using traditional baking methods.

FLOUR + JOY MICROBAKERY — New Paltz, NY

IG @flourplusjoy | www.flourplusjoy.com
 Flour + Joy is a home-based microbakery. I think it's possible to thoughtfully and purposefully bring real, fresh baked goods back into our lives. I propose we take some flour, add a little joy, mix with friends, and community and see where this journey can take us.

HARVEY BAKERY AND KITCHEN — Edmond, OK

IG @alyssa.a.ulrich | theharveybakery.com
 The Harvey Bakery & Kitchen is a warm and comfortable neighborhood restaurant where you'll want to be morning, lunch, and afternoon. Unlike anything in OKC, we're bringing pastries, breakfast and lunch, coffee, and more in a beautifully curated space.

HOMESTEAD BAKERY AND COFFEE — Macon, GA

IG @homesteadbakerycoffee | www.homesteadbakerycoffee.com
 Homestead is a local small business in Macon, Georgia, offering various baked goods and specialty coffees. Homestead is not only a coffee shop, but also a dedicated bakery, meaning all of our pastries are baked fresh daily. We pride ourselves in providing savory, sweet, and freshly baked goodies. All of our pastries are made in-shop with fresh ingredients. Homestead Bakery is about doing it all ourselves and going down to the basics.

KESSLER BAKING STUDIO — Dallas, TX

IG @kesslerbakingstudio | www.KesslerBakingStudio.com
 The Kessler Baking Studio is a bakery and a happy & creative sweets boutique serving baked goods that are handmade from scratch daily, using meticulously selected ingredients. We never add preservatives, artificial flavors, or colors. The Kessler Baking Studio offers a wide selection of cookies, brownies, specialty treats, packaged nuts, and confections.

LINCOLN STREET BAKERY — Lander, WY

IG @lincolnstreetbakery | lincolnstreetbakery.com
 At Lincoln Street Bakery, we are dedicated to our craft of making traditional breads, pastries, foods, and drinks by hand, daily. Our nutritious, locally sourced grains are freshly milled and fermented using traditional techniques that incorporate wild, natural yeast

cultures. These slow fermentation processes take anywhere from 48 to 72 hours to achieve both our sourdough breads and delicious laminated pastries.

MH BREAD AND BUTTER — San Anselmo, CA

IG @mhbreadbutter | www.mhbreadandbutter.com

M.H. Bread and Butter is a busy bakery cafe in San Anselmo just north of the Golden Gate Bridge dedicated to making everything in house with high quality ingredients and an attention to detail.

NATIONAL PASTRY BAKE SHOP — Scranton, PA

IG @National

National Pastry Bake Shop is a kosher bakery with a large range of breads and pastry.

RISE AND PIES — Greeley, CO

IG @riseandpies

Rise and Pies is an artisan bakery specializing in sourdough breads, pastries, and scratch-made pies.

ROSSI AND SONS ALIMENTARI — Poughkeepsie, NY

IG @rossiandsons_alimentari | rossideli.com

Rossi and Sons Alimentari is a new bakery located in the beautiful Hudson Valley, minutes from countrysides and only an hour and half from NYC. We are focused on the farm-to-

table processes, we are procuring our grains and ingredients directly from New York farmers, milling our grains in-house, and using natural leavening and long fermentation times for all of our artisan breads and viennoiserie. We are dedicated to the integrity of the baking processes.

TETON VALLEY RANCH CAMP — Jackson, WY

IG @tvrkamp | tvrkamp.org

Teton Valley Ranch Camp was established in 1939 to provide unique, challenging, and fun western and backcountry experiences to campers 11 to 16 years old. Since then, through the generations and challenges that have arisen, we have continued this effort. TVRC instills passion and respect for the outdoors while building self-confidence, skills, and lasting friendships.

WILD LEAVEN BAKERY — Chimayo, NM

IG @wildleavenbakery | wildleavenbakery.com

Wild Leaven Bakery is a small family-owned and operated business that specializes in long fermentation artisanal sourdough bread and baked goods using organic, local grains and ingredients. We source organic ingredients and support farmers and ranchers located in the Northern New Mexico and Southern Colorado bioregion, while giving priority to heritage and heirloom grains.

THE ANNUAL CALENDAR IS AVAILABLE FOR PURCHASE

The 2022 Member Calendar is now available for purchase. Each month features a beautiful photo provided by members of the Guild. We pulled our favorite submissions to provide you with a year of delicious inspiration. Formulas that coincide with each photo can be found in the formula index in the member's section of the website and will be emailed.

This calendar is the perfect gift for friends, family and customers.

\$15.00 +tax (shipping included)
Order online - bbga.org/store



GOODBYES...

LEAVING THE BOARD



Thank you, Connie Cox!

It's a recurring theme in the Guild: Members meet; they begin a baking connection that becomes a working relationship that grows into a lasting friendship. My relationship with Connie may have been the reverse of that. I was the newbie, nervous and focused on not embarrassing myself at my first Board of Directors in-person meeting. While getting acquainted before the meeting, Connie's smile and spontaneity instantly put me at ease.

I still managed to embarrass myself, but I was at ease doing so. I think we became friends first, and although we discuss Guild business almost daily, our conversations invariably drift to baking practice and theory. I can't omit her husband, Mike who may have attended more Guild events than I have. Laconic, and with a parched wit, he has a gift for non sequiturs and one-liners that put things in perspective when Connie and I are fluttering ad infinitum about baking. Together, they are generous and quick to embrace others.

Connie has the micro bakery of my dreams. "I bake what I want, when I want." It sounds tough and authoritative, but the truth, she acquiesces to almost every request. Situated on the main drag in Camden, Arkansas, Backdoor Baker has become the town and tourist information center, the Chamber of Commerce, and the lost & found. As in Mayberry, everyone comes a-callin', whether for bread and pastry or just to catch up; I'm not the only person Connie puts at ease.

Connie's understanding of finance, insurance, real estate, journalism, publishing, and now as a micro bakery owner has kept the Guild legally, financially, and ethically sound. Her sharp eye and uncanny ability to recall and/or find critical documents, bylaws, policies, etc. are steered by her conviction that Board discussions are resolved reasonably and justly. Fairness, objectivity, and adherence to the rules make her the conscience of the Guild. I'm not sure if she's the rudder that keeps us on point or the wheel that moves it. She can speak her mind and share her opinion without emotion, a rare feat in contemporary society. It will take the remainder of the Board of Directors working in harmony to steward the Guild with the same principles and integrity Connie as modeled for the past six years. I will miss working with her on the Board; however, I, like the good citizens of Camden, am happy that she will have more time to bake.

Connie, until we bake again, thank you,

—Mitch Stamm – BBGA Executive Director



Solveig will be missed...

Yeah No, Sure!

A red station wagon, racing edition, pulled up into the Kendall College parking lot back in 2006. Although she drove for eight hours, likely following a shift, an enthusiastic baker jumped out and started unloading her exceptionally organized mise en place while greeting her competition with a spirit of true camaraderie. Although I had helped

with many culinary competitions, this was my first volunteering gig with The Guild and the first Team USA try-out I had seen. I was accustomed to chefs flexing their egos and brazen bravado in competition. I wasn't expecting to see this very prepared competitor making jokes to put others at ease, encouraging her competition, loaning them her equipment and expertise, all while she executed a carefully-timed and delicious routine. That is just who Solveig has always been. She's a baker who is always at the ready to lift up others while steadily working away. She's able to do what would break lesser people because she did her homework. It was no surprise that she would end up as captain of that 2008 team. I watched her approach that international competition with the same eagerness to meeting new

bakers with different ideas and with the super-secret goal to make a great big baking world a lot smaller. This spirit of structure, inclusion, and creating access has defined Solveig Tofte's work on The Bread Bakers Guild of America's board of directors.

Looking back at the notes from her original board member interview for her first round of service (2010-2015), Solveig saw board's role as defining a vision, creating a framework and then executing. Her diverse and ever growing skill set was leveraged in virtually every committee assignment, and because of her genuine desire to "be helpful" and her consistent follow-through, she served on just about all of them. Solveig does what she says, always with the goal of excellence as a minimum.

GOODBYES...

LEAVING THE BOARD

Solveig worked thoughtfully to create the scaffolding so that the next people willing to step onto the board will have a well-defined path to follow. This ranged from fleshing out the structure of committees, job descriptions, and expectations of board members, to mapping out a more efficient WheatStalk, to putting her fingerprints all over the last website redesign (and I think the next one, too). Back in her 2009 interview, she said she was "Super Spreadsheet Girl." This is an understatement. And although I'm sure you would love to read about her incredible ability to visualize and execute these guidelines, more important is that she is always willing to share her know-how with others with patience and without judgment. She is a constant force against malaise and she does this by being an example of consistency, organization, and

preparedness. I'm pretty sure she has taken monthly board meetings from just about every time zone imaginable. International volunteership, work conflicts, and family vacations were not excuses for her not to show up for her commitments. She understands that the membership was counting on her to fulfill her responsibilities. If her work was not completed, the burden would fall on someone else to pick up the pieces, or the organization would fail our membership.

It may sound like platitudes, but Solveig is one of the most curious people I know. Her ability to be forever excited by baking, craft, the natural world, and genuine joy matched with her loyalty and reliability have touched every Guild member, whether they see who's fingerprints are on the experience or not. I'll share one (of her

countless impacts) with you. Back in 2013, Solveig noticed that the classes were largely populated by bakery owners and home bakers. Although The Guild has always had education at the heart of its mission, she was troubled that bench workers weren't attending the classes. The barriers to getting to classes were too high, so she proposed a Scholarship Committee to create a more equal pathway. Since that Scholarship Committee began, it's given more than 31 scholarships for classes and WheatStalk. That's impact.

She leaves the Guild Board stronger than she found it. I know I'm grateful for her vision and her leadership during really turbulent times. Thank you, Solveig. It wasn't easy, but it was important.

—Melina Kelson — Former Board Member



Level up your career —
Get Certified!



THE BREAD BAKERS GUILD OF AMERICA OFFERS TWO CERTIFICATION PROGRAMS FOR ARTISAN BAKERS

- Certified Bread Baker (CBB)
- Certified Viennoiserie Baker (CVB)

WHY GET CERTIFIED?

- Personal and professional growth
- Validates your commitment to artisan baking, enhancing your marketability
- The process can evolve into a training program for your entire team

REQUIREMENTS

- Be a Guild member with at least one year of professional baking experience
- Have a current ServSafe Certificate

PROCESS

- Submit an application and letter of reference
- Pass an online written exam
- Pass a hands-on practical exam



PRACTICAL EXAMS

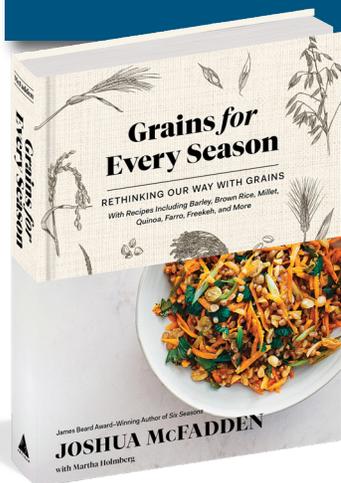
January 24-26
Artisan Baking Center
Petaluma, CA

March 7-9
Johnson & Wales University
Providence, RI

FOR MORE INFORMATION OR TO APPLY GO TO
bbga.org/events/get_certified

Grains for Every Season

RETHINKING OUR WAY WITH GRAINS



A few years ago, Joshua McFadden changed the world of vegetable cookery with his James Beard award-winning and perennially bestselling *Six Seasons*. But in addition to being a vegetable-whisperer, McFadden is a grain-whisperer, working as intuitively, as surprisingly, as deliciously with whole grains as he does with vegetables. *Grains for Every Season* will completely change the way we cook with those sexy, elemental foodstuffs like barley, buckwheat, brown rice, freekeh, whole wheat, and so many more.

Organized by grain, the book unlocks the magic of each ingredient: where it comes from, how to prepare it, and why the author—the multi-award-winning chef/owner of Ava Gene's in Portland—can't live without it. The information is impeccable, and the 200-plus recipes are extraordinary, using grains both whole and milled into flour (McFadden offers a clinic on pizza).



PHOTO CREDIT: PEDEN+MUNK



There are superlative bowls and salads, of course, but truly unexpected dishes too—substituting farro for rice for Farrotto, folding quinoa into tempura batter for fried veggies with pop, or taking advantage of the nutty flavor of spelt flour for Cast-Iron-Skillet Cinnamon Rolls. It's the world of grains, rethought and transformed.

Joshua McFadden is the founder of Submarine Hospitality in Portland, Oregon. He owns and manages Ava Gene's, Cicoria, Medjool, and Tusk restaurants. In addition, he is bringing new life to Bery Farm, a historic 50-acre farm in Springdale, Oregon, with the goal of creating an agricultural complex that will host collaborations between farming, food, and design. His first book, *Six Seasons: A New Way with Vegetables*, won a James Beard award in 2018.

Follow him on Instagram at @jj_mc.

Excerpted from *Grains for Every Season* by Joshua McFadden (Artisan Books). Copyright © 2021. Photographs by AJ Meeker.



WHISK together the spelt flour, baking powder, baking soda, and salt in a large bowl. On the large holes of a box grater, grate the cold butter into the dry ingredients. With your hands, toss the dry ingredients and butter together so the butter is fully distributed.

POUR in the buttermilk, stirring gently to moisten the flour. Turn the dough onto a lightly floured work surface. Press lightly to flatten the dough slightly, then fold it over on itself a couple of times; this will complete the mixing and help create some flaky layers.

PRESS the dough out until it's about 1 inch (2.5 cm) thick. Cut out rounds with a 2-inch (6.5 cm) cutter, then gently pat the scraps together and cut a final biscuit. (Or press the dough into a rectangle and cut square biscuits with a large knife.)

ARRANGE the biscuits on a sheet pan and chill for 15 minutes.

BRUSH the tops lightly with more buttermilk and bake until they are a rich brown, puffed, and no longer doughy in the center (you may need to break one open to verify), 12 to 15 minutes. Cool on a rack until you're tired of waiting, then split and spread with something buttery. ✨

Tender Spelt Buttermilk Biscuits

Contributed by Allison McGeehon

I used to make these biscuits using all white flour, but once I was introduced to spelt flour, I made the switch. Because spelt is a type of wheat, it's fairly easy to swap in for white flour, and the flavor of spelt is addictive—nutty, mellow, with the finished biscuit just begging to be topped with some butter and honey, honey butter with bee pollen, or maple butter.

- 2 cups (240 g) spelt flour
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 2 teaspoons kosher salt
- 4 ounces (115 g) unsalted butter, very cold
- 1 cup (240 ml) buttermilk, plus more for brushing

MAKES eight 3-inch (7.5 cm) biscuits

HEAT the oven to 425°F (220°C).

Scan for
the metric
conversion.



Excerpted from *Grains for Every Season*
by Joshua McFadden (Artisan Books).
Copyright © 2021. Photographs by AJ Meeker.



CHALLAH AT JOE

By Joe Schneider



At the time, I was more worried about how many M&M'S and sprinkles I could fit on my loaf than how it looked, but I still learned how to do a basic 3-strand braid, and the muscle memory has stuck with me since. After aging out of camp at 10 years old, I didn't think about making challah, and family Shabbat dinners became less frequent as I grew older and busier.

Fast forward to a year and a half ago, when I was abruptly forced to move out of my dorm at California

Polytechnic State University in San Luis Obispo, CA, due to COVID-19 and move back into my house in the Bay Area.

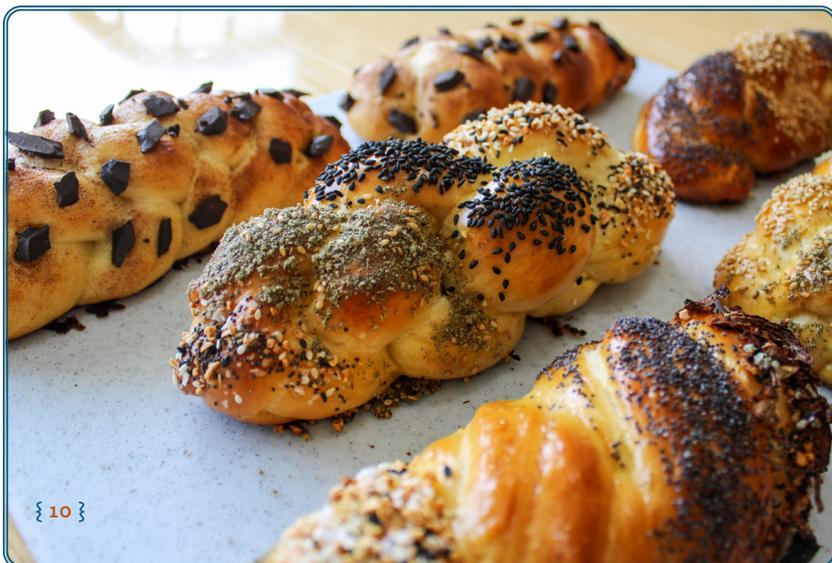
Soon after, my dad pulled out his old Oster breadmaker, gave me a recipe he found online, and told me to make some challah for Shabbat that week. With no knowledge of how to make dough and nothing better to do, I joined the millions of others who learned to bake during the pandemic. I produced my first loaves of challah. They left something to be desired.

Every time I pull a fresh loaf of challah out of my oven, I smile with satisfaction at the knowledge that my bread is making people happy and making my community a better place.

As a kid, challah was a staple in my home. Almost every Friday night a (store-bought) loaf would greet me on my Shabbat dinner table, and I would finish off any leftovers as a snack throughout the rest of the week. Breaking bread with my family at the end of the week was always a happy time for me because we would all be together, enjoying each other's company.

My first time making challah was at summer camp when I was six years old.

A VARIETY OF CHALLAH AT JOE'S CHALLAH, INCLUDING CHOCOLATE CHUNK.



ZA'ATAR (MIDDLE EASTERN SPICE BLEND) TOPPED CHALLAH.

and enjoy something I created gave me such deep satisfaction, and I knew that I wanted to continue sharing my challah. I considered starting up a small business while I was still living at home, but something about it just didn't seem right to me while I was feeling considerably comfortable and so many other people across the country were dealing with the worst parts of the pandemic.

I was lucky to move back to San Luis Obispo in January this year, to an apartment that was adequate enough to allow me to keep baking and delivering challah to my friends. Soon after, seeing how happy it made them to receive

a loaf, I decided to start a challah-baking business on Instagram – with the added impact that I would donate all of my profit each week to different organizations working to make my community a better place. I called it "Challah at Joe."

I released my first custom order form with a cap on orders at 12 loaves and sold out within a day. That week, I raised just over \$100 for a local organization combatting sexual and partner violence. This was despite pricing each loaf at only \$5, because I allowed my customers to donate more if they wanted. After receiving such overwhelmingly positive feedback in the form of orders and thank-you messages and feeling inspired by my customers' generosity, I knew I had created something special.

Week after week I would sell out in less than a day, and so I eventually felt comfortable raising my price to \$7 per 200 g loaf. Even then, my customers would donate more than I was asking for, and I remember being speechless when I received my first \$100 donation

– from someone who couldn't even receive a loaf because they lived so far away, no less. Simply by doing something I loved, taking a few hours out of my week to bake challah, I was able to inspire strangers to do good.

In the five months that I lived in that apartment and operated Challah at Joe, I raised over \$2,700 for various organizations in San Luis Obispo – food banks and pantries, community healthcare volunteer groups, an LGBT+ advocacy and support organization, groups advocating for equity and justice for people of all races, and many more.

My impact hit me the hardest when AEPi, the Jewish fraternity on campus, had its house defaced by anti-Semitic graffiti. I contributed my donations to getting a security system installed in its house as well as to an organization of their choice that supports Holocaust survivors and promotes Holocaust education, Yad Vashem. That was my Jewish community being attacked, and I had the power to make a difference by fighting hatred with love and loaves of challah.

Along my journey, I also formed a great community of customers, followers, and other challah-bakers on Instagram who have helped me immensely. It was wonderful to meet new people during the pandemic to learn from and connect with over challah.

During the summer, I moved back home and put Challah at Joe on the back burner due to my uncertain schedule and the logistical challenge of delivering to a much larger area than I was used to. I was still selling challah, but it wasn't something I could prioritize. I still baked for my family Shabbat dinners every week, which brought back so many good memories.

Now that I am back at school studying Economics (with a concentration in quantitative analysis) and all of my classes are in person again, I haven't had the chance to restart my one-man challah operation.

I still bake for a few friends and myself every Friday, but I can't make multiple deliveries every week like I did. The oven in my new apartment operates by a dial, not a keypad, which makes me nervous that I could accidentally undercook or overcook my loaves and deliver a suboptimal loaf of challah to my customers.

Luckily, inspired by my mission, The Bread Bakers Guild of America reached out to me just as I was in the process of chartering a new challah club on campus. They offered to help me any way they could. The club, Challah at Us, will be a continuation of my mission from Challah at Joe, only with more people involved and a larger baking capacity.

It is daunting anticipating my first bake directing so many new challah enthusiasts, but I am even more excited about the prospect of creating a more extensive impact on my community.

With more bakers acting as advocates, we can sell more challah, raise more money, and collaborate with other campus and community partners to teach them how to bake challah and use their skills to make their community a better place. (My dream job would be to do data

science/analytics for a large nonprofit organization such as Feeding America.)

Knowing that this article will be read by people across the country in all corners of the baking community, I'd like to end with an ask. If you're a self-taught home baker like myself, think about how you can make an impact with your craft. Surprise a neighbor with a fresh baguette. Bake for your local food pantry. Just spread joy.

If you manage a bakery or other eatery, consider how you can use your reach to improve your community. Donate a portion of your profit to a local cause you care about. Encourage your customers to do good and reward them with discounts.

If there is one thing I learned from running Challah at Joe, it's that no good deed goes unappreciated. I believe that you can do something impactful, no matter how big or small. I'd love to hear about what you do, discuss more ways to contribute to your community, or just talk about challah.

You can reach me on Instagram at @challah_at_joe.

Now go bake a difference. ✨

That was my Jewish community being attacked, and I had the power to make a difference by fighting hatred with love and loaves of challah.

EVERYTHING-BUT-THE-BAGEL
AND ZA'ATAR TOPPED
CHALLAH.



CHALLAH

Contributed by Joe Schneider

Challah, the iconic braided Jewish bread. This version includes a list of topping and stuffing inspirations.



TOPPING / STUFFING INSPIRATIONS

- Sesame Seeds
- Everything but the Bagel Seasoning
- Poppy Seeds
- Cinnamon Sugar
- Chocolate Chunks
- Za'atar
- Nigella Seeds
- Turmeric
- Harissa
- Chocolate Spread

CHALLAH		
Total dough weight:		1.097 kg
Ingredients	%	Kilograms
Bread flour*	100.00	0.600
Water, warm†	33.33	0.200
Egg	16.67	0.100
Salt	3.33	0.020
Instant yeast	1.17	0.007
Honey	3.33	0.020
Canola oil	16.67	0.100
Sugar	8.33	0.050
Totals	182.83	1.097
Egg wash‡		As needed
Topping/Stuffing		As needed

*Hard winter wheat (11%–12% protein)

†90°F–100°F

‡100% egg

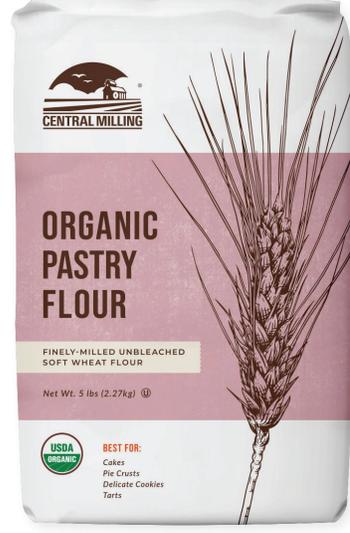
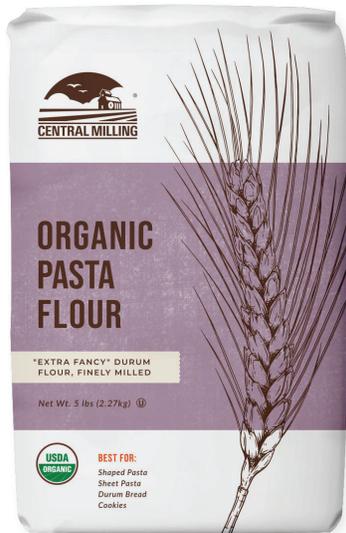
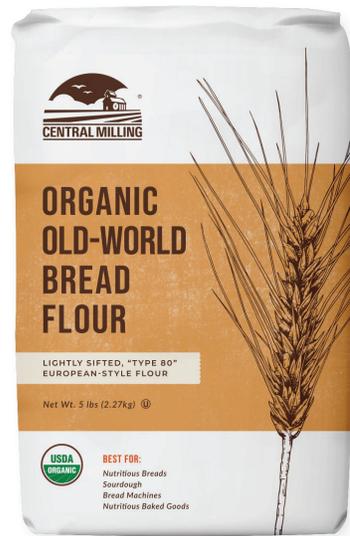
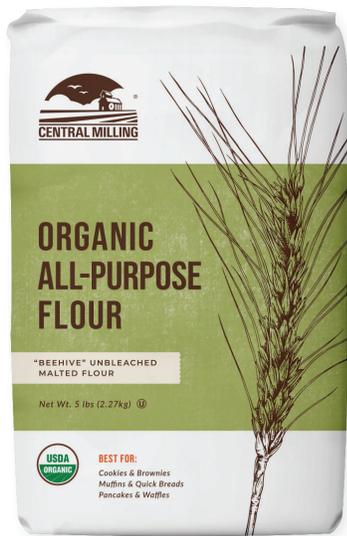
Process Notes

Mixing: Activate yeast in warm water with 1 tablespoon of the total sugar prior to mixing.

Dividing: Divide dough in half and then divide each half into the number of strands for braiding. If filling, fill each strand prior to braiding.

Garnish: After proofing, rebrush with egg wash and apply desired toppings.

PROCESS - Challah		
Mix	Type of Mixer Mix 1st Speed	Planetary with dough hook All ingredients Until incorporated
Ferment	Device Time/temperature	Greased bowl covered in plastic wrap 2:00 at 68°F–70°F
Shape	1st Divide 2nd Divide Preshape Shape Garnish	.549 kg Desired number of strands Cylinder Challah Egg wash
Proof	Time/temperature Proofing device Garnish	0:45 at 78°F Sheet pans lined with parchment Egg wash and top as desired
Bake	Oven type Time/temperature	Deck or convection 0:25-0:30 at 350°F



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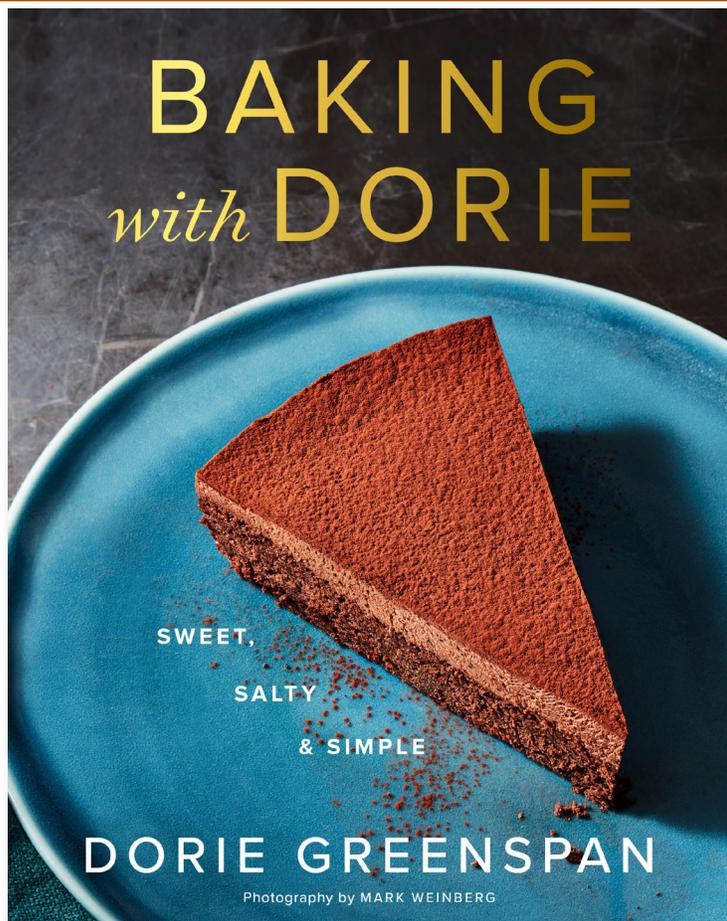


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This year marks New York Times bestselling author Dorie Greenspan's thirtieth anniversary as a cookbook author. She has won five James Beard Awards for her cookbooks and journalism and was inducted into the Who's Who of Food and Beverage in America. A columnist for the New York Times Magazine, Dorie was recently awarded an Order of Agricultural Merit from the French government for her outstanding writing on the foods of that country. She lives in New York City, Westbrook, Connecticut, and Paris.



The idea for this book was born on a family trip to Santa Barbara. The first morning I was there, I got up early, drove to a nearby café and got a cappuccino and a wedge-shaped cheddar scone, studded with bits of scallion and fragrant from butter and warm cheese. That was more than three years and 150 recipes ago, the first of which was my version of that scone, followed by a band of breads and muffins, biscuits, more scones and some morning cakes to keep it company.

BAKING *with* DORIE

Contributed by Carrie Bachman

CHEDDAR SCALLION SCONES

MAKES ABOUT 14 SCONES

THIS IS A GOOD-LOOKING SCORE—it bakes to an inviting golden color—and it has just enough scallion and spice to be perfect for breakfast or brunch (or even dinner). The scallions go into the dough raw and yet once they're baked, they taste just the teensiest bit like caramelized onions. (If you want to bolster that flavor, you can add sautéed onions to the dough; see *Playing Around*). I like spiking the dough with mustard powder and paprika. Because I don't use very much, their flavors aren't very strong, but you'd miss them

if they weren't there. My preference is for smoked paprika, sweet or hot, but you could go with unsmoked, if you'd like.

Although the texture of these scones is characteristically light and tender, they're substantial in the flavor department, and so I make them small, patting the dough into a rectangle and cutting slender bars. They get a little chubbier and a little more ragtag in the oven, but that's part of their appeal.

CHEDDAR SCALLION SCONES

INGREDIENTS:

- 2 1/2 cups (340 grams) all-purpose flour
- 1 tablespoon baking powder
- 2 teaspoons sugar
- 3/4 teaspoon fine sea salt
- 1/2 to 1 teaspoon mustard powder (such as Colman's), to taste
- 1/4 to 1/2 teaspoon paprika (see headnote; you may want the smaller amount if you're using hot or smoked paprika)
- 1/4 teaspoon baking soda
- 3/4 stick (6 tablespoons; 3 ounces; 85 grams) cold unsalted butter, cut into small chunks
- 1 1/4 cups (3 1/2 ounces; 105 grams) shredded cheddar
- 1/4 cup (20 grams) thinly sliced scallions (save the dark green parts to top the scones, if you'd like)
- 1 cold large egg
- 1 cup (240 ml) cold milk
- Milk for brushing (optional)
- Sliced scallion tops for finishing (optional)

Scan for
the metric
conversion.



A WORD ON WORKING AHEAD: The dough can be made, cut and frozen up to 2 months ahead—make sure to wrap the scones airtight—and then baked straight from the freezer. As soon as you start to preheat the oven, place the scones on a lined baking sheet and let them stand until the oven reaches temperature. You may need to bake them a few minutes longer.

PREP

Center a rack in the oven and preheat it to 400 degrees F. Line a baking sheet with parchment paper or a baking mat.

MIX

Working in a large bowl, whisk together the flour, baking powder, sugar, salt, mustard powder, paprika and baking soda. Scatter the bits of cold butter over the flour, reach in and use your fingers to mash and press and mush the butter into the flour. (You can do this with a pastry cutter, but it's really easier and faster to use your fingers.) Keep tossing the dry ingredients around and smushing the butter until you've broken it into flour-coated pieces as small as cornflakes and as large as peas. Add the cheese and scallions to the bowl and toss them around until they're coated with flour too.

WHISK

Whisk the egg and milk together in a small bowl, pour the mixture over the dry ingredients and, using a fork, toss, turn and stir everything together until the flour is moistened. With

your hands, gently—and sparingly—squeeze and knead the dough just enough to pull it into a ball. It's futile (and unnecessary) to expect a smooth, neat packet of dough, because this dough is sticky.

SHAPE:

Turn the dough out onto a lightly floured surface and shape it into a rectangle that's about 6 - 7 inches wide and 1 inch high. (The height is more important than the exact measurements of the rectangle's sides.) Dust the top of the dough with flour. Using a bench scraper or a chef's knife, cut the dough lengthwise in half and then cut it crosswise into 1-inch-wide bars. Carefully transfer them to the baking sheet. (At this point, the scones can be frozen for up to 2 months; see headnote.)

BAKE:

If you'd like, brush the tops of the scones lightly with milk, and, if you've saved them, sprinkle with the sliced scallion greens. Bake the scones for 17 to 20 minutes, or until they're tall and golden brown on top and bottom. Transfer the baking sheet to a rack and

wait a couple of minutes, then lift the scones onto the rack. The scones are ready to eat about 15 minutes out of the oven and at their best within 3 or 4 hours.

STORING:

The scones are best the day they're made. After that, they'll be good reheated or toasted. You can keep baked scones in the freezer for up to 2 months, or you can freeze them before you bake them (a better option), as directed above.

PLAYING AROUND

If you'd like to accentuate the onion flavor, finely dice or chop a small onion and sauté it in a little olive oil. When it's cool, drain and stir it into the dough along with the cheese and scallions. And it almost goes without saying that these scones would be extra-good with some crisply cooked bacon bits added to the mix; 2 strips is all you'll need. ✨

Excerpted from *BAKING WITH DORIE: Sweet, Salty, & Simple* © 2021 by Dorie Greenspan. Photography © 2021 by Mark Weinberg. Reproduced by permission of Mariner Books, an imprint of HarperCollins Publishers. All rights reserved.



A RECIPE FOR CHANGE —



BAKING AN INCLUSIVE FUTURE FOR YOUNG ADULTS WITH DISABILITIES AT DO GOOD DONUTS

By Melanie Cote — Toronto, Canada

My lifelong passion for baking began while teetering on a step stool at age 5, helping my grandmother knead bread for holiday meals. I was 7 years old when she passed away. That Christmas, my dad held me up so I could knead the bread on my own.

Fast-forward 40 years. Now I have a family of my own. My son Shane is almost 12, and my daughter Alma turns 9 this year. Alma was born with Williams Syndrome, a rare genetic condition that brings multiple health challenges and developmental disabilities. I held my tiny, squirming, 5-month-old baby in my arms as specialists gave us the diagnosis and spoke about her future. They told my husband and me that she would never get a true high school diploma, never have a job or be able to live on her own. That just didn't seem right to me.

Slowly, over the years, an idea began to take shape. What if there was a way to create a place where people like Alma could come to work after finishing high school?

A place where they would be paid a fair wage to train for employment on the job instead of doing job training programs in classrooms or segregated day programs. They could work in an actual bakery, alongside typical staff, so they would get experience on how to have a job as they learned how to do the job. And people like me, who desperately needed to see young people with intellectual and developmental disabilities working and

thriving in the community, could come in and grab delicious baked goods, a hot tea and a hearty serving of hope.

I wanted to build a business that would bake futures for kids like mine and show everyone that people with developmental and intellectual disabilities make great employees and should be included in the workforce in the community. Through the marriage of my corporate experience in marketing with my lifelong passion for baking, Do Good Donuts was born.

Starting any business is challenging, but creating a nonprofit social enterprise that is a working food business and an innovative job training program for marginalized young adults with disabilities has, at times, felt like a Herculean task.

Thankfully, our big break came when we secured a spot in a local farmers market to run our pilot program. For 26 weeks this summer, we produced and sold donuts and cookies at one of Toronto's busiest Sunday Markets.

Seeing our trainees shine and the warm welcome we have received in



the community has made every minute of hard work worthwhile.

We have three young adults with disabilities on staff who work eight hours per week. They do a combination of customer service training, cookie production, glazing, finishing and packing donuts, greeting customers, and running the POS system at our market tent.

All three said in their interviews that they would like to get more hands-on food skills but were not sure they could work independently. The young adults also said they would like to work with customers but felt that they would be better off at the back of the tent, building boxes, as they didn't have the people skills and weren't good with money.

Our cinnamon sugar donut is our second best seller, next to Rainbow Sprinkle.



ABOVE LEFT: Our employee Darien had the honour of turning the sign around to let customers know we were done for the day. We love it when we get to put this sign on display. ABOVE RIGHT: Ritwik and Ryan are hard at work making cookies. We really encourage independent work, but we're always right there when they need us. BELOW: Alma loves to greet the customers at the market each Sunday wearing her Do Good Donuts Shirt. "Rainbow Sprinkles Can Change the World" is one of our mottos.



Today all three are scaling, mixing, and scooping cookies independently. They are working alongside the bakers early Sunday morning as we make fresh, hand-rolled, hand-cut donuts and prepare them for sale. And they are standing proudly at the front counter of our booth, taking customer orders, inputting them into the POS and making change. We often have a line-up, 10 customers deep, and our trainees take it in stride.

As our pilot draws to a close, we set our sights on what's next while we work to raise funds for a full bricks-and-mortar bakery and café. When I think back to that appointment with the specialists all those years ago, I wish they had told me to believe anything is possible.

Not long ago, opening the doors to our own space felt like a dream. But now that I have met our customers, glazed thousands of donuts, and hugged countless other parents who share my dream, I know it's only a matter of time.

Soon, I'll start bumping into our trainees at their next jobs in the community. And one day, not too long from now, it will be Alma standing at the bench or behind a counter somewhere, smiling with pride at her work, knowing she belongs. ✨





TRIPLE CHOCOLATE COOKIES

Formula is written to illustrate how it's provided, for ease-of-use, for the trainees with disabilities at Do Good Donuts.

EQUIPMENT

- Scale
- Bowls for Ingredients
- Measuring Spoons
- Spatula
- Stand Mixer with Paddle Attachment and Mixing Bowl
- #24 Blue Handle Cookie Scoop
- Parchment Paper for Baking Trays
- Baking Trays

RECIPE INGREDIENTS

- 440 g** Butter
- 300 g** Brown Sugar
- 200 g** Granulated Sugar
- 1 tsp** Salt
- 20 g** Vanilla Extract
- 2 Large** Eggs, Room Temperature
- 220 g** Pastry Flour
- 200 g** Bread Flour
- 60 g** Dutch-Processed Cocoa Powder
- 2 tsp** Baking Soda
- 340 g** Chocolate Chips
- 340 g** White Chocolate Chips



INSTRUCTIONS

- 1.** Preheat the oven to 375°F.
- 2.** Cream the butter, brown sugar, sugar, and salt until light and fluffy.
- 3.** Scrape the bowl.
- 4.** Add the eggs and vanilla.
- 5.** Mix until blended.
- 6.** Scrape the bowl.
- 7.** Sift together the pastry flour, bread flour, cocoa powder, and baking soda.
- 8.** Add the dry ingredients to the butter mixture and mix until just incorporated.
- 9.** Scrape the bowl.
- 10.** Add chocolate chips and white chocolate chips.
- 11.** Line 2 baking trays with parchment paper.
- 12.** use a #24 cookie scoop and drop the balls onto the trays.
- 13.** Chill the dough for 30 minutes.
- 14.** Bake the cookies for 9-11 minutes.
- 15.** Remove the cookies from the oven, and cool right on the pan, or on a rack.



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CRAFT

Transforming the Future of Food

Amy Halloran, Guild Member, Writer, Baker, and Instructor – Troy, NY



Photo courtesy of Amy Halloran

Chatham University in Pittsburgh, PA, has a center working to transform the future of the food system. Because grains and baking thread through all of the undertakings at CRAFT at Chatham – the Center for Regional Agriculture, Food, and Transformation – it deserves a close look from BBGA members.

Two large projects reflect this focus. In 2019, when the center was only two years old, the USDA LFPP (Local Foods Promotion Program) awarded CRAFT a grant entitled Food Innovation Lab Grain Program: Promoting a Local Grains Economy in Western Pennsylvania. In another grains-related project, the center created a bakery training program with Community Kitchen Pittsburgh, a culinary workforce development organization geared to training people with barriers to employment.

The framework for CRAFT is thoughtfully constructed, creating a strong template for change in agriculture and food production. Sharing and open-sourcing are key components of the center; its plan is easily accessible on its website, and its mapping and plans for change is clearly presented.

The brainchild of Alice Julier, sociologist, Chatham professor, and CRAFT director, the center is rooted in the need to bring food studies data and information from academia into the community. CRAFT is designed to make models that are replicable across industries and regions. Keeping a close eye on events in Southwestern Pennsylvania and addressing issues specific to that locale enables the center to solve particular food system problems. But that specificity is approached with the goal of creating patterns.

CRAFT has three full-time staff as well as a dozen graduate students per year. Together, these people work in four food system program areas: education, research, intervention, and support. The Eden Hall Bread Oven, funded by individual donors and a local bank and built by the hands of masons and apprentices from the Trade Institute of Pittsburgh, is a good starting point for illustrating how CRAFT works.

“The oven is tangentially related to everything we do,” said Cassandra Malis, program manager, in a recent phone call. She described how a community bake brought people from all parts of campus together to make focaccia and, more broadly, connect.

The oven allows food to do its best work and act as a bridge. It serves as a site for workshops (when not restricted by the pandemic). A firemaster is appointed each year to be in charge of firing and general operations. This firemaster trains people to use the oven, passing knowledge and responsibility to others, who can then share what they have learned.

All photos Courtesy of Chatham University; RIGHT: The Eden Hall Community Bread Oven

This flow of knowledge also suggests how the students, staff, and projects start and tend the fires of their ideas. For example, the Western Pennsylvania Foodways Collection gathers food stories. Babka and Beyond: Bread, Grains, and Baked Goods in Western Pennsylvania was the initial foray into oral history. During this project, graduate students uncovered tales about farming in nearby Butler County. This inspired the next project, “Buckwheat” County: The Agricultural History from Seed to Mill. These archived stories of hog and buckwheat dinners, buckwheat pancake breakfasts, and scores of buckwheat flour mills in this part of the state show how the agricultural community and the culture of that community were intrinsically linked.

“It used to be nicknamed ‘Buckwheat County,’” said Malis. “Now there is only one buckwheat mill left, and that’s not just an agricultural loss, that’s a loss of food culture and history as well, and we need to address it.”



The USDA LFFP Grain Program is helping to address these concerns. CRAFT received the grant based on research that revealed a well-developed local food ecosystem offering plenty of fruits, vegetables, dairy, and meats — just about everything but grains. Research also showed that the problems and opportunities in grains were larger than consumer access. After studying 1,300+ grain processors within a 200-mile radius of Pittsburgh, including bakers, brewers, distillers, and food manufacturers, CRAFT found that more than 80% of these businesses didn't source grains from the area. That's an enormous untapped market.

CRAFT will be tackling objectives for the grant over a three-year period. This includes the development of tools and services to support the use of and access to regional grains. One vital and useful tool will be an easily searchable inventory of grain farmers, processors, and users in the region. Product development services will also be offered, like recipe testing and guidance on sourcing. Consumer baking workshops and local grain boxes, full of grains and grain products, will introduce people to these foods. These grant objectives fit smoothly with CRAFT's overall efforts, complementing existing work and allowing the center to apply significant energy to critical enterprises, like the regional grain inventory database.

Independently of the USDA grant, other projects have been percolating. The center has many community partners and is always kindling relationships to help serve students and the community.

"A lot of the program is built on a pedagogy of experiential learning," said Malis. "We believe we can't make an impact without working broadly. CRAFT serves as a practicum site for students to learn how to work with clients in the food system."

Inquiry is first and foremost in their approach. CRAFT is mindful of the danger of offering "solutions" that potential partners might not want. So as it began its baker training program, funded by a generous grant from the Bank of America, CRAFT began interviewing bakeries about their needs. Surveying what bakeries needed from employees really helped to tailor the curriculum. A few bakeries were seeking skills in handling regional flour, so this was added to the list.

CRAFT also approached Community Kitchen Pittsburgh, whom it hoped would be a natural partner. CKP is a leader in culinary workforce development for people with barriers to employment, including incarceration. CKP was enthusiastic about offering baking skills to its students. At the time, CKP only offered a little cookie baking; expanding that offering was quite attractive.

(Continued on next page...)



Chatham graduate students are generating resources that advocates of regional grain economies are sharing through their networks. Two recent masters' theses study how the grain sector is re-regionalizing: Jessica Swisher's

Building the regional grain economy: a comparative analysis of regional grain initiatives and Cristina Law's ***Following the grain train: a study of regional grain in southwestern Pennsylvania***. Law's thesis found that grainshed support groups were critical to the work of rebuilding grain economies.

As someone who champions regional grains and works with two such groups, Artisan Grain Collaborative and Northeast Grainshed Alliance, I can't agree more with this finding. And I'd like to share a little profile of Christina Law, who used my book, ***The New Bread Basket***, in her thesis. Working with her over the past year inspired me to write this article for the Guild; I wanted to share how Chatham University and CRAFT are supporting alternatives to the dominant grain system.

Cristina's path to pursuing a master's should be intriguing to this audience. She has an undergraduate degree in baking science from Kansas State and discovered another entirely different angle on grains while working in the Peace Corps in Zambia. The traditional staple grain was millet, but the Green Revolution had stripped communities of food security; her Peace Corps work helped to redevelop heritage varieties



of millet and support farmers and the food supply. Now, Cristina is in Kansas City, Missouri, applying herself to another USDA food systems project, eager to see how grains will thread into her life again!



CRAFT
AT CHATHAM UNIVERSITY

RIGHT - (TOP): Chatham Students Frankie Zavala and Ani Steele attending the Baker Training Program at Community Kitchen Pittsburgh; (BOTTOM): Community Kitchen Pittsburgh students Jinx H. and Xylina H.

(Continued from previous page...)

One novel aspect CRAFT added to this training was that graduate students and CKP students would be working and learning together. Such cross-pollination builds relationships, and within these intersections, more possibilities arise. Expanding conventional educational balloons into workforce development has opened up opportunities in all directions. The fifth cohort of students has just completed the course, and CKP has integrated it into its overall program.

Long-time employees from the bakery partners are now attending the bakery training program at CKP, and the class is earning students credit at the community college. This feat has seen CKP brought to the table, a fact worth absorbing as communities

elsewhere consider how they might answer the need for skilled bakery employees.

For CRAFT, connecting with bakeries for this project has served the larger goal of building the regional grains

system. Now the center is linked to many grain-based businesses in an imaginative and productive fashion. Stay tuned for how CRAFT at Chatham keeps supporting change. Grains are sure to be on the menu of its work, and that work is sure to be impressive. ✨



LEFT: The Eden Hall Community Bread Oven; RIGHT: Frankie Zavala, Fire-Master and CRAFT graduate student worker, preparing for a community bake



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Rise Up!

The Baker Podcast with Mark Dyck

RISE UP! PODCAST 150 REFLECTIONS

By Mark Dyck —
Guild Member and Rise Up! Podcast
Creator & Host – Victoria, BC

There is something about hanging out with other bakers that feeds my soul. My fondest memories of the baking classes I've attended—whether Guild classes, WheatStalk, or sessions at the San Francisco Baking Institute—aren't necessarily the theory and techniques I learned. Instead, they are the times spent visiting with other bakers, swapping stories around the baker's bench, or at the bar after class. Each Guildhall Gathering I've attended has a special place in my heart.

Even when I was back home at our bakery in Saskatchewan, the times spent across the bench with our bake crew, chatting as we worked, keeping those hands moving (our rallying cry was ABS - Always Be Shaping), were the times I remember most today. And the stories I shared about my travels were drawn more from the conversations with other bakers than the content of whatever class I had attended.

Conversations matter. Stories matter. And baker stories are the best ever. But we can't always be at WheatStalk or visiting another bakery. Our work can be solitary and lonely. Aside from an extra pair of hands around the bench, what could be better than listening to a conversation with bakers just like you? That's what "Rise Up! the Baker Podcast" is all about. And after 150 episodes, baker stories matter more than ever.

Why start a baker podcast?

I started Rise Up! for three reasons. The first is that I wanted to capture the spirit of the casual conversations we have when bakers gather and share them with the baking community. Each episode is a free-flowing 1:1 conversation with a baker or bakery owner I want to know better. My favorite episodes are just like an interesting dinner conversation; we look back in the past, we imagine the future, we go off on tangents, and we try to make some meaning from this crazy baking life.

The second reason for the show is that I want to honor my friends. Almost every conversation is with a baker I've met over the years. Sometimes they are my baking heroes, whom I have admired from afar. And sometimes they are friends of my friends, whom I'm curious about and would like to know better. As the show has evolved, I've spoken to many bakers with whom I'm meeting for the first time. But I like to think we are friends after the talk, so this goal is still intact.

And the third reason, one that seems to resonate most, is that the show helps bakers feel they are not alone. That there are bakers all over the world on a similar journey, with the same challenges and struggles, particularly around the business side of baking. And that it's possible to overcome these challenges. A story from a baker

in Scotland can help a baker in Seattle see her business differently. A baker in Beirut can inspire a baker in New York.

And if I'm honest, there is a fourth, more personal reason. Since we closed our retail bakery in 2015, I worried that I'd lose my connection with the baker community. The podcast was my chance to stay in touch with my baker friends. And it's happening more than ever as the collection of conversations grows.

Early Days, Big Nerves

The idea for the podcast had been milling around in my head for several years before I finally said it out loud. And even then, I didn't say it to other bakers. In October 2017, I blurted out, "I want to start a podcast for bakers and bakery owners," at a leadership program called the altMBA, thinking they'd tell me it was a dumb idea. But nobody laughed. Instead, they forced me to make a concrete goal around the show. So it became "launch a podcast for bakers and bakery owners at WheatStalk 2018 in Rhode Island."

I almost made it, too. But my nerves took over.

I had my first two conversations recorded before I got on the plane to Providence (with my friend and mentor Tracey Muzzolini and my former co-worker and kick-ass pastry chef Patti Hollenburg). And I even



Rise Up!

The Baker Podcast with Mark Dyck

rented a portable audio recorder and microphones and kept them in my backpack all week long. But I never had the guts to ask anyone to sit down and chat on-mic.

Visiting with Jeffrey Hamelman over lunch? Silence from me. Chatting with Mitch Stamm or Melina Kelson in the hallways of Johnson and Wales? Crickets. The best I could do was tell Don Guerra and Solveig Tofte about the show during the loud and boisterous Guildhall Gathering and ask them to keep an eye out for an email invitation. It took several more months to get up the nerve to invite Jeffrey, Mitch, and Melina; thankfully, they all agreed to come and chat.

Even though I returned the rental gear unused, WheatStalk 2018 carried me through those rocky first episodes. I met some wonderful bakers that week who made up the core of the early shows. Nate Hogue, Daisy Chow, Arlo Brandl, and Sara Rossi are still my ideal guests and ideal listeners: hard-working bakers trying to build businesses (and for Sara, a career) that work for them, their families, and their communities. They may have different products and different business models, but their core mission is the same, and I love them for it. When it came time to build Bakers4Bakers.org so bakery owners could talk with each other about the business of baking, I built it exactly for them and bakers like them.

drive up from Vermont! Many of those lovely folks have since been guests on the show. That's how the web of bakers keeps growing and strengthening.

As the show has evolved, the range of guests has grown as well. I admit that I'm a bread head with a love of small retail bakeries, so the early focus of the show was with bread bakers, especially those obsessed with wheat. But over time, the conversations have grown to include gluten-free bakers, cake and pastry bakers, pizzaiolos, large multi-location bakeries, and caterers. Food writers, authors, community organizers, and local grain advocates too.

It's been great to learn from such a wide range of bakers, all of whom share a love of feeding people with a love of feeding their souls and families by building sustainable businesses. And based on the feedback I've received, there are lessons in every episode. I often receive emails saying a version of "her bakery is very different from mine, but I learned a lot from the conversation," which makes me so happy.

Honoring our Teachers

There is a line in Jeffrey Hamelman's book in which he talks about standing on the shoulders of those who came before us. What we do as bakers is take what we've learned from others and extend it a little bit. I love how Rise Up! can honor our teachers, and I often ask my guests, "Who are your teachers?"

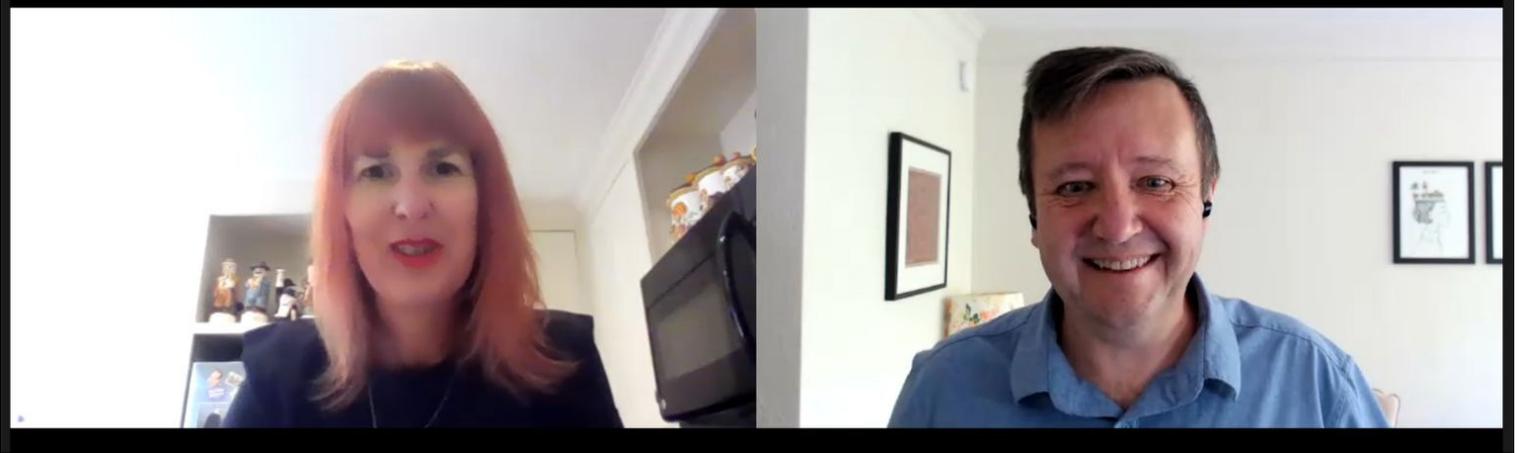
A wide, (mostly) glutenous web

It still amazes me how many bakers listen to the show. I've received emails from listeners all over the world and from all styles of bakeries and baking businesses. One of my fondest memories is going to the 2019 Le Goût Du Grain / A Taste For Grain conference in Montreal, sitting quietly at the back, and having several people come up and

tell me they liked the podcast. Blair Marvin and Andrew Heyn even listened to the chat with Tara Jensen on their



All photos: Courtesy of Mark Dyck. Interviewing Guild Member Arlo Brandl at his bakery, Tecumseh Bread and Pastry



Episode 150 with Stephanie Swane via Zoom

I used to believe that there were really only three or four "uber teachers" in North American baking and that each of us could trace our baking heritage to one of those teachers. Were you from the SFBI school or the King Arthur school? Johnson and Wales, Vancouver Island University, SAIT, or possibly wood-fired baking with Alan Scott?

I've been delighted to learn that, while these teachers had a huge impact on the bakers I've met, there is a much wider, richer tapestry of teachers and mentors moving our craft and industry forward.

It has been a real privilege to speak with many of these teachers on the podcast, both those who taught me and those whom past guests have cited. It's how I got to meet the

incredible Irish baker Joe Fitzmaurice, who is a mentor to my friend Sheena Howdle. And after many emails from listeners prodding me to reach out to him, I met the generous Australian baker John Reid, who helped me understand the importance of local food security in a deep, personal way.

I listened to the talk with John again this year, after he passed away in September. I'm so lucky to have spent time with such an amazing human. It made me appreciate the magic of the podcast medium; there is a rich, deep archive of conversations that will be around for many years to come.

What does the future hold?

A few months into the show, a friend questioned if it would be possible to release a conversation with a new baker every Wednesday. He thought I would run out of people long before I hit 100 shows. Well, I won't be running out of guests any time soon. The list of people with whom I want to talk is longer than ever.

As the show evolves, I'm curious

about how listeners can connect with the show and each other. Many have joined Bakers4Bakers.org, an online community I launched in 2020 for bakers and bakery owners to help each other with their bakeries. But how might they connect within the context of the show? I have a few ideas, like "Listener Mail," "Potluck" question-and-answer shows, or even live shows with an audience once we are back to attending live events.

I would also love to align the show with the annual baking calendar to promote all the other ways that bakers can stay connected. How might the show help get the word out about the Kneading Conference, the Asheville Bread Festival, #SourdoughSeptember, or even the next WheatStalk?

But all these ideas are complements to the core of the show, which is still a 1:1 connection. Baker to baker. And giving the conversations space to meander and flow and dig into what really matters to the bakers with whom I speak. Because every baker, every single one, has a story worth telling and worth sharing. I may not get to speak with everyone, but it won't be for lack of trying. It's such a privilege to share these conversations with you every week. 🌟

Mark Dyck is a former bakery owner. He's the creator and host of Rise Up! The Baker Podcast and founder of the Bakers4Bakers.org online community. You can listen to all 150+ episodes on your favorite podcast app or at riseuppod.com.



Interview with Guild Member Corina Gaffney of Great Lakes Baking Co

The Path to Liberation Bakery



By **Jennifer Baker** Guild Member and Enthusiastic Bread & Pizza Maker – Chicago, IL

& **Kathleen Busche and Ora Jewell-Busche** Guild Members and Liberation Bakery Co-owners – Duluth, MN

So, what is your life like? Is there something you are really passionate about, but you never dared to take a risk? Follow the lead of Kathleen Busche to get inspiration.



Early Baking Encounters with Kathleen:

Kathleen and I met at the 2012 Wheatstalk in Chicago while doing volunteer work. In May of 2013, when we attended Didier Rosada's Ciabatta Class in San Antonio, Kathleen indicated she was interested in easing out of her demanding real estate profession. She was curious as to how I personally staged my retirement.

Little did I know, she had already purchased a sorely neglected (and partially condemned) building in 2011. The McDougall Building (circa 1886) was a block from Lake Superior and a boardwalk filled with beautiful parks. Downtown Duluth was on the brink of redevelopment. It would suit Kathleen and her husband Frank's purposes perfectly. They have 40 years of experience in building restoration.

What had started as Kathleen's vision moved closer to reality when, in the fall of 2014, she and Frank sold their home in rural Duluth and moved to downtown Duluth. This was when the real work began.



Liberation Bakery Creators:

- Kathleen Busche, a retired real estate broker who is not afraid to think "outside the box" and enjoys the lifestyle of Northern Minnesota.
- Ora Jewell-Busche, a make-up and hair designer for opera/film.
- Life-long bakers, refined baking skills via professional baking classes.

Why Liberation Bakery?

- The name Liberation Bakery stands for what Ora & Kathleen hold dear:
- Personal liberation to pursue work that is NOT based on the profit motive.
- The use of wild, liberated yeast to enhance flavor and digestibility
- Community engagement with a focus on local non-profit programs that work to liberate others from poverty.

The Path to Liberation Bakery:

The path from 2011 to opening a bakery was long and methodical. First came the inspiration to make bread that her gluten-sensitive daughters could eat. Research, testing, and classes turned Kathleen to wild yeast (sourdough) for its flavor and digestibility. Then there were the logistics of the move from a residential setting to the urban life in downtown Duluth. Between 2014 and 2018, after selling their home, they gutted and reconstructed two apartments and built a small (10 x 13) test kitchen in their commercial building. After numerous comments regarding photos Kathleen posted on Facebook, Ora and Kathleen launched Liberation Bakery into production using the Community Supported Bakery (CSB) model. In 2020, they expanded their bakery with a build-out of a fully outfitted micro-bakery just down the hall from Kathleen's apartment.

Kathleen would be the first to say that the freedom to pursue this vision was a great privilege. She recognizes that not everyone has the option to make big life changes. Making these bold moves was not easy; at times, she felt debilitated by doubt, and other times she felt driven by her vision. She always felt supported by a community of family and friends, who reinforced her dream of combining her love of food with rewarding labor. She suggests that each of us start taking even small steps toward our dreams and see where that leads us.

Current Liberation Bakery Specs:

- : Micro-bakery (420 sq ft) licensed under the Minnesota Cottage industry, which allows baking in her home (the McDougall Building). Her new bakery was built to commercial specs to allow for future expansion. 130 sq ft of additional storage space is located down the hall.
- : They sell at a 3-hour farmer's market once a week.
- : The Bakery has 400 "members," of which 20-40 pre-order and then pick up at the market each week.
- : Additional loaves are made weekly for other market trade and their Community Loaf Program, which donates bread to local non-profits.
- : Typical sales run \$900 — \$1,000 each week.

Liberation Bakery Demonstrates Strong Community Engagement, which Kathleen's Family is Honored and Privileged to Provide

Call it a labor of love, a calling, a desire. Liberation Bakery "is what it is"...a bakery that provides high-quality, locally sourced ingredients at affordable prices without regard to a large profit margin. No number of hours can be counted for the effort put forth to sell unique offerings to the public while donating to those in need.

In early August, I spent 24 hours at Liberation Bakery as they prepared for their weekly farmer's market. The offerings vary each week, but all reflect products of extremely high quality. I was told that the total effort of physical labor was a combined 35 hours by 2 bakers over 3 days, which resulted in significant efficiencies, as follows:

Sunday (1 Baker):

- Remove starter from refrigerator; feed 3 times;
- Prep sweet treats/freeze
- Print Orders; calculate amounts needed to bake

Monday (2 Bakers with separate chores & schedules):

- 9 am: prepare Levains
- 10 am—1 pm: scale all ingredients; prep porridges, veggies, etc.
- 1 pm: mix autolyzes
- 2 pm: lunch, nap, last min grocery run
- 3 pm—4:30 pm dough mixing
- 5 pm—7 pm: occasional stretch & folds; dinner
- 8 pm—10:30 pm: pre-shape & shape breads

Tuesday (2 Bakers):

- 6 am: turn on deck oven
- 7 am—noon: bake breads, treats, pastries (1 Baker)
- 8:30 am—noon: paperwork, labels, etc.
- noon—1:30 pm: packaging; member orders (1 Baker)
- 1:30 pm: drive to market to set up (2 Bakers)
- 2 pm—5:15 pm: tend booth (2 Bakers)
- 5:15 pm—6 pm: unpack, count money, create accounting totals (2 Bakers)

Key Equipment:

- : 3-deck electric Polin oven (accommodates up to 45 loaves per run)
- : Pro-Bake 50KG Spiral Mixer
- : Small Moffatt Turbofan Commercial Convection Oven
- : 2 Commercial Refrigerators for overnight fermentation (@43°)
- : 1 TABLO Manual Sheeter
- : 8 QT Kitchen-aid Commercial Mixer
- : 1 Induction Burner



Efficiencies:

- : Division of labor: The bakers complete tasks independently, allowing for flexible scheduling.
- : Maintain one starter: Use the levain ingredients/percentages to create bread differences.
- : Use 8-12 hr fermentation: Breads are mixed and shaped the night before, then fermented for 8 hrs. This adds digestibility and flavor, but also allows the baker to sleep until 6 am.
- : Make one dough/shape: For a different bread use add-ins to create a variety of breads.
- : Sweet treats: Prepped ahead of time, frozen and then baked market day.
- : The use of strap-pans: Though many of their loaves are hearth loaves, pan loaves require less space in oven, which shortens the baking schedule and adds variety.
- : Pre-orders: Used to eliminate waste.

Following are photos of some of the products made. The reader can be the judge of effort put forth. All breads are made with levain, retarded overnight in two commercial refrigerators “tricked” to 43°F, and baked the day of market.



TOP ROW: Left, Kathleen prepping for Volkenbrot Rye, which has over 15 ingredients and is hand-mixed, as the “Wall of Truth” (what the wall looked like when they bought the property) oversees the baking effort. Right, baked Duluth Volkenbrot.

BOTTOM ROW: Ora mixing Forbidden Fig Breakfast Bread made with Forbidden Black Rice, apricots, and figs. Ora does most of the mixing, except for the sourdough starter/levain, which is Kathleen’s “baby.”



WILD RICE SANDWICH BREAD

Contributed by Kathleen Busche



Wild Rice Sandwich Bread						
Yield	2		Total fermented in levain	17.24%		
Total dough weight:	1.050 kg		Bread flour	20.62%		
TOTAL FORMULA			LEVAIN		FINAL DOUGH	
Ingredients	%	Kilograms	%	Kilograms	%	Kilograms
Total Flour	100.00	0.464	100.00	0.080	100.00	0.384
Bread flour*	83.48	0.387	100.00	0.080	80.04	0.307
Whole wheat flour†	16.52	0.077			19.96	0.077
1st Water	72.47	0.336	50.00	0.040	77.15	0.296
2nd Water	4.13	0.019			4.99	0.019
Salt	2.07	0.010			2.50	0.010
Osmotolerant yeast	0.41	0.002			0.50	0.002
Canola oil	3.21	0.015			3.88	0.015
Wild rice, cooked‡	36.36	0.169			43.94	0.169
Garlic, granulated	0.41	0.002			0.50	0.002
Dill, fresh	0.41	0.002			0.50	0.002
Starter**	6.96	0.032	40.00	0.032		
Levain					39.61	0.152
Totals	226.43	1.050	190.00	0.152	273.57	1.050

*12.7% protein
 †Finely-milled
 ‡See process notes
 **Same composition as levain



Wild Rice Sandwich Bread (my personal favorite). The Native American wild rice is harvested and wood-fire-parched by Spirit Lake Native Farms in Sawyer, Minnesota. This high-quality rice makes an incredibly healthy and tasty sandwich bread.

The “treats” tray varies from week to week. The treats are made and frozen before baking on market day to increase efficiency. Left to right: Ginger Snap Cookies, Corn Cookies, Italian sponge cake with blueberries, best-ever Cranberry/Orange/Almond Scones hand-mixed by Kathleen (closeup of Scone Right of tray), Chocolate Chip “Chunks,” and Blueberry Financiers.



PROCESS - Wild Rice Sandwich Bread

Preferment

Mix	Type of Mixer 1st Speed	Spiral or by hand Until incorporated
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Ferment	Time/Temperature	08:00-10:00 at 68-70°F
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Final Dough

Mix	Type of Mixer Mix Style Hold back Autolyze Add 1st Speed 2nd Speed Add 1st speed Dough Temp	Spiral Improved Levain, salt, oil, wild rice, garlic, dill, 2nd water 0:60-1:20 Salt, Levain 0:02-0:03 0:01-0:02 Oil, garlic, dill, wild rice Until incorporated 72°F
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Ferment	Time/Temperature Folds Add	04:00 at 72°F 0:30, 1:00, 1:30 2nd water, incrementally at folds until desired consistency. Dough should be extensible, light and airy
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Shape	Pre Shape Rest Shape Proofing device	Round 0:15-0:30 Boule 4x12 bread pan, two batards per pan
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Proof	Time/Temp	08:00-09:00 at 42°F
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Bake	Oven Score Steam Time/Temp Open damper	Deck 1 or 2 slashes Yes 0:30-0:40 @ 450°F Once crust begins to color
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And the Beat Goes On

LIBERATION BAKERY is an open and welcoming environment, even though you cannot walk in and buy anything. You must order ahead online. While I was there, one person brought fresh dill for the Wild Rice Sandwich Bread, and another brought wild rice. Other times, Kathleen was on the phone seeking ingredients that were usually hard to get. We did have time for a walk along the beautiful lakefront that Kathleen foresaw when she bought the McDougall Building. It will be interesting to see the further evolution of Liberation Bakery and its neighborhood. Liberation Bakery's Instagram posts tell the story of an evolving baking establishment. ✨

A Day In The Life of a **BAGEL MAKER**

Noticing a distinct lack of authentic bagels in the Napa Valley, **Toasted** was created at the end of 2016 by Ariella Wolkowicz. Hoping to fill the bagel void in Napa, this business offers a variety of gourmet bagels, hand-mixed cream cheeses, and lox cured in house. The bagels are made using the traditional method: hand-rolled, cold-proofed for an 18 to 24 hour fermentation, boiled and then baked, resulting in a delightfully blistered, slightly crunchy exterior with a creamy interior and chewy texture. **Toasted** is providing a premium product in a premium location for both tourists and locals.



Ariella with bagels ready for the oven.

12:45am:

Alarm goes off. Wake up, get dressed, brush teeth, consider putting on make-up and then decide the bagels really won't care too much about that. Grab a thermos of coffee because I remembered to set up my automatic coffee maker this time, get my keys and head out the door.

1:00am:

Arrive at the kitchen. Turn on the lights and ovens, fill pot with water and start it boiling. Set up bagel station with sheet trays, spices, parchment paper, and bowls. Grab an empty rack for the hot bagels out of the oven.

Prepare coolers for the market: fill with hotel pans of cream cheese, sliced tomatoes, greens, capers, pre-sliced lox, sandwich toppings, and ice.

Turn on music (today is a Prince station kind of day).



Everything bagels hot out of the oven.

1:15am:

Begin baking bagels. All bagels for delivery/wholesale are baked first. The amounts range from 6-25 dozen for deliveries and all deliveries must be made before 5:30am. Plain are always the first to go in because they bake the fastest and require no seed dipping, followed by pretzel bagels which get a quick lye bath and a sprinkle of salt. Sesame, poppy seed, everything, garlic, and cinnamon raisin follow. Any bagels made with rye, pumpernickel, or wheat are pulled out of the walk-in first and allowed to proof a little bit longer outside the walk-in.

2:15am:

Deliver six dozen bagels to Model Bakery.

3:30am:

Finish baking remainder of bagels for wholesale/farmer's markets. Clean up station and begin scaling for production. With the current production capabilities, each mix is a 4-dozen size batch in a 30 quart Hobart mixer with the hydration between 50-53%. The dough does not contain any eggs, unless egg bagels are being produced. The production amount for today is for 50 dozen bagels.

Drink some water. I am sweating my butt off and can't believe how good it feels to hydrate.

4:00am:

First mix begins. Each mix goes for 11 minutes and is then divided into 4 oz portions. These are then hand-rolled, placed on parchment-lined sheet trays, and then plastic-wrapped before going on speed-racks in the walk-in for a 14-18 hour fermentation. Each four-dozen batch takes about 15 minutes to divide and roll. The ultimate goal is to divide and shape the bagels before the mix is finished.

5:00am:

Ideally, all dough is mixed, divided, wrapped and in the walk in. Now I can start loading up bagels for the market in plastic tubs.

Briefly pause and wonder why I decided to pursue this business venture.

5:20am:

Load up bagel van with everything for the market and any wholesale deliveries. Clean up the kitchen, turn off ovens, lights and music.

5:30am:

Drive off into the sunrise.

5:45am:

Deliver bagels to Oakville Grocery.

6:00am:

Arrive at Farmers Market and begin set up.

7:00am:

Get another thermos of coffee from the coffee vendor. Watch the sun finish rising.

7:30am:

First customer arrives and asks your employee what kind of bagels and cream cheese flavors I have after ignoring the signs you put up. Their next question: "Are they fresh?" which is sometimes followed with, "Who makes your bagels?"

8:00am:

The rush begins and all I see for the next hour is seeds and bagels flying with the smell of garlic and freshly toasted sesame bagels wafting through the air. Sometimes I'm able to pause and chat with a regular who asks when I'll have a shop in downtown Napa. I say something clever like, "Oh, when I can find something mildly affordable." They laugh, I laugh, but I was serious.

10:30am:

The big rush ends. My employee and I take a deep breath and a large sip of coffee. Customers continue to stream through and order bagel sandwiches and bagels for the week. "Finally, a good bagel. It's been ten years since I had a decent bagel and I'm from New York/New Jersey/Montreal/Philadelphia, so I know bagels." Even though I hear this regularly, I always smile. It never gets old.

12:00pm:

Market ends. I make one last Lox Sandwich on an everything bagel with chive cream cheese, fresh heirloom tomatoes from the vendor at the end of the row, capers, cucumbers and red onions, hand it to the customer and say, "See you next week!"

12:15pm:

Start breaking down the stall. I consolidate all that I can and place all dirty dishes in one hotel pan. Break down the tent, pack up the van.

12:30pm:

Park at the kitchen, unload the coolers and dirty dishes. Empty coolers in walk-in, wash dishes and put away.

1:00pm:

Take cash and checks to the bank.

1:30pm:

Park at my house. Unload any market produce and all personal items from the car, especially my trusty thermos.

2:00pm:

Shower (finally).

3:00pm:

Make breakfast/lunch/dinner(?). I'm not really sure because I'm just realizing it's my first meal of the day so there are no rules and it ends up being just eggs, lentils, and arugula anyway.

4:00pm:

Make prep list for the next day. Begin decompressing by having a beer and watching something light (currently enjoying another cycle of Bob's Burgers).

5:00pm:

Get ready for bed. Take a dose of melatonin and close the blackout curtains.

6:30pm:

Hopefully fall asleep.

12:45am:

Wake up and start all over again. ✨



Poppy seed bagels ready for some smear!

Looking for the perfect shade of golden brown.



MEDITERRA BAKEHOUSE:

Family, Tradition, Quality

By Adrea Sustarsic, Mediterra Bakehouse



Paesano coming out of the oven

Nick Ambeliotis grew up in Ohio, where his father owned a grocery store. Eventually, Nick took over the store and started stocking the shelves with obscure, hard-to-find ingredients from around the world. This led him to a wide-ranging career scouring Europe for fine cheeses, olive oils, pasta, and charcuterie. Along the way, he also developed an appreciation for well-made artisan breads that evolved into a true passion. Twenty years ago, he left his job, sold his house, and put everything he had into building Mediterra Bakehouse, our bakery in Pittsburgh.

In 2002, Nick rented a 4,000 square foot unit in an industrial park just outside of downtown Pittsburgh. Over time, he recruited his children—Mike, Anthony, Nicole, and Nick—into the operation. Today, following 15 years of growth, our family business has expanded to nearly 40,000 square feet at our Pittsburgh headquarters, allowing us to serve local farmers markets and patrons, along with commercial clients including local restaurants, grocery stores, hotels, and resorts.

LEFT: Our Red Fife Batard is made using organic heritage red fife grain grown on our own land in Arizona. RIGHT: Founder, Nick Ambeliotis, on their 35-acre Arizona wheat farm

Tradition and Quality

All along, Mediterra's founding commitment to tradition and quality have guided our success. We bake artisan breads using traditional French methods, relying solely on natural sourdough starters instead of commercial yeast to preserve their distinct tang and nutritional value. Each loaf is shaped by hand before it's loaded into one of our massive hearth ovens, built onsite by a seventh-generation French company. With more than 30,000 pounds of firebrick and a baking surface composed of volcanic rock from the Alps, these ovens help maintain consistent temperatures as the bread bakes. Given the scale of our operation, we also use state-of-the-art commercial ovens for some product lines.



THE BREAD BAKERS GUILD OF AMERICA

All our breads are made with fresh ingredients, never with additives, preservatives, conditioners, or extenders. Our breads always contain at least 15% of our own organic heritage Red Fife grain, grown on 35 acres of land in Arizona. Once harvested, the entire milling process is done in house using our Vermont-made New American Stone Mill stone-ground milling equipment. Milling our grain the old fashioned way contributes to the bread's distinct flavor, and ensures maximum nutrient retention.

Even as we grew, we refused to cut corners or take any shortcuts that could compromise our product. While the added time of the fermentation is costly and working with natural starters can be unpredictable, the benefits far outweigh the drawbacks. We believe that patience, hard work, and knowledge produce the best product. To that end, we source ingredients locally as often as possible. We also substitute sugar with raw honey. Our water is filtered, and we only use sea salt. To minimize waste from packaging, we use a flour silo in our production facility. We send surplus product to many local charities and organizations to reduce food waste.

The combination of centuries-old baking traditions and techniques alongside cutting-edge baking technology and equipment means that Mediterra can provide true artisan bread to a wide range of customers, from the smallest cafes and restaurants to large corporate settings, universities, supermarkets, and others.

Our product selection reflects current dietary trends as well as our customers' diverse needs. Sandwich buns can be a classic white or a more specialized Challah or Ciabattini bun. Our deli loaf

offerings range from favorites like rye, sourdough, and pumpernickel to more health-forward selections like sprouted spelt and one of our newest additions, the keto-friendly sunny flax bread. We offer traditional French baguettes and Italian focaccia as well as breads unique to Mediterra like our Mt. Athos Fire, Parmesan Pepper, and Red Fife artisan



Prepping bread for the oven.

table loaves. We also offer seasonal breads such as Christmas Stollen or the Maple Pecan Loaf, made with local grains and maple syrup from Paul Family Farms near Pittsburgh.

Adjusting to a COVID world

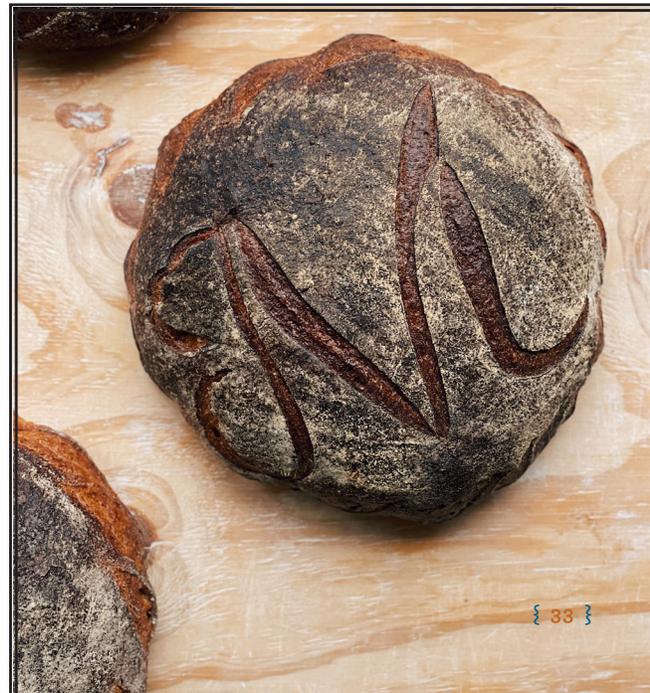
Since we opened our doors in 2002, we've made it a point to diversify our client base. To do this, we've always been careful to select a mix of both food service and retail customers. Today, our clients include local mom-and-pop stores, cafés, and restaurants, as well as national grocery chains and everything in between.

This strategy has served us well, especially during the COVID 19 crisis. Since March 2021, we've watched as nearly all of our restaurant customers either

shifted to take out only or closed their doors altogether. However, our close relationship with national grocery chain Whole Foods has played a crucial role in our ability to withstand the short- and long-term effects of the virus. COVID may have had a negative effect on the restaurant industry, but it only increased the speed at which bread

flew off grocery store shelves. Since we were already heavily oriented towards wholesale fulfillment, our team of bakers was prepared for the challenge and we could gear up to meet the demand. The hard work and agility of our employees, together with our working relationship with Whole Foods, have helped keep us afloat amidst the uncertainty, and for that we are endlessly grateful. After all, what is baking without community? 🌟

Our flagship bread, the Mt. Athos is made using a germ-restored wheat sourdough



ROMAN PIZZA BIANCA

Contributed by Mediterra Bakehouse

This Roman version of a flat bread resembles a focaccia that is fluffy inside and crisp outside.



ROMAN PIZZA BIANCA

Ingredients	%	Kilograms
Total dough weight		1.966
Total flour	100.00	1.000
Bread flour* *11%–12% protein	90.00	0.900
Hard red wheat, freshly-milled	10.00	0.100
Water 1	70.40	0.704
Water 2	17.60	0.176
Salt	2.50	0.025
Fresh yeast	0.10	0.001
Extra virgin olive oil	6.00	0.060
Totals	196.60	1.966

Roman Pizza Bianca

Mixing	Type of Mixer	Spiral
	Mix style	Improved
	Hold back	Water 2, oil
	1st speed	0:06
	2nd speed	0:06
	Add	Slowly add water 2
	2nd speed	About 0:05, until incorporated
	Add	Olive oil
	2nd speed	Until incorporated
	Dough temperature	76°F
Fermentation	Time/temperature	3:00 at 72°F - 75°F
	Time	0:45, 1:30
	Time/temperature	12:00 at 41°F
Shaping	Time/temperature	1:00 at 72°F
	Divide	2.5 lb
	Pre Shape	Round
	Proofing Device	Well-oiled half-sheet pan
	Rest	2:00–3:00
	Shape	Stretch and dimple to edges of pan
Bake	Oven Type	Deck
	Time/temperature	590°F, until golden brown





BREADS OF IRAN: A DEMONSTRATION STEEPED IN HISTORY

BY JOE PETRICCA

Guild Member, Educator and
Serious Home Baker – Los Angeles, CA



PHOTO COURTESY OF JOE PETRICCA

On Wednesday, November 3, 2021, The Bread Baker's Guild held an online class on the Breads of Iran with Sahar Shomali. The class began with a brief overview of the geography of Iran because the types of breads varied dependent on the location – more flatbreads and simple cooking for the desert areas and more complex breads in the fertile valleys.

Sahar Shomali is a Los Angeles based owner/baker of the Kauzeh Bakery. She decided to begin selling breads of Iran because she felt that the many types (made with methods dating back thousands of years) were unavailable in Los Angeles, a city often cited for having the largest Iranian population outside of Iran.

She had worked in renowned restaurant kitchens such at Spago and Lucques, but for the past three years she had sold her authentic Iranian bread at local farmer's markets and through her website (though due to health and safety certifications she is only able to ship inside California).

During the two hour and twenty-minute presentation three types of breads were made: one oven baked, one pan cooked, and one uniquely made on a bed of hot pebbles in a baking tray in the oven. Shomali

talked of the history of bread in Iran and the importance of and pride that bread brings to families. Shomali was generous in being specific as to how she successfully makes each of the breads presented while offering inspiration to create variations on the recipes.

First up was Ghelefi, a regional bread from the province of Khorasaan in east Iran, usually eaten as a midday snack. Basically, a simple sourdough bread base that was stuffed with a potato, onion, and turmeric filling.

Each step of the process was very clear and neatly presented, sometimes steps were done slightly out of order to take advantage of the need to prep and bake each item 'live' during the class. Ghelefi are topped with black Nigella seeds which provide a slight citrus bitterness to the bread. Shomali pointed out that they are different from poppy seeds or black sesame seeds (which should be avoided for this recipe). The measurements and directions provided for the class were simple,



clear, and easy to follow. I made a batch after class and my Iranian friends were very happy that I shared it with them.

Next, Shomali made Kelaneh, a famous grilled flatbread from the Kurdistan province in Western Iran. It is in some ways similar to an Asian scallion pancake or a stuffed super-thin flatbread.

Like the first recipe, this too called for sourdough starter, but then milk was added for an enriched dough. The filling was made with scallions, parsley, cilantro, garlic, oil, salt, and pepper though Shomali again invited each baker to create their own taste profile while staying somewhat true to the flavors of the region.



PHOTO CREDIT - SAHAR SHOMALI



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BREAD BAKERS GUILD OF AMERICA

And similar to the Ghelefi, the Kelaneh were made into individual balls of dough that were then worked to become a flat, almost transparent round that was cooked in a hot pan on the stove. The manipulation of the dough, sandwiching the herbs and spices between two parts and working it to a remarkable thinness, is a skill that will require more practice.

The third bread made in the class was Sangak which is a nationally known and loved flatbread that is baked on a bed of hot pebbles. This bread is consumed daily all over Iran. Unfortunately, the necessity to bake on pebbles does not meet US health requirements and thus is not sold in stores and bakeries, except those that are made via a different process using a mold and/or made in an industrial setting. If you are able to enjoy true Sangak here in the US, you are likely being treated to a home cooked version.

PHOTOS CREDIT (THIS PAGE) - SAHAR SHOMALI



Shomali went to great lengths to describe the preparations to prepare store-bought pebbles for use in baking this bread.

Again, this bread includes a sourdough starter and is the only bread of those presented that included whole wheat flour as well as bread flour in the recipe. After the pebbles are heated in the oven on a baking sheet, the dough is stretched over the pebbles leaving a distinct pattern on one side of the bread.

GHELEFI

Regional bread from the province of Khorasaan in the east of Iran. Usually consumed as a midday snack.



CONTRIBUTED BY SAHAR SHOMALI

TOTAL DOUGH WEIGHT:		0.558 kg
TOTAL FORMULA		
	%	Kilograms
All purpose flour	100.00	0.300
Water	53.33	0.160
Salt	3.33	0.010
Starter*	20.00	0.060
Extra virgin olive oil	5.00	0.015
Sugar	4.33	0.013
Totals	186.00	0.558
Nigella seeds		As needed

*100% hydration, all purpose flour

If any pebbles stick to the bread, a concern for the health agencies, they could break a tooth or harm someone who inadvertently swallows a pebble. Shomali demonstrated how a few taps with some tongs could release the majority of pebbles and once cooled, any leftover stones could be individually plucked out. The Sangak comes off the pebbles crisp and softens as the bread cools.

Shomali was warm and knowledgeable in her presentation. Her love of the breads of Iran is clear in her approachable recipes and stories of where each recipe came from.

Breads from her bakery can be ordered for CA delivery from her website (<https://www.kouzehbakery.com>) which also lists the LA area farmer's markets she sells at on a weekly basis. ✨



POTATO FILLING FOR GHELEFI
PHOTO CREDIT: REBECCA MILLER

PROCESS - Ghelefi

Final Dough

	Length of time	Until dough comes together
Ferment	Time/temperature	3:00–4:00 at 76°F–78°F or till doubled in size
Makeup	Divide Filling	60 g balls 50 g per ball. Based on personal preference. See process notes.
Proof & Bake	Time/temperature Finishing Bake	Proof 1:00–4:00 at 76°F–78°F Brush with olive oil 0:12 at 425°F then 0:15–0:20 at 350°F

PROCESS NOTES - FILLING

- Key ingredients: potato, onion, extra virgin olive oil, turmeric, red chili flakes, and salt.
- Type and preparation of potatoes can be based on personal preference but should be cooked.
- Filling process as demonstrated in class:
- Peel, chop, boil, and rice russet potatoes
- Diced yellow onion, swetted in olive oil and salt
- Mix potatoes and onions. Add turmeric and red chili flakes to taste.
- Form into 50 g balls.

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PAN DE MUERTO

TECHNIQUES, TRADITIONS AND CULTURAL CONNECTION

BY KATHLEEN TURCHI

Guild Member and Owner/Operator of
Maritime Bread – Nashville, TN



COURTESY OF KATHLEEN TURCHI

On October 11, Arturo Enciso, of Gusto Bread in Long Beach, CA, demonstrated Pan de Muerto in another of The BBGA's continuing series of online Celebration Bakes classes.

Pan de Muerto is a seasonal bread made in various regions of Mexico and wherever people of Mexican descent live today. It is baked for Día de Muertos (the Day of the Dead), a holiday celebrated each November 1st and 2nd, to recall the memory of the deceased.

The bread is made with an enriched dough similar to brioche and features orange blossom water and fresh orange zest. It can be finished with powdered sugar, cinnamon sugar, or Arturo's own corn sugar. The loaf may feature decorative huesos ("bones")—pieces of dough added on the top of the bread, which some interpret to represent tears.



Even huesos might be interpreted not as tears, but as blood or bones or other things.

Pan de Muerto is not traditional in all parts of Mexico; however, it is common in Mexico City, where Arturo's father hails from. It is rarely seen in his mother's home region of Chihuahua. Moreover, each area where these buns are made has evolved a unique interpretation and flavor profile. Depending on the region or origin of the baker, loaves might include anise, fennel, or other aromatics blended into the brioche or as a topping.

"This is part of what makes this such a special bread," Arturo said. "The huesos can be whatever they mean to you."



OCTOBER 11

PAN DE MUERTO

ARTURO ENCISO

Gusto Bread
—Long Beach, CA

Liaison: Ana Salatino



PHOTO CREDIT - ANA SALATINO

Gusto Bread is an all-sourdough bakery but Arturo taught the class how to make Pan de Muerto by starting with a flying sponge—a rapid preferment consisting of a high yeast inoculation of 30% of the total flour weight. Although I bake mostly sourdough breads, I unabashedly love the miracle of yeast, and I found this usage refreshing. Even so, Arturo generously entertained our (many) questions about how to apply sourdough techniques, including a desem, to this bread, as his team at Gusto does.

FAR LEFT:
Dusting with powdered sugar;
LEFT: Ready for the oven, with huesos on top;
ABOVE: Arturo is pleased with the final products.
PHOTO CREDIT:
Ana Salatino

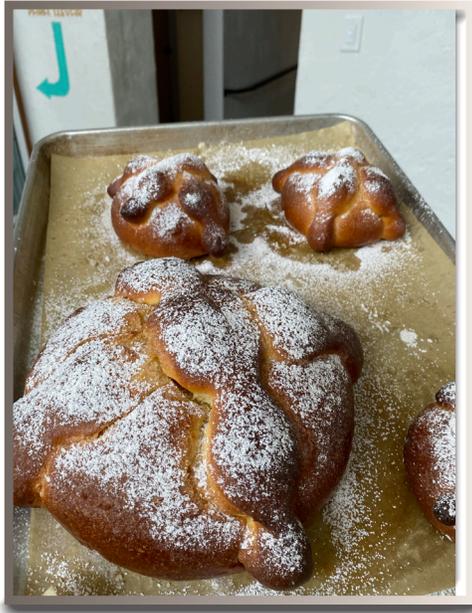


PHOTO CREDIT: Ana Salatino

Arturo also reinvigorated our desire to tirelessly seek beautiful, fresh ingredients, as well as creative uses for available ingredients. He showed us his corn sugar topping, made by first roasting corn husks until they are a deep dark brown. He then grinds the husks and mixes them with sugar to add a sweetly charred flavor to finish his Pan de Muerto.

Arturo's discussion of recent trips to Tijuana encouraged all of us to re-think our cinnamon—a ubiquitous ingredient in baking, particularly this time of year. Rather than settling for Ceylon, Arturo's team seeks out the 18 inch-long wands of canela (Spanish for cinnamon) from

Mexico for his flavor profile. His team then roasts and grinds the bark to add a fresh take on a familiar flavor to his products.

Arturo is a humble baker with a deep knowledge and love for his work. He generously shared his passion with us, encouraging us with his methods, ingredients, and deep connection to his community to stay curious and respectful. Our Pan de Muerto class with Arturo piqued our interest and inspired all participants. You know it's been a very good class when BBGA Executive Director Mitch Stamm himself declares: "I want to come stage with you!" From techniques, to ingredients, to cultural connection, this class fed the passionate curiosity we bakers share. 🌟

PAN DE MUERTO

A traditional pan dulce with citrus zest and cinnamon, offered at bakeries throughout Mexico and beyond, leading up to Día de Los Muertos (Day of the Dead) - a national holiday. Contributed by Arturo Enciso.

PAN DE MUERTO							
Total dough weight:			2.060 kg		Total fermented flour in sponge		30.00%
TOTAL FORMULA				SPONGE		FINAL DOUGH	
Ingredients	%	Kilograms	%	Kilograms	%	Kilograms	
AP flour	100.00	1.000	100.00	0.300	100.00	0.700	
Milk	35.00	0.350	35.00	0.350			
Salt	1.20	0.012			1.71	0.012	
Yeast, instant dry	2.00	0.020	2.00	0.020			
Eggs	20.00	0.200			28.57	0.200	
Egg yolks	6.00	0.060				0.060	
Orange zest	1.80	0.018			2.57	0.018	
Sugar	19.00	0.190			27.14	0.190	
Butter, cubed*	20.00	0.200			28.57	0.200	
Orange blossom water	1.00	0.010			1.43	0.010	
Sponge					95.71	0.670	
Totals	206.00	2.060	137.00	0.670	285.71	2.060	
Melted butter		As needed					
Dusting powder**		As needed					

*Room temperature

**See process notes



UPPER LEFT: Arturo teaching the participants about the cultural significance of Pan de Muerto; MIDDLE: A closer look inside; UPPER RIGHT: Rolling the “huesos (bones).” PHOTO CREDIT: Ana Salatino.

PROCESS - Pan de Muerto

Preferment

Mix	Type of Mixer 1st Speed	Spiral or by hand Until incorporated
------------	------------------------------------	---

Ferment	Time/Temperature	0:30 at 75-78°F, covered
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Final Dough

Mix	Type of Mixer Mix Style Add 1st Speed Add Add 2nd Speed Add 2nd Speed	Spiral Improved Sponge, eggs, egg yolks 0:05 On speed 1, sugar and flour gradually, until incorporated On speed 2, salt 0:03 on speed 2, butter gradually, until fully incorporated 0:08-0:10
------------	--	---

Ferment	Time/Temperature Proofing device	1:00 at 75-78°F, covered Lightly greased bowl
----------------	---	--

Shape	Divide Preshape Preshape Proofing device	400 g Four rounds Eight cylinders (see process notes) Sheet tray
--------------	---	---

Proof	Time/Temperature	0:45-1:00 at 75-78°F
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Bake	Oven type Time/temperature Finish	Convection 0:25-0:35 at 350°F Allow to cool slightly, brush with melted butter and cover with dusting powder
-------------	--	--

Process Notes

Dusting Powder

- Stir together .200 kg powdered sugar and 1 tsp ceylon cinnamon powder and set aside

Shaping “Huesos” (Bones)

- Roll the cylinders while pushing down slightly with your fingers to create bumps that resemble knuckles.
- Place two overlapping pieces on top of each .400 kg round



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BREAD BAKERS GUILD OF AMERICA

BAKING WITH PONSFORD

THE FUNDAMENTALS OF FLOUR

BY JAYMIE LEVINE

Guild Member and owner of Jaymie Bakes
— East Dorset, VT

As the class starts and the computer screen fills with faces entering the Zoom meeting, Craig Ponsford greets each member by name.

“Nice to see you again, Jaymie,” he says to me. Even though there are almost 3,000 miles between us, Craig makes me feel like I’m standing next to him in his bakery.

A class with Craig, owner of Ponsford’s Place (San Rafael, CA) and former BBGA chairman, is packed with information for professional bakers and serious home bakers alike. For a baker like me, who did not go to school for training, Craig’s classes are invaluable. I’ve learned volumes of technique, terminology, and science in each of the three classes I’ve taken so far under his instruction. His “Berries to Bread: Fundamentals of Flour” was no exception.



Photo credit: Jaymie Levine

We meet briefly the day before the six-hour class to review Craig’s expectations for the class and for us, his students. Class moves swiftly, since we are not only listening and learning from Craig’s lectures but also baking along with the three formulas that reinforce his lesson plan. After taking other classes with Craig, I’ve come to expect a review of a Gantt chart, a type of bar chart with the day’s schedule, and his firm request for preparedness and attention during class.

The following day, the Zoom gallery view looks impressive — many bakers in their bakeries, some bakers in home kitchens, and everyone’s attention focused on



Craig happily scoring baguettes
Photo credit Michael Zakowski

Craig’s direction. It’s amazing how, after virtual instruction, more than 20 students spread across the country with different equipment and ingredients can come together over a computer screen, learn together, and end up with similar results.

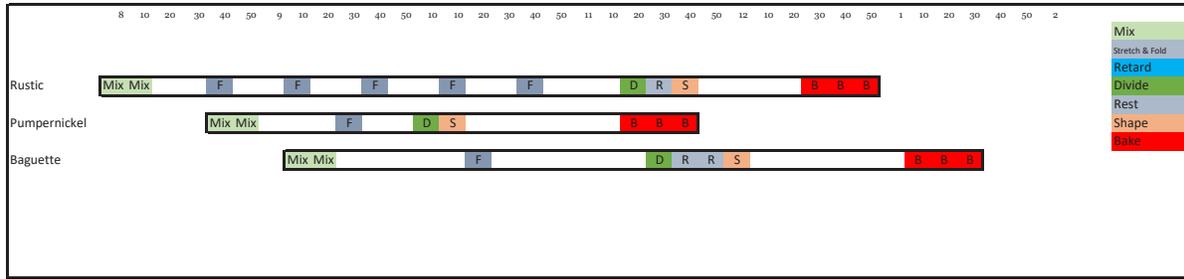
After a quick mix of the three class formulas, Craig begins his lecture with the basics of wheat berries. He starts at the beginning — on the farm. The climate in which wheat is grown, how much is grown at once, how the wheat fields are cultivated, and how disease affects the crop have an effect on wheat berries. Different varieties are grown for harvest in different times of the year, which not only keeps the market supply continuous but also provides variety.

This page (BOTTOM) -- LEFT: Three breads, baked along with participants joining remotely. Photo credit Jackie Lee;
MIDDLE: Betsy Simson showing off the pumpernickel she baked during the class. Photo credit Caitlin Burt;
RIGHT: Berry and flour samples sent to all class participants. Photo credit Jackie Lee.





“Henry Gantt published the first Gantt diagram in 1901. It is a visual way of displaying a project timeline — and all of its tasks, dependencies, and assignees — across time.” monday.com



Craig describes the composition of a wheat kernel as about 3% germ, around 20% bran (sometimes more), and 70% endosperm. As the wheat berries are milled, primarily by roller or stone, the germ and bran are usually sifted away from the endosperm and blended back in at varying percentages to make different blends of flours.

So, with all of this variation, how can a baker understand the flour they are purchasing? One answer is using a Certificate of Analysis (COA), Craig explains. Most flour mills will provide a COA upon request, which can then be used to understand the specifics of the flour, such as the flour’s levels of moisture, protein, gluten, and ash, as well as the date and location the flour was milled.

We watched how an alveograph measures flexibility of dough by blowing air into a thinly stretched sheet of dough, forming and bursting a bubble to simulate release of gas/carbon dioxide, and how a farinograph analyzes water absorption and flour stability. Understanding the meaning of the values listed on a COA and how they affect your flour can be a powerful tool for bakers, the benefits of which can be passed on to customers.

Better nutrition comes with higher whole-grain content, Craig explains. He’s a staunch proponent of the benefits of whole-grain baking and has integrated whole grains into most of his bakery’s products. He shares how whole grains are digested more slowly than refined grain, allowing more nutrient absorption and health benefits for customers. One formula from our class is Craig’s popular seeded pumpernickel, a whole-grain bread that he developed specifically to aid gut health.

The class transitions to a more hands-on approach. Fifteen packets were mailed to each participant prior to class. Each packet contained a sample of hard red wheat berries or rye berries in varying degrees of extraction. Craig asks the class to sort their samples in a line, starting with the whole berries down to the flour with the least percentage of germ and bran, so we can see and feel the differences caused by the rate of extraction.

The bake-along fills the final hour of class. After several pauses during Craig’s lecture to stretch and fold the dough we mixed at the beginning, we shape, proof, and bake three formulas, including wheat baguettes. Craig watches everyone shape loaves, a nerve-wracking experience, as he is, after all, the first American to win the gold medal in the ‘96 Coupe du Monde de la Boulangerie in Paris. Craig offers supportive and helpful critique and praise for each baker as he watches us. After a bake (again, a monumental task as every baker has a different setup), we compare results by slicing and examining the crumb and crust of each other’s loaves.

This class gives bakers a chance to learn from the experience and knowledge Craig gained from his time at Central Milling and his connection with pioneers of whole-grain milling. A passionate teacher, Craig is ready to share his knowledge and experience with each member of his class and remains available to them once class is over. His enthusiasm for each student’s success is balanced by his ability to provide helpful guidance, all through a webcam (not an easy feat). With each class I take from Craig, I come out a better baker — and I am truly grateful. 🌟

“One formula from our class is Craig’s popular seeded pumpernickel, a whole-grain bread that he developed specifically to aid gut health.”



This page (BOTTOM): LEFT: Flour slick showing varying degrees and types of milling. Photo credit Jackie Lee. RIGHT: Participant Suzie Clark’s final breads. Photo credit Suzie Clark.





BAGUETTE - WHITE TO WHEAT

A VARIATION OF A TRADITIONAL BAGUETTE THAT INCORPORATES WHOLE WHEAT

CONTRIBUTED BY CRAIG PONSFORD

PHOTO CREDIT: JACKIE LEE



PROCESS - Extraction Baguette test with Instant Yeast

Preferment	POOLISH	
Mixing	Type of Mixer	Hand
First Fermentation	Length of Time	12 hours
	Temperature	75°F
Final Dough		
Mixing	Type of Mixer	Spiral
	Mix Style	Improved
	1st Speed	3 minutes
	2nd Speed	3 minutes
	Dough Temp	75°F
First Fermentation	Length of Time	2
	Number of Folds	up to 2
	Timing for Folds	40 min
Shaping	Divide	350g
	Pre Shape	Cylinder
	Shape	Baguettes
	Rest	20 minutes
Proof and Bake	Final Proof Time	1 hour
	Oven Type	Deck
	Total Bake	20-22 minutes
	Temperature	475°F

BAGUETTE WHITE TO WHEAT

Total dough weight	1400					
Yield:	4	350	Fermented Flour	33.33%		
TOTAL FORMULA			POOLISH		FINAL DOUGH	
Ingredients	%	Grams	%	Grams	%	Grams
Total Flour	100.00	790	100.00	263	100.00	526
Bread Flour	33.33	263			50.00	263
Type 110	33.33	263	100.00	263		
Whole Wheat Hard Red	33.33	263			50.00	263
Water	75.00	592	100.00	263	62.56	329
Salt	2.00	16		0	3.00	16
Instant Yeast	0.28	2.21	0.10	0.26	0.37	1.95
Poolish					100.14	527
Totals	177.27	1400	200.10	527	266.07	1400

MEDITATION THROUGH KNEADING, PUNCHING, AND SHAPING.



The Power of Flour



HONORING OUR HISTORY AS WE GATHER TO MAKE MOONCAKES

By Cecilia Leung

Guild Member and Pastry Chef – Altadena, CA

The Mid-Autumn Festival, also called the Moon Festival or Mooncake Festival, is an important holiday in Chinese culture, based on the legend of Chang'e, the moon goddess. For this year's "Round as a Mooncake" virtual workshop with The Bread Bakers Guild of America, I focused on using as many locally grown and sourced ingredients as possible. But first, a little backstory.

"Which one would you like," my mom asked as she scrutinized the rows of pig-shaped bread shining in the pastry case with its mahogany lacquer. The

pig-shaped bread, its flavor akin to a water biscuit, paled in comparison to the rich lotus seed paste mooncakes that would be served later that night to celebrate the Mid-Autumn Festival and greet Chang'e and the full moon. My six-year-old self at that time couldn't care less about the piggy bread. The intricately decorated animal-shaped lanterns that hung overhead fascinated me. I waited impatiently to return home to savor the sliver of mooncake I would be allowed to eat so as not to spoil my appetite for dinner.

SEPTEMBER 17

ROUND AS A MOONCAKE

CECILIA LEUNG



Photo courtesy of Cecilia Leung

Traditional mooncakes, made with a tender dough of flour, fermented syrup (or golden syrup), lye water, and oil or lard, were often stuffed with white lotus seed paste and either one, two, or four salted egg yolks nestled in the center. The pastry was baked until golden brown and left to cure for a day to allow the fat, sugar, and flour to meld together to yield that signature moist, supple crust.

My childhood favorite was the four yolks version. I loved the flavor of the salty, umami yolk as it crumbled and melted on the tongue, along with the sweet, creamy lotus seed paste that stuck to the roof of my mouth like peanut butter. There is also a more savory version, Wu Ren Yue Bing, which roughly translates as "Five Nuts Mooncake." Dense and heavy, it is filled with walnuts, bitter almonds, pumpkin seeds, sesame seeds, Jin Hua Ham (cured ham similar to Jamon Iberico), bits of candied winter melon, candied citrus, and pork fat. Last year, my dad preordered a wheel-sized Wu Ren Yue Bing a year ahead to be shipped from China.

As concerns arose over the health impact of consuming the lard-laden and sugar-rich traditional mooncakes, the intensive labor they required, and the high production costs of the prized



Robin Koda Vogue American Woman Series 2019. Photo credit - Katsu Naito



The most important ingredient is the sweet rice flour, also known as glutinous rice flour. Do not let the vocabulary confuse you: The glutinous rice flour contains no gluten. It's made from short-grain sticky rice, and "glutinous" refers to its high percentage of amylopectin starch. The molecular structure of amylopectin allows it to

hold more water or liquid, creating a more stretchy texture, especially when mixed with hot water. The method of steaming the slurry of glutinous rice flour, rice flour, and wheat gluten until set, followed by kneading the cooled dough, yields that magical chew similar to mochi, a Japanese confection.

ingredients (such as lotus seed paste, cured salted egg yolks, and cured ham), interest in a modern update grew. Enter the Bing Pei Yue Bing or Snow Skin Mooncake. To honor the California harvest, I paired seasonal ingredients, such as strawberry guava from Pedro's Organic Ranch (Temecula, CA) and Chandler walnuts from K&K Ranch (Orosi, CA), for the three variations of Snow Skin Mooncakes featured in the workshop. The black sesame paste and lotus seed paste, which can be found at specialty markets or online, serve as a firm, pliable filling to yield a decorative impression on the rice dough once it's removed from the mooncake mold. Cream fillings require a gentle hand and some gathering and pinching of the dough. The pillowy texture is like eating a cloud.

Ever since I can recall, Blue Star Mochiko Sweet Rice Flour was a staple in our household. Little did I know then that the rice for this soft-as-snow rice flour was grown and milled about 300 miles north of where I grew up in Los Angeles by family-owned and operated Koda Farms, established in the 1920s. I met the humble co-owner and operator, Robin Koda, over 10 years ago. She and her brother Ross continue the sustainable practice of growing specialized Japanese-style rice passed down from their grandfather, Keisaburo Koda. If you're lucky, you may find Robin racing down I-5 from what she

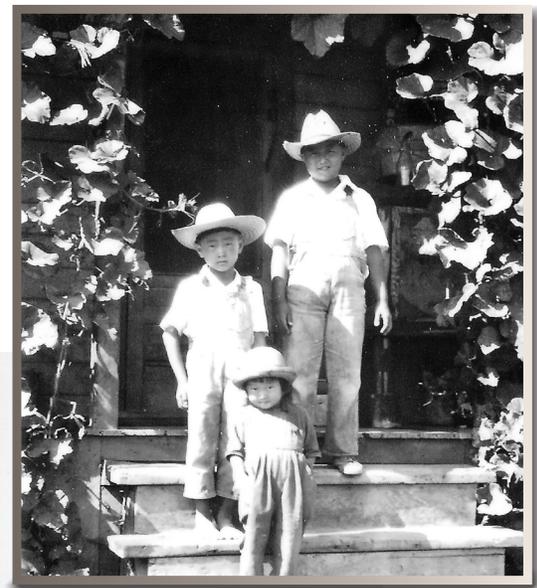
The Snow Skin mooncakes originated in the 1960s in Hong Kong bakeries, with influences from Japanese daifuku. More petite in size, at only two to three bites per portion, and with a diaphanous, soft, and chewy texture from glutinous rice flour, they gained popularity over the years. And the best part? They require no baking, only steaming of the rice dough. The versatility of the dough allows a baker's creativity to run wild in combining the flavors for the filling and the dough. Adventurous flavors, such as ube, durian, white chocolate truffle champagne, and yuzu osmanthus, are just as popular as the classic flavors of red bean paste, black sesame paste, and mung bean paste.

calls the "South Side of the Sticks" to bless us with her presence at the Santa Monica or Hollywood farmers markets. She not only has a wealth of knowledge about rice but, more importantly, about California history and the interdependent relationship between people and the land.

Think of the flavors I featured in the workshop as only the beginning of what's possible. Let seasonal ingredients be your guide in making these mooncakes. These delectable bites are wonderful and easy to make year-round.

As we say during Mid-Autumn Festival, "A bright moon and stars twinkle and shine . . . wishing you bliss and happiness." 🌞

ABOVE: Koda Farms 1930's Caterpillar Harvester; BELOW: William Koda, Edward Koda, Florence Koda 1920's; BOTTOM: Harvesting in the 1930's. PHOTOS CREDIT (this page): Robin & Ross Koda.





SNOW SKIN MOONCAKE

Contributed by Cecilia Leung

A non-baked Chinese treat eaten to celebrate the Mid-Autumn Festival.

Process

- Fill a pot 1/4 with water. Bring to boil.
- Whisk dry ingredients together in mixing bowl.
- Whisk in milk and grapeseed oil until incorporated.
- Transfer to a heat-resistant bowl.
- Steam for 25 minutes or until mixture is firm.
- Remove from heat and cool for 5–8 minutes.

SNOW SKIN MOONCAKE

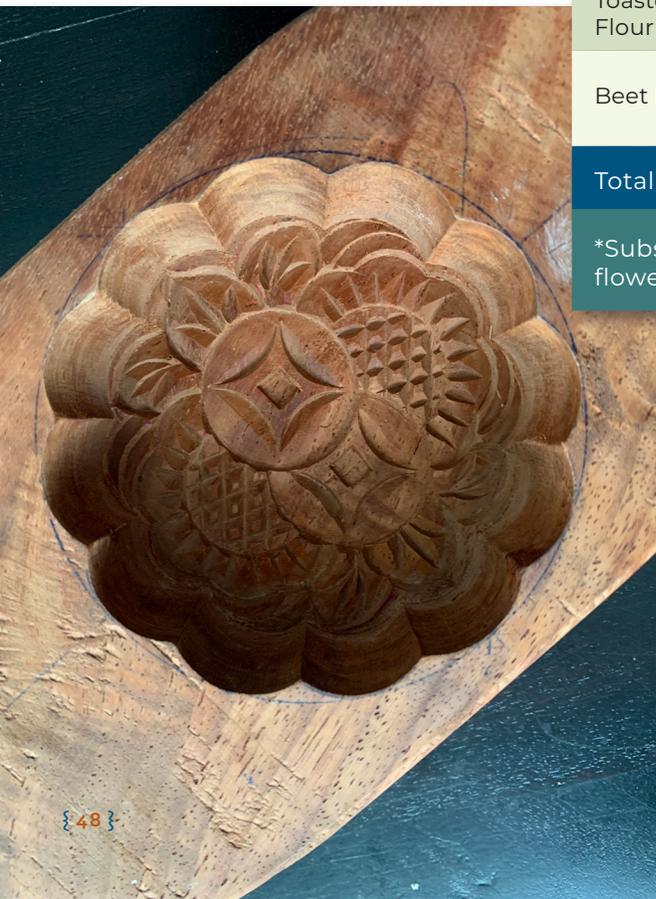
TOTAL FORMULA

Ingredients	%	Kilograms
Sweet Rice Flour	100.00	0.050
Rice Flour	70.00	0.035
Wheat Starch	70.00	0.035
Powdered Sugar	120.00	0.060
Kosher Salt	4.00	0.002
Whole Milk	50.00	0.215
Grapeseed Oil	50.00	0.025
Toasted Sweet Rice Flour	200.00	0.100
Beet Root Powder*	2.00	0.001
Total	666.00	0.523

*Substitute spirulina powder, butterfly pea flower powder, or pandan extract



- With gloved hands, remove dough and knead until smooth and pliable.
- *If natural colors are desired, add 1/4 teaspoon of powder or extract.
- Wrap with plastic wrap and chill for at least 2 hours.
- Portion dough into 25 g balls. Sandwich between plastic wrap and roll into 3-inch rounds.
- Place filling into center and gather edges to pinch together.
- Lightly coat filled mooncake with toasted rice flour and gently press into mooncake mold. Tap mooncakes out.
- Keep refrigerated until ready to serve.
- Store in airtight container for up to 3 days.



ABOVE: Koda Farms Founder, Keisaburo Koda, 1930's. Photo Credit: Robin & Ross Koda; LEFT: Hand-carved, authentic Mooncake mold. Photo Credit: Cecilia Leung



COCONUT CUSTARD FILLING

COCONUT CUSTARD FILLING

TOTAL FORMULA

Ingredients Kilograms

Butter, browned 0.020

Egg yolk 0.054

Egg 0.045

Corn starch 0.025

Coconut Milk 0.110

Sugar 0.056

Vanilla 0.004

Salt 0.003

Total 0.317

Process

- In bowl, whisk yolks, egg, cornstarch, 10 g of sugar, and 30 g coconut milk.
- In sauce pot, heat remainder of coconut milk, with remaining sugar, over medium heat until it simmers.
- Temper in warm coconut milk mixture to egg mixture. Add vanilla and salt.
- Return to sauce pot and stir over medium heat until custard thickens.
- Transfer to a shallow container. Cover directly with plastic wrap and chill overnight.
- Portion into 20 g balls.
- Add to mooncakes as directed.



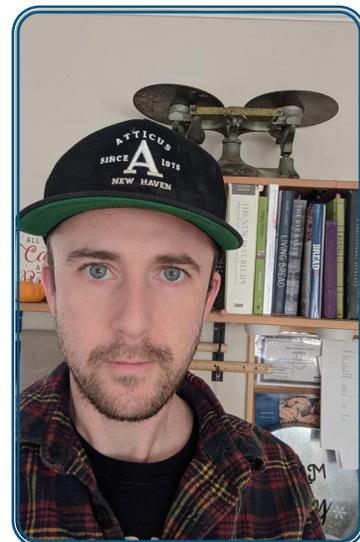
BELOW - Three variations of Mooncakes; LEFT: lotus seed paste with beet root powder snow skin, Middle: black sesame paste with toasted walnuts, RIGHT: coconut custard with strawberry guava and butterfly pea flower snow skin



PANETTONE MODERNO

THE PANETTONE OF THE FUTURE

Pierluigi Mazzella, Guild Member, Owner of Fatto a Mano Breads Microbakery – Monroe, CT
and **Brian Lance**, Guild Member, Head Baker at Atticus Bakery – New Haven, CT



PANETTONE IN HISTORY

When we talk about panettone, we think of Milan. We think of the fog, the fashion, and the panettone!

Panettone was born in the Middle Ages, linked to the tradition of preparing very rich loaves for Christmas, served by the head of the family to the guests. Evidence dates back to 1606. At that time, the “Milanese-Italian dictionary” speaks of the panaton de danedaa. Back then, the panettone was very low, freeform, and slightly leavened, very similar to the Genovese pan dolce. Soon the custom spread throughout the entire population, remaining for centuries a homemade preparation, consumed after the Christian midnight mass.

In the 19th century, bakers perfected the recipe, and the dessert took the name of panattón de Netal. The bread remained like this until the 20th century, when the advent of new conservation and production techniques, along with a marked increase in the demand for the product abroad, made it an artisanal and seasonal product.

This also opened the doors to industrial production. Around the 1920s, panettone began to assume the shape and the characteristics that we know today. Even though our familiar panettone was born as a handcrafted product, industry grabbed it after World War One. Motta and Cova were the only two companies that helped spread this sweet bread across Italy.

certain specialties such as Panettone, Colomba, and Pandoro. The legislation requires a fairly technical reading of recipes, and it is not easy for many bakers and confectioners to know whether their recipes comply with the specifications.

It describes panettone as a bakery product with a soft crumb obtained by natural leaven fermentation. A list of required ingredients has additional optional authorized ingredients. The required ingredients are wheat flour, sugar, fresh chicken eggs (category A) or yolks in a sufficient quantity for the yolk to represent at least 4% of the finished product, butter or butter derivate (minimum 16%), raisins and candied citrus peel (minimum of 20%), natural leaven, and salt. Other authorized optional ingredients include milk and derivatives, honey, malt, cocoa butter, sugar, yeast (total maximum authorized 1%), natural flavorings, emulsifiers, and preservatives (sorbic acid and potassium sorbate).

We’ve come a long way from the original panettone in terms of regulation and process. Now, it’s available year-round. Plus, we use more butter, more sugar, and more fruit. The panettone is much more hydrated, partially distorting its essence. It is also true, however, that we have



PANETTONE TODAY

Panettone has become an Italian national treasure, so much so that its production is regulated by the government. The Italian ministerial decree of July 22, 2005, strictly governs the production of

more knowledge and information for making panettone. The flours are better, as are the hygienic conditions in the bakeries. We have a better grasp of fermentation. So the product, even if changed, has improved.

THE RESULT: Panettone Moderno, the panettone of the future!

PANETTONE MODERNO: THE PROCESS

Bakers consider panettone one of the most challenging artisan products. The whole process, from refreshing the pasta madre to the baking, usually takes more than 32 hours. The complex and delicate architecture of panettone relies on the pasta madre, a stiff starter with 30%-50% hydration.

We keep pasta madre so stiff because we want more control of the acidity and the fermentation. Wetter starters contain more lactic acid. Stiff starters contain more acetic acid. In pasta madre, the ratio between lactic and acetic acids should be 3:1. We feed pasta madre multiple times a day to get rid of excess acidity. This also increases its potency.

Typically, panettone uses a two-dough process: primo and secondo impasto. Primo impasto translates as a sponge, a preferment built by our pasta madre and enriched with the ingredients of panettone (flour, water, sugar, eggs, and butter). The primo impasto bulks for about 12-16 hours, based on the temperature and how the recipe is balanced. The fermentation is affected by our pasta madre and the ingredients. After that, the baker prepares the rest of the ingredients for the final mix (secondo impasto).

The secondo impasto takes 45-60 minutes to mix. It's a delicate process, and it's important to pay attention to every detail. Panettone is like a building made

of many small bricks. If one of these bricks is missing, the whole structure falls apart!

After mixing the secondo impasto, there is a short second bulk fermentation (about 1-2 hours). This is a way to relax the dough after a very long mixing before it's divided. The dough will be divided, rounded, and bench-rested for another 50 minutes. Meanwhile, the baker prepares the molds. The final shape of panettone is called "pirlatura" in Italy. It's basically a way to shape panettone into a round, creating tension from the bottom to let it proof vertically once it's in the mold.

The proofing time is usually 5-8 hours at 80°F. Meanwhile, the baker can prepare the glaze that will be the final touch to the panettone. Glazing doesn't just make panettone look nicer. It also helps the oven spring by trapping the humidity, preventing the crust from forming too soon.

Bake panettone at 350°F until the internal temperature hits 200°F. After that, the baker must work fast to fork the skewer through the bottom of the panettone and flip it upside down. The purpose of this process is to keep the product from sinking under its own

weight during cooling. Once they have cooled (after the glaze has hardened) and starch retrogradation has begun (a couple of hours), the products become rigid enough to be turned right side up again.

Remove the skewers and package the goods. Packaging is used for hygiene, protection, preservation, and marketing purposes. Panettone hits its peak aroma and flavor in about five days. Large panettone, however, can be kept for more than several weeks. The lactic and acetic acids in the product inhibit mold and extend the shelf life. But it must be kept in its package to prevent drying.

In Italy, we say that panettone must filare. That means to shred. When you take a piece of it, pulling it away, you have to take another crumb with you. This creates a shredding effect. A piece of panettone must not come apart cleanly like a piece of bread.

There you have it: Panettone! If you can endure and achieve the necessary precision and consistency, you will find the sweet reward at the end. And you will probably become obsessed with the baker's greatest challenge. ✨



PANETTONE

CONTRIBUTED BY PIERLUIGI MAZZELLA

Panettone is considered one of the most difficult artisanal baked goods in the baking world. In Italy, it is usually eaten during Christmas time, even though nowadays it is taking over all year-round. The panettone process is intensive and requires a high level of knowledge regarding fermentation. The fermentation stage of the process is where the flavor, aroma, and texture are developed. The texture of a good panettone should be tender, light, and airy. The aroma should have hints of zesty citrus, vanilla, and butter.



PANETTONE

TOTAL FORMULA		LEVAIN		FIRST DOUGH		FINAL DOUGH		
%	Kilograms	%	Kilograms	%	Kilograms	%	Kilograms	
Bread flour*	100.00	0.139	100.00	0.027	100.00	0.233	100.00	0.058
Water	43.01	0.137	44.00	0.012	48.50	0.113	20.34	0.012
Egg yolk	39.25	0.125			16.31	0.038	150.81	0.087
Salt	1.26	0.004					6.94	0.004
Butter	64.05	0.204			38.63	0.090	197.49	0.114
Sugar	41.13	0.131			31.33	0.073	100.41	0.058
Starter†	8.63	0.027	100.00	0.027				
Honey	5.34	0.017					29.49	0.017
Orange paste‡	3.14	0.010					17.35	0.010
Vanilla bean**	0.94	0.03					5.20	0.003
First Dough							1066.79	0.615
Levain					28.76	0.067		
Totals	306.75	0.799	244.00	0.066	263.53	0.615	1694.81	0.977
Candied orange peel	13.40††	0.131						
Raisins	15.00††	0.147						
Traditional almond glaze		As Needed						

*12% to 14% protein content

†See process notes

‡Blended candied orange peel

**Weight of one whole bean, but use only seeds

††Based on total dough weight

All photos in Seasonal Baking section are courtesy of Pierluigi

PROCESS – Panettone			
Preferment		Levain	First Dough
Mix	Type of Mixer Time	Hand Until incorporated	See process notes.
Final Dough			
Mix	Type of mixer Add Length of time Add	Spiral First dough, bread flour 0:20 or until gluten develops Sugar, honey, and orange paste in 3 steps, mixing until incorporated after each addition. Egg yolks in 3 steps, mixing until incorporated after each addition. Salt Slowly add water while mixing (bassinage) Butter and seeds of vanilla bean in 3 steps, mixing until incorporated after each addition. Candied orange peel and raisins	
	Dough temperature Total time	76°F–77°F 0:50–0:60	
Bench rest	Time/temperature	1:30 at 74°F–76°F	
Shape	Divide	Depends on mold size: 8.625" diameter x 2.75" h: 1,000 g 7.875" diameter x 2.625" h: 740 g 7.75" diameter x 2.375" h: 300 g 7.25" diameter x 2.375" h: 500 g 6.625" diameter x 4.3125" h: 1,000 g 6.062" diameter x 4.1875" h: 740 g 5.25" diameter x 3.75" h: 500 g 4.375" diameter x 3.375" h: 300 g 2.75" diameter x 2" h: 90 g	
	Rest Shape	0:30 Round	
Proof	Proofing device Time/temperature	Paper mold 4:00–7:00 at 74°F–76°F until dough reaches top of mold.	
Bake	Garnish Time/temperature	Almond glaze, 120 g per 1 kg Depends on weight: 1,000 g: 0:50–0:60 at 350°F 750 g: 0:40–0:45 at 350°F 500 g: 0:35–0:40 at 350°F 300 g: 0:25–0:30 at 350°F 90 g: 0:15–0:20 at 350°F Internal temperature should be 199°F–200°F	
	Rest	To avoid collapse, hang upside down 8:00–12:00.	

PANETTONE PROCESS NOTES

STARTER

- Feed the starter every 3:30–4:00 (100% flour, 100% starter, 44%–45% water) for a total of three times a day. Resulting starter and levain need to be stiff and not wet and capable of doubling in 3:30–4:00 hours.

FIRST DOUGH

- Hold back yolks and butter. Using a spiral mixer on 1st speed, mix remaining ingredients until gluten development, about 10 to 15 minutes. The dough should be smooth, strong, and elastic.
- Add yolks in 3 steps, mixing until incorporated after each addition.
- Add butter in 2 steps, mixing until incorporated after each addition.
- Desired dough temperature is 74°F–76° after 35 to 45 minutes total.
- Ferment 12:00–16:00 at 74°F–76°F

BAKE

- If using a home oven bake at 335°F

STORAGE

- Store in cellophane bag for at least a week to maximize aroma and flavors. Shelf life is between 3–4 weeks.



TRADITIONAL ALMOND GLAZE — PROCESS NOTES

- Glaze panettone during winter time, when temperatures and humidity are low. If the environment is too warm/humid, omit the glaze as it will become very sticky and melt into the top of the panettone.
- In a bowl, stir together all of the dry ingredients.
- Once combined, add in the whites in two stages.
- Transfer glaze to a bowl with a cover and store in the refrigerator until ready to use.
- Remove from fridge about 5 hours prior to baking your panettone, so that it is at room temperature.
- Pipe the glaze onto the panettone using a pastry bag or spread gently with a spatula. Glaze just before going into the oven.

TRADITIONAL ALMOND GLAZE

Total weight 1.100 kg

TOTAL FORMULA

	%	Kilograms
Almond flour	100.00	0.283
Sugar	173.00	0.489
Egg white	95.00	0.269
Corn starch	21.00	0.059
Totals	389.00	1.100



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Connie Cox
Aaron Levin
Michelle Medley
Rebecca Miller
Mitch Stamm

Bread Lines Proofreader

Sonja Burchard

Bread Lines Designer

Shanon Dean

Formula Editors

David Bergma
Elizabeth Yahr Southard

Formula Formatters

Amanda Benson
Rebecca Miller
Aileen Semenez
Emanuel Villa

Contributors

Jennifer Baker
Caitlin Burt

Kathleen Busche
Chatham University
Suzie Clark
Leah Choi
Melanie Cote
Mark Dyck

Arturo Enciso
Dorie Greenspan
Amy Halloran
Ora Jewell-Busche
Melina Kelson

Robin Koda
Ross Koda
Brian Lance
Jackie Lee
Jaymie Levine
Cecilia Leung
Pierluigi Mazzella
Joshua McFadden
Mediterra Bakehouse
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Tel 707.935.1468
info@bbga.org
bbga.org

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