

Addendum: SFBI Fall 2009 Newsletter

7&7 Bread Dry Inclusion

Liquid Levain Formula		
Ingredients	Baker's %	Kilogram
Flour	100.00	0.440
Water	100.00	0.440
Liquid Levain White	40.00	0.176
Total	240.00	1.056

Process, Levain

1. Mix all ingredients until well incorporated with D.D.T. of 70°F
2. Allow to ferment for 12 to 16 hrs at room temperature (65-70° F).

Final Formula		
Ingredients	Baker's %	Kilogram
Bread Flour	86.00	4.545
Whole Spelt	7.00	0.370
Teff Flour	7.00	0.370
Water	67.00	3.542
Liquid Levain	20.00	1.057
Salt	2.20	0.116
Total	189.20	10.000

Process, Final Dough

1. Mix: Improved mix
2. First fermentation: 1-1/2 hours
3. Final Proof: Overnight retard
4. Steam: 2 seconds
5. Bake/Deck Oven: 35 minutes at 450°F

Teff Pie Dough

Ingredients	Baker's %	Kilogram
Pastry Flour	50.00	0.139
Teff Flour	50.00	0.139
Sugar	5.00	0.014
Salt	2.00	0.006
Butter	70.00	0.194
Cold Water	30.00	0.083
Total	207.00	0.575

Yield: One double crust pie or two single crust pies
Adapted from *Advanced Bread and Pastry*

Process

Pie Dough Method

Mixing

Cut butter to desired consistency.
Add cold water until dough forms a ball
Reserve in fridge at least 4 hours.

Sourdough Teff Cranberry Walnut

Teff Starter		
Ingredients	Baker's %	Kilogram
Teff Flour	100.00	0.563
Water	100.00	0.563
Teff Sourdough Starter	40.00	0.225
Total	240.00	1.351

Process, Starter

1. Mix all ingredients until well incorporated with D.D.T. of 70°F
2. Allow to ferment for 12 hrs at room temperature (65-70° F).

Final Formula		
Ingredients	Baker's %	Kilogram
Flour	93.00	3.140
Teff Flour	7.00	0.237
Water	62.00	2.093
Yeast (Dry Instant)	0.05	0.002
Salt	2.40	0.081
Teff Starter	40.00	1.350
Toasted Walnuts	12.50	0.422
Dried Cranberries	20.00	0.675
Total	236.95	8.000

Notes:

Hydration may vary with the quality and moisture content of the flour

Time and temperature will vary from oven to oven and with the weight of the loaves



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Blueberry Muffins

Ingredients	Baker's %	Kilogram
Pastry Flour	49.00	0.319
Finely Ground White Whole Wheat Flour	41.00	0.267
Finely Ground Whole Grain Barley Flour	10.00	0.065
Baking Powder	3.75	0.024
Salt	1.75	0.011
Eggs	35.00	0.228
Milk	25.00	0.163
Yogurt	35.00	0.228
Vanilla Extract	1.50	0.010
Sugar	76.50	0.498
Canola Oil	25.00	0.163
Melted Butter	25.00	0.163
Frozen Blueberries	65.00	0.423
Total	307.50	2.000

Process

1. Sift together the flours, baking powder, and salt.
2. Combine the eggs, milk, yogurt, vanilla, sugar, and canola oil.
3. With a paddle attachment, combine the sifted dry ingredients and wet ingredients.
4. Add the melted butter, mix to combine.
5. Mix in the frozen blueberries.
6. Portion (150g / each) and bake in a convection oven at 350°F for 25 minutes.



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