What’s Rising: layers beyond imagination

by Jeffrey Yankellow - Baking & Pastry Instructor

Lamination can be described as the process of layering fat and dough through a series of folds, to achieve a flaky structure and increased volume. The result is a light, flaky pastry that is hard to match in terms of pure, simple goodness. Any type of dough can be laminated, but the most common and familiar are croissant and Danish. Puff pastry is the most familiar form of the latter being pastry. There are many factors that lead to the perfect croissant, starting with the choice of ingredients, mixing methods and fermentation schedule. But the defining moment is often the one that takes the most effort: the process of lamination.

What is lamination? Lamination can be described as the process of layering fat and dough through a series of folds, to achieve a flaky structure and increased volume. The result is a light, flaky pastry that is hard to match in terms of pure, simple goodness. Any type of dough can be laminated, but the most common and familiar are croissant and Danish, and puff pastry. Brioche is joining that list but is often overlooked for its more traditional form.

The best place to start to explain lamination is to establish some standard principles. Laminated dough can be yeasted or non-yeasted, but the fundamentals are the same for both. Examples of the yeasted are croissant and Danish. Puff pastry is the most familiar form of non-yeasted.

Fermentation

It is important to note that for yeasted dough, good lamination will not replace the benefits of long fermentation. Bakers must start with a well-fermented dough that has had an extended first fermentation or been made using a preferment. For convenience, try mixing a straight dough and allowing it to ferment in the refrigerator overnight. This allows the fermentation to happen without the baker having to wait during a shift.

Assuming the rest of the process is done properly, the better the lamination, the better the pastry. Lamination is not difficult, but, just as with any other part of the baking process, it is attention to detail that makes the difference. Ideal flakiness is created when many layers of dough are separated by thin layers of fat. The fat creates lightness because the water in the fat creates steam, which helps “lift” the layers. For un-yeasted laminated dough, such as puff pastry, steam is the sole source of leavening.

What’s a great idea?

There is no concrete evidence of when lamination became a standard bakery process. One of the most well-known laminated pastries, the croissant, wasn’t originally made from a laminated dough. It originated in Austria, but was not laminated until the 1920’s by French pastry chefs looking to improve the quality.

It is also interesting to note that Western civilizations are not alone in using lamination for pastry. One of the fundamental Chinese pastry doughs is a flaky pastry that uses lard or oil and a similar technique to accomplish the same goal of layering dough and fat to create a crisp and delicate encasement for a sweet or savory filling.

Where to start

The best place to start to explain lamination is to establish some standard principles. Laminated dough can be yeasted or non-yeasted, but the fundamentals are the same for both. Examples of the yeasted are croissant and Danish. Puff pastry is the most familiar form of non-yeasted.

What’s Rising is designed and edited by Jennifer Donahue Marketing Communications www.jenniferdonahue.com

What's Rising
San Francisco Baking Institute Newsletter • Spring 2005

Lamination: layers beyond imagination

by Jeffrey Yankellow - Baking & Pastry Instructor

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in the difference between a good croissant and a great croissant lies in the details. A great artisan croissant has the flavors and aromas of long fermentation; smells and tastes of high quality butter, and has a deep golden brown color. And, most importantly, a great croissant is light and flaky. The thin delicate crust should be in balance with the moist, honeycomb interior. The weight should be fairly light relative to the volume, and the layers of dough should be clearly visible along the rolled edges of the pastry. There are many factors that lead to the perfect croissant, starting with the choice of ingredients, mixing methods and fermentation schedule. But the defining moment is often the one that takes the most effort: the process of lamination.

What is lamination? Lamination can be described as the process of layering fat and dough through a series of folds, to achieve a flaky structure and increased volume. The result is a light, flaky pastry that is hard to match in terms of pure, simple goodness. Any type of dough can be laminated, but the most common and familiar are croissant and Danish, and puff pastry. Brioche is joining that list but is often overlooked for its more traditional form.

The fine arts are five in number, namely:

painting, sculpture, poetry, music, and architecture.

The principal branch of the latter being pastry.

Jean-Antoine Brillat-Savarin

(1755-1826)

SFBI INSTRUCTORS

Jeffrey Yankellow
Baking & Pastry Instructor

Brian Wood
Baking & Pastry Instructor

WHAT’S RISING THIS SEASON ...

• lamination: layers beyond imagination
• 2005 course calendar
• recipe of the season: croissant with poolish
• special offer on proofing baskets
• baker’s tip and more!

what’s inside: lamination, 2005 course schedule, seasonal recipe, baker’s tip, special offer on proofing baskets and more ...

continued on page 3
**from michel: the ethics of “poaching”**

Michel Suas, Founder/President

A “poach” targeted SFBI. Our head instructor, Didier Rosada, got an offer he could not turn down, and, I must say, I would have taken the position, too. Reading these lines, I am sure some of you will think, “I should have offered Didier a job!” However, you did not. I want to thank you for it.

You know how much SFBI brings to the baking industry by giving support to both smaller bakeries and larger ones. Besides, you know that taking a key staff member from a small organization like SFBI could be viewed as unfair. Especially when flashing all the big dollar signs that SFBI cannot afford.

However, rest assured that the San Francisco Baking Institute is not in difficulty; we have talented people in place. Our mission is still the same as it was at our inception. Our philosophy remains the same, too: independent, open doors and commitment to education at any cost – raising the bar constantly by listening to your needs. We have lots of exciting new ideas and commitments for 2005 and beyond.

I would like to talk a little bit about “poaching.” Everyone can be a victim of it by a chef/owner or recruiter, who decides to go through the back door to tempt away another company's employees. I must say that it is something I never saw in France while working in restaurants or bakeries. First of all, if an owner or chef needed someone they would call other chef/owners to find out if they had a person available to promote. In addition, if a chef/owner had an employee who had reached a high level they would assist him finding a place worth his talents, opening doors for him to improve and evolve in his field.

Oftentimes, I receive calls for a baker's position opening and I know a lot of baker “assistants” or “head bakers” who would fit the job. However, I do not say anything because I know that most bakeries, especially smaller ones, depend on key staff members, who are a big part of their operation, and do not necessarily have the resources and structure to immediately or effectively replace someone.

A more beneficial exchange would help to both promote good workers and provide goals to entry-level bakers to show them how far they can advance. The next time you, as a owner or chef, see an ad that could benefit one of your employees, share the information. Show that you are supporting their skills and hard work and education in the baking industry.

Furthermore, if your employees show potential, send them to seminars or similar educational classes to polish their skills and better themselves. They will be ready to take on new challenges within your workplace.

All that said, I do wish Didier good luck in his new endeavor. We support his success. Or email Michel Suas at: michel@sfbi.com

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**recipe of the season: croissant with poolish**

**Ingredients, Poolish**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Baker's %</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flour</td>
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<td>4.373</td>
</tr>
<tr>
<td>Water</td>
<td>100</td>
<td>4.373</td>
</tr>
<tr>
<td>Yeast</td>
<td>100</td>
<td>0.004</td>
</tr>
<tr>
<td>Total</td>
<td>200.1</td>
<td>8.750</td>
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**Ingredients, Final Dough**

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<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
<td>Water</td>
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<tr>
<td>Salt</td>
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<tr>
<td>Yeast</td>
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<tr>
<td>Malt</td>
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<tr>
<td>Butter</td>
<td>37.0</td>
<td>0.570</td>
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<td>Poolish</td>
<td>87.5</td>
<td>8.750</td>
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<tr>
<td>Total</td>
<td>310.6</td>
<td>25.060</td>
</tr>
<tr>
<td>*Butter for roll-in</td>
<td>25</td>
<td>0.265</td>
</tr>
</tbody>
</table>

**Procedure**

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<thead>
<tr>
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<th>Time/Temp</th>
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</thead>
<tbody>
<tr>
<td>Mix</td>
<td>5 minutes</td>
</tr>
<tr>
<td>Ferment</td>
<td>12-15 hours at 72°F</td>
</tr>
<tr>
<td>Proof</td>
<td>2 hours at 78°F</td>
</tr>
</tbody>
</table>

**Blues is to jazz what yeast is to bread. Without it, it's flat.”

Carmen McRae, Jazz vocalist and pianist (1920-1994)

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**baker's tip: making the baker's life easier**

by Jeffrey Yankellow, Baking & Pastry Instructor

Deciding to own or even just work in a bakery has traditionally destined the baker to a life of long hours in the middle of the night. Motivated by the desire to have a friendlier schedule and workload, techniques such as retarding and freezing are used more and more. One way to lighten the load in the bakery, especially in smaller operations with limited employees, is to cross utilize the staple preparations. Croissant dough is a perfect example of how this works. It is a classic product that, in its best forms, reveals subtle fermentation, a honeycomb interior, pure butter flavor, and a light flaky texture. Sounds good right? So why not use the same dough for more than just croissants?

In a bakery that makes croissants, Danish, bear claws, cinnamon rolls, sticky buns, and a variety of sweet rolls, all can be made with croissant.

Unlike the simple croissant, these other products have fillings and glazes which generally have more of an impact on the consumer's buying decision than whether or not the Danish is made from a true Danish dough.

You can even add a small percentage of eggs to the croissant to give it more body and richness. It will still be suitable for croissants and work great for everything else. If it tastes great the customer may even like it better and the baker gets to save himself a lot of work!

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**career opportunity**

Are you an experienced baking & pastry instructor looking for an exciting new opportunity? SFBI is now hiring!

Please forward your resume to:
San Francisco Baking Institute
480 Grandview Drive
South San Francisco, CA 94080

Or email Michel Suas at: michel@sfbi.com

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**about us: sfbi**

Since 1996, the San Francisco Baking Institute (SFBI) has trained hundreds of professional and aspiring bakers from all over the world. We have acted as the unofficial training site for several award-winning Baking USA Teams and hosted a variety of international groups—from countries including Russia, China and Japan—interested in bringing artisan baking back to their homelands.

SFBI is recognized within the baking industry as a place where artisan baking is respected, appreciated and celebrated. We are passionate about sharing our knowledge and enthusiasm with students and clients in an effort to raise the level of the craft.
T
he time has come from
me to move on to the
next chapter in my life.
I have been given the perfect
opportunity to grow as an indi-
vidual and as a baker in a new
environment.
I am joining Uptown Bakers
in Washington, D.C. as Vice President of
Operations. This position will advance my
skills on the operational side of the bakery
business and also will allow me to continue
with my other passions, including teaching
and consulting.
I know SFBI is in good hands with Jeff and
Brian. The standards of quality and the mission
instilled by Michel will remain the same. I am
sure I will cross paths with many of you in the
future. I will be involved with SFBI for classes
and consulting. I can be contacted at the same
email address: didier@sfbi.com

Thank you for all the good times we have
had, and will continue to have in the
future!

— Didier

Good bread is the most fundamentally satisfying of all foods; and good bread
with fresh butter, the greatest of feasts.”

James Beard (1903-1985)

“Good bread is the most fundamentally satisfying of all foods; and good bread
help a student: buy a proofing basket!

Thanks to a donation from Trader
Joe’s, SFBI is happy to offer a line of
high-quality proofing baskets as a fund-raiser for our new Scholarship
Organization. All proceeds from the sales of these baskets will go directly to our non-
profit scholarship organization, which helps economically challenged students with their
baking education tuition at SFBI.

Your purchase will help a student who is
passionate about baking and pastry afford professional training - and it’s tax deduct-
able! Please help SFBI build our scholarship
fund for the many deserving students who need a little help with tuition by placing an
order for baskets today! Call 650.589.5724
to place your order. Quantities are limited, so order soon!

The flavors and dough characteristics are
equal to when using a preferment. As I will
explain later, it is best to work with
the dough cold during the lamination process.

If a preferment will be used, with or with-
out fermenting the dough in the refrigerator
overnight, the choice of preferment is up to
the baker. Traditionally, sponge is used for
sweet doughs, as the flavor and strength it
provides is a good match.

A poofish by itself or a poofish combined
with another preferment is a great way to
increase the extensibility sometimes created
by stronger flours during the folding process.
No matter which technique is used, remem-
ber that the fermentation of the dough is as
important as the lamination.

Ingredient selection
Fat choice used for lamination will be
discussed later in this article. At this point, it is
important to understand the other main ingre-
diant used to lamination, the most
important being the flour. Think of laminated
dough like bread. The goal is to create a
dough with sufficient fermentation tolerance
that provides a good balance of elasticity and
extensibility. The best choice is to use an
artisan-style bread flour made from hard
winter wheat with a protein level between
10.5 and 12%. The same flour used for the
bread in the bakery should be perfect.

Depending on the type of pastry, milk may
or may not be used. Typically, croissant
is made with a blend of milk and water.
Danish usually is made with all milk. Puff
pastry are generally made with all water,
but certain varieties contain some white
wine. Whole milk is the best choice for
flavor and richness, but it may be substituted
with any variety, including dry. Just remember
to compensate with water when using dry
milk. Milk provides flavor, richness, and
color. The lower the fat content of the milk,
the less these benefits will be seen.

Eggs are an additional hydrating ingredient
that may be added to croissant dough but are
generally reserved more for Danish and
laminated brioche. They are added to the
Italian form of puff pastry. Eggs add color,
flavor, richness, and strength.

Although often considered “sweet dough”,
croissants and Danish actually contain a
moderate amount of sugar. White granulated
sugar is typically the sweetener of choice,
but brown sugar is an easy way to create a
new flavor profile for any laminated dough.

If the laminated dough is yeasted, any form
of yeast may be used in the right propor-
tion. Because of the levels of sugar and fat
in these doughs it is necessary to use higher
amounts of sugar than are typically used in
lean dough. If the sugar is above 12% based
on the weight of the total flour, semolina-
tant yeast may be a good choice to keep the
proofing process moving at a faster rate.

Mixing
The first step of the baking process that
affects the lamination is the mixing of the dough.
In the category of non-yeasted dough there
are generally two levels of development. For yeasted
dough, there are wide-ranging opinions on
mixing. For traditional, inverted, and blitz
forms of puff pastry, the dough is mixed as
little as possible in order to incorporate the
ingredients, and no more.

There is no need to develop the gluten
in the mixer since puff pastry is given at
least four turns during the lamination pro-
cess, which builds sufficient strength in the
dough. The exceptions are forms of puff
pastry that usually contain eggs and
additional ingredients and are intensively
mixed to build strength in the dough.

For the yeasted forms of laminated dough
there are two schools of thought. Because
fermentation is going to be a factor in build-
ing strength in the dough, the dough should
never be taken beyond the improved mix
stage or medium gluten development. If the
dough is taken to full development the
dough may have an excess of strength and
elasticity that will create challenges during
the shaping stage. Intensive mixing may also
cause an excess of volume during the bak-
ing, resulting in a finished texture that lacks
substance and body.

Some bakers only mix their croissant and
Danish in first speed until good incorpo-
ration is achieved. The dough is given a
long first fermentation and the strength of
the dough is achieved through the folding
process. By not mixing the dough too much,
extensibility is not sacrificed. There is also
very little oxidation and great flavor due
to the short mixing. The result in the baked
pastry is smaller volume and a slightly heavier,
but acceptable, texture. The overall appear-
ance may not look as sharp, but still retains
generally nice visual and eating qualities.

The other route to take is to mix the dough
to a medium stage of gluten development,
or the improved mix. This creates dough
with more strength out of the mixer, allowing
for reduced fermentation time. Fat and yeast
benefits can still be achieved by fermenting over a 12-18 hour period in the
refrigerator or by using preferments. If a good
quality artisan flour is used, there still won’t
be any problems with extensibility, and if there
is a problem with a certain flour, the right
preferment can correct it.

The finished pastry will have slightly more
volume than the short mix dough and the
barmy, honeycomb interior will be lighter and
more open. Regardless of which technique is used, a
high quality dough can be achieved.

Incorporating the fat
Once the dough has finished fermenting (or
resting in the case of puff pastry) it is time
to start creating the layers of fat that give
laminated dough its defining characteristics.
The same techniques and principles apply
to yeasted and non-yeasted varieties.
If you are committed to starting a new career as a baker, or enhancing your current career in the baking industry, our 16 Week Bread & Pastry Professional Training Program will give you the foundation you need to achieve success.

SFBI recognizes that not every student has the time and budget available for six months or more of training. At the same time, you want to be sure you receive the very best education available. We designed our progressive program to meet these needs.

Our highly concentrated, focused curriculum includes an unusually high level of hands-on practice and deliberately small class sizes. In our spacious facility, just a short drive from downtown San Francisco, we offer a technologically advanced, welcoming environment where we introduce students to artisan baking at its best.

For two weeks of our program, you will have the unique opportunity to hone your skills in France - the birthplace of artisan baking. This unique culinary adventure will introduce you to the history, traditions and new, trend-setting practices of European baking with small class sizes, spacious bakery classrooms and technologically advanced equipment.

What: 16 Week Bread & Pastry Professional Training Program

When: Our current session begins April 25, 2005; the next session is in 2006.

Where: Train at SFBI’s facility, just a few minutes from the one of the most beautiful cities in the world and spend 2 weeks in France. Learn in a production-sized environment with professional equipment.

Who: Baking Instructors: Jeff Yankellow and Brian Wood

Why: The only school in the United States dedicated exclusively to artisan baking, SFBI offers you the unique opportunity to be fully trained in just 16 weeks, in an environment where baking never takes a backseat to other culinary learning.

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Many people have never tasted a truly good croissant or Danish and will be shocked at how delicious they can be when made properly.

continued from page 5

The baking temperature should not be too cold. If it is too cold the butter will melt instead of creating steam and the final result may be heavy and greasy. Additionally, if the pastry is baked too cold the pastry will be dry before the appropriate color is reached.

It is often advantageous to start the baking of laminated dough at a high temperature to encourage steam from the fat. The temperature can then be lowered to finish the bake without achieving too much color on the crust. Baking too hot of a temperature will cause too dark of a color and, if taken from the oven too early, the structure of the pastry will be prone to collapsing.

Upon removal of yeasted laminated dough from the oven, it is important to allow the product to cool before aggressive handling and especially before picking. Danish and croissant are much more fragile than most bread dough and can be easily crushed if mishandled when still warm.

Tips for hand laminating

No matter what steps are taken, laminating by hand is easier as a laminating with a reversible sheeter, especially when using an artisan process. The challenge is to apply even pressure using a rolling pin against a dough that will gradually get stronger and stronger.

A few adjustments can be made to the formulation of the dough. The first is to add 1% of deaerated yeast based on the weight of the total flour. The yeast will have a reducing effect on the dough creating more extensibility. To increase the extensibility of the dough, a 30 to 60 minute autolyse of the flour will be helpful. The next tip is to mix the dough no further than a short mix. A longer fermentation period and the process of folding the dough will build the remaining strength in the dough.

During the sheeting and rolling process extended periods of rest in the refrigeration will allow the gluten to relax to the full extent before attempting to roll it again. When sheeting by hand, allow for a 45 minute rest between every fold.

As a general rule, the biggest challenge is to apply even pressure to the dough when rolling. If too much downward force is applied to the dough piece, the laminations and layers will be damaged.

Retarding options

There are many options when it comes to retarding laminated dough. Retarding allows the process to be stopped or slowed down at a number of points.

Retarding in bulk

The first option is to retard the dough in bulk. This may be done before or after laminating. If done before laminating, the dough is placed at refrigerator temperature one hour after mixing. After 12-16 hours in the refrigerator, the dough is laminated. If retarded after laminating, it is helpful to leave off the folds until after the retarding process.

During the retarding process, the dough will continue to accumulate gas and the fat will lose its plasticity as it gets cold. The remaining fold will degas the dough and temper the fat before the final sheeting and shaping.

Retarding shaped

Often, the best system for a bakery is to retard the pastry after shaping. This can also be used in combination with retarding in bulk. The shaped pastry is placed directly into a chilled environment for a period of 12-24 hours before being proofed and baked. This is a very convenient way to make laminated dough. Depending on how cold the retardation is, the pastry may be ready to go directly into the oven after retarding.

Freezing in bulk

Freezing the dough piece in bulk after the laminating process has begun can be very helpful. This method allows a bakery to mix sufficient quantity of dough once a week and take them out of the freezer as needed. The dough is fermented, portioned, and given all but one of its folds before being wrapped well and frozen. The dough can be frozen for up to a week when no conditioners or additives are used. It is then defrosted overnight in the refrigerator. When ready to shape, the final fold is given and the process continues as normal.

During the freezing process the dough will lose strength due to the crystallization of water. The final fold after defrosting will rebuild some of that strength.

Freezing shaped

Freezing the laminated pastry shaped is a great way to stay ahead of schedule, eliminating the need to shape the pastry every day. It does require more space than freezing in bulk and, therefore, may not be the right choice for every bakery.

A normal process is used up to the point of shaping. The product is then placed directly in the freezer, covered and protected from the environment. When ready to bake, the pastry is defrosted in the refrigerator or at room temperature before being proofed and baked.

If the pastry is going to be in the freezer for a week or less, nothing has to be changed. For a longer freezing period is required a dough conditioner may be needed to maintain the strength of the dough. Additionally, the yeast content may have to be increased by 1.5 to 2 times the original amount to compensate for the yeast that will die at the freezing temperature. When available, a blast freezer is best for very long freezing periods. The faster the ice crystals form, the less damage the dough will suffer.

Pre-proofed frozen

Using new technology and techniques, this type of croissant is now readily available. They can be put in the oven directly out of the freezer. This is much different than artisan style laminated dough, but it is often done in a warmer environment. When ready to bake, the pastry is placed directly into the oven after retarding.

Keep in mind that more is not better when it comes to folding the dough. Each time the dough is sheeted the layers of fat get thinner and thinner. If the dough is folded too many times the layers of fat will eventually get so thin that they are practically absorbed into the dough. This will result in a more bread like interior instead of a flaky honeycomb texture.

The diagram below represents the single fold.

Be aware

Although it probably won’t make a significant difference in the preferences of most consumers, the FDA has raised the issue of trans fat content on items created before January 1, 2006, all foods that contain at least 0.5 grams of trans fat per serving, will be required to list the trans fat content directly underneath the saturated fat content on the nutrition label. The trans fat naturally occurs in many foods but is significantly increased with the use of hydrogenated fats.

Lamination

After the fat has been enclosed into the dough piece it is time to begin giving the dough its folds, or what the French call tourage. This is the idea of rolling the dough thinner and folding it onto itself to create multiple layers of fat in between multiple layers of dough, creating a light and flaky pastry.

The dough is rolled out one of two ways. The first option is to use a rolling pin and complete the process by hand. This is often very challenging and tiring. The second and more commonly used method in professional bakeries is the use of a reversible sheeter. A reversible sheeter contains two sets of rollers that move the dough between a set of moving rollers. The space between the rollers is gradually reduced, causing the dough to get thinner and thinner. The benefits of a sheeter is that it allows the very even pressure to the dough and it can roll a strong dough much easier than a person.

When using a sheeter the space between the rollers should be reduced at a steady rate. If the space is reduced too quickly the dough will be damaged. If it is reduced too slowly the dough will have to be passed through the rollers an excessive number of times. The friction will warm up the dough and fat and possibly harm the integrity of the layers.

The amount of folds given to croissant and Danish are generally three single folds or two double folds. For puff pastry 4-6 single folds are often used.

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The diagram below represents the single fold.

If the environment is warm the dough should be chilled in between every fold to allow for the fat to stay cold. If more than two folds are going to be done, the dough should be allowed to relax after the first dough to allow the fat to stay cold and the gluten to relax.

The Shaping Process

After the final folds have been given to the laminated dough, a final resting period is necessary to allow the gluten to relax before the final shaping is done. During the final shaping process the dough will be sheeter thinner than during any other stage. If the dough is not sufficiently relaxed, it will be very elastic and tend to shrink after the dough is cut. It is also helpful to have the dough chilled so it doesn’t warm up during the shaping stage.

Although there are endless variations, in general the dough is sheeted between 2.4 mm depending on the dough and the finished shape. Once the rolled dough has been placed on the work surface, relax the dough so it shrinks before cutting, instead of after.

Proofing

Only the pastries made from yeasted laminated dough will need to be proofed before baking. It is important to control the temperature of the proof box to keep the integrity of the fat layers. If the proof box is too hot then the layers of fat will melt into the dough and, in some cases, melt and pool on the bottom of the pan.

Proofing can be done at room temperature but is often done in a warmer environment to speed up the process. The temperature should not exceed 78°F especially when butter is used as the roll-in fat. The humidity should be set at approximately 78%-80%. If too much humidity is used during the proofing process there may be excessive wrinkling or blistering on the pastry.

Baking

Most laminated dough will benefit from a simple wash of egg before baking to aid in the coloration of the crust. Egg washing is not necessary and after proofing will add additional color and encourage a more even coat of egg wash.

Before completing a double fold of either the dough the dough is turned 90 degrees. This ensures that the opens ends of the dough piece are going through the sheeter. If the folded piece is elongated towards the fold line, the sheeter will cause bowing or rounding. This makes it difficult to properly align the dough during folding. Two folds can be done immediately after another if the dough is well chilled and extensible.

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The diagram below represents the single fold.
All courses run from Monday-Friday. Courses begin at 8:30 am on Monday and 8:00 am for the remainder of the week. Classes end at approximately 4:00 pm each day.

How to register

- Register on line at www.sfb.com
- Call 650.589.5784 to register over the phone
- Tuition for all classes is $950; tuition includes daily lunch.
- Sign up for classes with a check, money order, cash, or credit card (MasterCard, Visa, American Express). The remaining amount will be due on the first day of class.
As a student in Artian I, you will become familiar with the terms short mix, improver mix and intensive mix while leaning what types of flour you should be using and the proper mixing techniques for every bread imaginable. You will gain an understanding of the relationship between mixing and fermentation; learn how you can combine ingredients by adding an additional ingredient; acquire overall knowledge of the role of the starter in bakers today and much more. We use the classic Baguette such as: Country White, French Roll, and the classic Baguette. You will also learn to make Rye Bread, Whole Wheat Bread, Multigrain Bread, Pita Bread and Braided Egg Bread.

The skills you learn in this class are directly applicable for both professional and home-baker classes. This class is not to be left up to personal instruction, it is taught in an excellent way to take you into Artian I unless you already have a thorough understanding of baking fundamentals. Artian I and Artian II will out quickly, so be sure to register early!

Building on the skills you gained in Artian I, Artian II takes you full speed ahead into the world of sourdough bread. To become a truly skilled baker, you must learn how to control sourdough and not let the sourdough control you. Unravel the complex world of wild yeast and bacteria as you learn how to develop the proper environment needed to produce the right sourdough. You will use the feeding schedule to maximize the quality of the bread and sourdough. You will also examine the relationship between sourdough and maintain a successful sourdough starters in bakeries today.

In addition to all this, you will also learn the fundamentals of creating light, tender, and moist breads. You will learn to make Croissants, Fougasse, Puff Pastry, and Baguette. You will also learn to make your own sourdough starters and learn how to develop them to make the best bread possible.

In this intensive 3 day workshop, you will learn the formulas, techniques and processes that are the foundation on which all modern pastry classes are built. Pastry I and II will continue to build on the knowledge gained in the previous classes, including including Rubelie’s Troll and Almond Sponge Cakes. Students will be able to work with several of the desserts served using Crème Anglaise, Pastry Cream, Diplomat Cream, Bavarian Cream, Mousseline Cream and Custard. In addition, students will also learn the fundamental principles for creating light, tender, and moist breads. The class will be hands-on and the students will be able to choose the type of bread they want to make. Students will learn how to control the sourdough and not let the sourdough control you. Unravel the complex world of wild yeast and bacteria as you learn how to develop the proper environment needed to produce the right sourdough.

Advanced Artisan Breads is designed for experienced bakers interested in refining their skills and deepening their overall knowledge to become even better at their craft. During this illuminating workshop for those who love to professions, you will learn how to develop and control sourdough and not let the sourdough control you. Unravel the complex world of wild yeast and bacteria as you learn how to develop the proper environment needed to produce the right sourdough.
Many people have never tasted a truly good croissant or Danish and will be shocked at how delicious they can be when cooked properly.

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Although there are endless variations, in general the dough is sheeted between 2.4-3 mm depending on the dough and the finished shape. Once the rolled dough has been placed on the work surface, relax the dough so it shrinks before cutting, instead of after.

Proofing
Only the pastries made from yeasted laminated dough will need to be proofed before baking. It is important to control the temperature and humidity to keep the fat in the dough from melting and pool on the bottom of the pan.

Proofing can be done at room temperature but is often done in a warmer environment to speed up the process. The temperature should not exceed 78°F especially when butter is used as the roll-in fat. The humid humidity should be set at approximately 78-80%. If too much humidity is used during the proofing process there may be excessive wrinkling or blistering on the pastry.

Baking
Most laminated dough will benefit from a simple wash of egg before baking to aid the color. Egg washing before and after proofing will add additional color and encourage a more even coat of egg wash.

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To start the process, the dough should first be spread out in a rectangle 1/2"-1" thick. Thickness will vary with the size of the piece. The dough can then be covered and chilled while the fat is prepared.

Next, using a heavy wooden rolling pin, gently press on the dough starting 1” in from the ends, and then finishing with the entire middle section. This will encourage the butter and fat to move together once the dough is rolled or sheeted. It also aids in keeping the edge of the dough around the fat so they meet in the middle, as shown in the diagram in the next column.

When using shortening or margarine care should be taken to not too cold or the fat will lose its plasticity and break up under the dough.

Fat Choice
There are a number of fats that will achieve great lamination. From an artisan perspective, quality and flavor should be the first priority. Often, economics will play a greater role in determining not only the fat, but the quality of that fat. Following are the main types of fats used for lamination along with descriptions and considerations for each.

Butter
Most people agree that butter produces the best tasting laminated pastry with the best esthetics. The reason it is not always used is because it is the most expensive of the choices, and it is the most fragile in terms of temperature tolerance. Butter starts to soften at about 80°F. For an artisan bakery, butter is the only choice.

Margarine
Margarine is often used as a substitute for butter. It is cheaper, has a higher melting temperature, and can be stored at room temperature. Margarine is made from vegetable oils that have been hydrogenated to make them solid at room temperature. Often, yellow coloring is added, in addition to artificial flavors, salts, and milk solids.

Margarine is more “plastic” than butter and takes less effort to form into the needed shape for lamination. It also melts at approximately 6-8 degrees higher than the temperature of butter, making it less fragile during the laminating process. Margarine and the other hydrogenated fat listed below melt at temperatures above body temperature, they are likely to leave an unpleasant film in the mouth.

Roll-in Shortening
Roll-in or puff pastry shortening is another choice for lamination fat that is often used in larger bakeries. It is generally made of a hydrogenated fat that has water added, along with artificial flavoring, color, and, sometimes, emulsifiers. The water contributes to the lightening of the pastry. The emulsifiers create a waxy or plastic texture which economizes the rolling and folding process.

Blended fat
More often than not, price is the deciding factor in the choice of fat for lamination. One way to get the benefits of all of the previously mentioned fats is to combine them. Margarine or shortening is often blended with butter to get the flavor without too much cost.

The percentage of roll-in fat used is based on the dough weight. The amount of fat rolled in to croissant and Danish generally ranges from 20-30%. If the dough is given sufficient fermentation there is no need to use an excessive amount of fat to produce a great tasting item. Too much fat can lead to a greasy texture. For puff pastry, 30% of roll in fat is standard but it can range from 40-100%.

When processing small quantities of dough it is best to work with the butter directly out of the refrigerator. It can be formed and molded pliable by flattening it out between two pieces of heavy plastic with a rolling pin. Processing large quantities, it is easier to soften, not cream, the butter in a mixer with a spiral hook or paddle, and then spread it into the desired size on a piece of parchment, a silicone mat, or heavy plastic. These pads of butter can then be placed in the refrigerator until needed. If they get too hard in the refrigerator they should be tempered slightly by leaving out at room temperature for a short period of time. Otherwise there may be some cracking of the butter during the shearing process.

When butter with a high water content is used, its plasticity will be improved by blending it with approximately 8% of bread flour based on the butter weight.

Butter
Margarine

From this point on it is very beneficial to have the dough and fat the same texture. This is generally achieved with temperature depending on what type of fat, the temperature will vary.

To start the process, the dough should first be spread out in a rectangle 1/2”-1” thick. Thickness will vary with the size of the piece. The dough can then be covered and chilled while the fat is prepared.

In Europe, pre-formed fat is readily available. In the U.S., unless the bakery is using an automated system, the fat must be formed manually or with the aid of a press. The idea is to soften the fat just to the point that it is pliable and very plastic, but not melting.

The fat should be sized to exactly half the size of the dough rectangle. Once the dough is formed, place it directly into the center of the dough rectangle and bring the outside edges of the dough around the fat so they meet in the middle, as shown in the diagram in the next column.

Next, using a heavy wooden rolling pin, gently press on the dough starting 1” in from the ends, and then finishing with the entire middle section. This will encourage the butter and fat to move together once the dough is rolled or sheeted. It also aids in keeping the edge of the dough around the fat so they meet in the middle, as shown in the diagram in the next column.

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The flavors and dough characteristics are equal to when using a preferment. As I will explain later, it is best to work with the dough cold during the lamination process.

If a preferment will be used, with or without fermenting the dough in the refrigerator overnight, the choice of preferment is up to the baker. Traditionally, sponge is used for sweet doughs, as the flavor and strength it provides is a good match.

A poolish by itself or a poolish combined with another preferment is a great way to increase the extensibility sometimes created by stronger flours during the folding process. No matter which technique is used, remember that the fermentation of the dough is as important as the lamination.

Ingredient selection
Fat choice used for lamination will be discussed later in this article. At this point, it is important to understand the other main ingredients used to lamination, the most important being the flour. Think of laminated dough like bread. The goal is to create a dough with sufficient fermentation tolerance that provides a good balance of elasticity and extensibility. The best choice is to use an artisan-style bread flour made from hard winter wheat with a protein level between 10.5 and 12%. The same flour used for the bread in the bakery should be perfect.

Depending on the type of pastry, milk may or may not be used. Typically, croissant is made with a blend of milk and water or milk. Danish usually is made with all milk. Puff pastries are generally made with all water, but certain varieties contain some white wine. Whole milk is the best choice for flavor and richness, but it may be substituted with any variety, including dry. Just remember to compensate with water when using dry milk. Milk provides flavor, richness, and color. The lower the fat content of the milk, the less these benefits will be seen.

Eggs are an additional hydrating ingredient that may be added to croissant dough but are generally reserved more for Danish and laminated brioche. They are added to the Italian form of puff pastry. Eggs add color, flavor, richness, and strength.

For the yeasted forms of laminated dough there are two schools of thought. Because fermentation is going to be a factor in building strength in the dough, the dough should never be taken beyond the improved mix stage or medium gluten development. If the dough is taken to full development the dough may have an excess of strength and elasticity that will create challenges during the shaping stage. Intensive mixing may also cause an excess of volume during the baking process, resulting in a finished texture that lacks substance and body.

Some bakers only mix their croissant and Danish in first speed until good incorporation is achieved. The dough is given a long first fermentation and the strength of the dough is achieved through the folding process. By not mixing the dough too much, extensibility is not sacrificed. There is also very little oxidation and great flavor due to the short mixing. The result in the baked pastry is smaller volume and a slightly heavier, but acceptable, texture. The overall appearance may not look as sharp, but still retains generally nice visual and eating qualities.

The other route to take is to mix the dough to a medium stage of gluten development, or the improved mix. This creates dough with more strength out of the mixer, allowing for reduced fermentation time. Fat and sugar benefits and flavors can still be achieved by fermenting over a 12-18 hour period in the refrigerator or by using preferments. If a good quality artisan flour is used, there still won’t be any problems with extensibility, and if there is a problem with a certain flour, the right preferment can correct it.

The finished pastry will have slightly more volume than the short mix dough and the honeycomb interior will be lighter and more open. Regardless of which technique is used, a high quality dough can be achieved.

Incorporating the fat
Once the dough has finished fermenting (or resting in the case of puff pastry) it is time to start creating the layers of fat that give laminated dough its defining characteristics. The same techniques and principles apply to yeasted and non-yeasted varieties.
from michel: the ethics of “poaching”

Michel Suas, Founder/President

A “poach” targeted SFBI. Our head instructor, Didier Rosada, got an offer he could not turn down. And, I must say, I would have taken the position, too. Reading these lines, I am sure some of you will think, “I should have offered Didier a job!” However, you did not. I want to thank you for it!

You know how much SFBI brings to the baking industry by giving support to both smaller bakeries and larger ones. Besides, you know that taking a key staff member from a small organization like SFBI could be viewed as unfair. Especially when flashing all the big dollar signs that SFBI cannot afford.

However, rest assured that the San Francisco Baking Institute is not in difficulty; we have talented people in place. Our mission is still the same as it was at our inception. Our philosophy remains the same, too. Independent, open doors and commitment to education at any cost – raising the bar constantly by listening to your needs. We have lots of exciting new ideas and commitments for 2005 and beyond.

I would like to talk a little bit about “poaching.” Everyone can be a victim of it by a chef/owner or recruiter, who decides to go through the back door to temt away another company’s employees. I must say that it is something I never saw in France while working in restaurants or bakeries. First of all, if an owner or chef needed someone they would call other chef/owners to find out if they had a person available to promote. In addition, if a chef/ owner had an employee who had reached a high level of competency and they did not have a position open for such a skilled worker, they would assist him finding a place worth his talents, opening doors for him to improve and evolve in his field.

Oftentimes, I receive calls for a baker’s position opening and I know a lot of baker “assistants” or “head bakers” who would fit the job. However, I do not say anything because I know that most bakeries, especially smaller ones, depend on key staff members, who are a big part of their operation, and do not necessarily have the resources and structure to immediately or effectively replace someone.

A more beneficial exchange would help to both promote good workers and provide goals to entry-level bakers to show them how far they can advance. The next time you, as an owner or chef, see an ad that could benefit one of your employees, share the information. Show that you are supporting their skills and hard work and education in the baking industry.

Furthermore, if your employees show potential, send them to seminars or similar educational classes to polish their skills and better themselves. They will be ready to take on new challenges within your workplace.

All that said, I do wish Didier good luck in his new endeavor. We support his success. I know we will see him again at the San Francisco Baking Institute for visits and various projects. He is a talented person.

“Blues is to jazz what yeast is to bread. Without it, it’s flat.”

— Michel Suas

baker’s tip: making the baker’s life easier

by Jeffrey Yankellow, Baking & Pastry Instructor

Deciding to own or even just work in a bakery has traditionally destined the baker to a life of long hours in the middle of the night. Motivated by the desire to have a freefer schedule and workload, techniques such as retarding and freezing are used more and more. One way to lighten the load in the bakery, especially in smaller operations with limited employees, is to cross utilize the staple preparations. Croissant dough is a perfect example of how this works. It is a classic product that, in its best forms, works. It is a classic product that, in its best forms, reveals subtle fermentation, a honeycomb interior, pure butter flavor, and a light flaky texture. Sounds good right? So why not use the same dough for more than just croissants?

In a bakery that makes croissants, Danish, bear claws, cinnamon rolls, sticky buns, and a variety of sweet rolls, all can be made with croissant.

Unlike the simple croissant, these other products have fillings and glazes which generally have more of an impact on the consumer’s buying decision than whether or not the Danish is made from a true Danish dough.

You can even add a small percentage of eggs to the croissant to give it more body and richness. It will still be suitable for croissants and work great for everything else. If it tastes great the customer may even like it better and the baker gets to save himself a lot of work!
What’s Rising: layers beyond imagination

by Jeffrey Yankellow - Baking & Pastry Instructor

O ften overlooked for its more traditional form, the croissant, wasn’t originally made from a laminated dough. It originated in Austria, but was not laminated until the 1920’s by French pastry chefs looking to improve the quality. Assuming the rest of the process is done properly, the better the lamination, the better the pastry. Lamination is not difficult, but, just as with any other part of the baking process, it is attention to detail that makes the difference. Ideal flakiness is created when many layers of dough are separated by thin layers of fat. The fat creates lightness because the water in the fat creates steam, which helps “lift” the layers. For un-yeasted laminated dough, such as puff pastry, steam is the sole source of leavening.

What’s a great idea?

There is no concrete evidence of when lamination became a standard bakery process. One of the most well-known laminated pastries, the croissant, wasn’t originally made from a laminated dough. It originated in Austria, but was not laminated until the 1920’s by French pastry chefs looking to improve the quality.

It is also interesting to note that Western civilizations are not alone in using lamination for pastry. One of the fundamental Chinese pastry doughs is a flaky pastry that uses land or oil and a similar technique to accomplish the same goal of layering dough and fat to create a crisp and delicate encasement for a sweet or savory filling.

Where to start

The best place to start to explain lamination is to establish some standard principles. Laminated dough can be yeasted or non-yeasted, but the fundamentals are the same for both. Examples of the yeasted and non-yeasted. Lamination can be described as the process of layering fat and dough through a series of folds, to achieve a flaky structure and increased volume. The result is a light, flaky pastry that is hard to match in terms of pure, simple goodness. Any type of dough can be laminated, but the most common and familiar are croissant, Danish, and puff pastry. Brioché is joining that list but is often overlooked for its more traditional form.

Assuming the rest of the process is done properly, the better the lamination, the better the pastry. Lamination is not difficult, but, just as with any other part of the baking process, it is attention to detail that makes the difference. Ideal flakiness is created when many layers of dough are separated by thin layers of fat. The fat creates lightness because the water in the fat creates steam, which helps “lift” the layers. For un-yeasted laminated dough, such as puff pastry, steam is the sole source of leavening.

What’s Rising

San Francisco Baking Institute Newsletter • Spring 2005

“The fine arts are five in number, namely: painting, sculpture, poetry, music, and architecture, the principal branch of the latter being pastry.” — Jean-Achille Brélet-Savart (1775-1826)

In our talented instructors are dedicated to providing a comprehensive learning experience that combines the value of hands-on training with the equally important experience of individual baking creativity. Our class sizes are deliberately smaller than most other culinary schools, so that we can provide you with better opportunities for interaction with your instructor and fellow students.

What’s Rising this season ...

- lamination: layers beyond imagination
- 2005 course calendar
- recipe of the season: croissant with poolish
- special offer on proofing baskets
- baker’s tip and more!

what’s inside:
- lamination, 2005 course schedule, seasonal recipe, baker’s tip, special offer on proofing baskets and more ...

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