

BREAD Lines



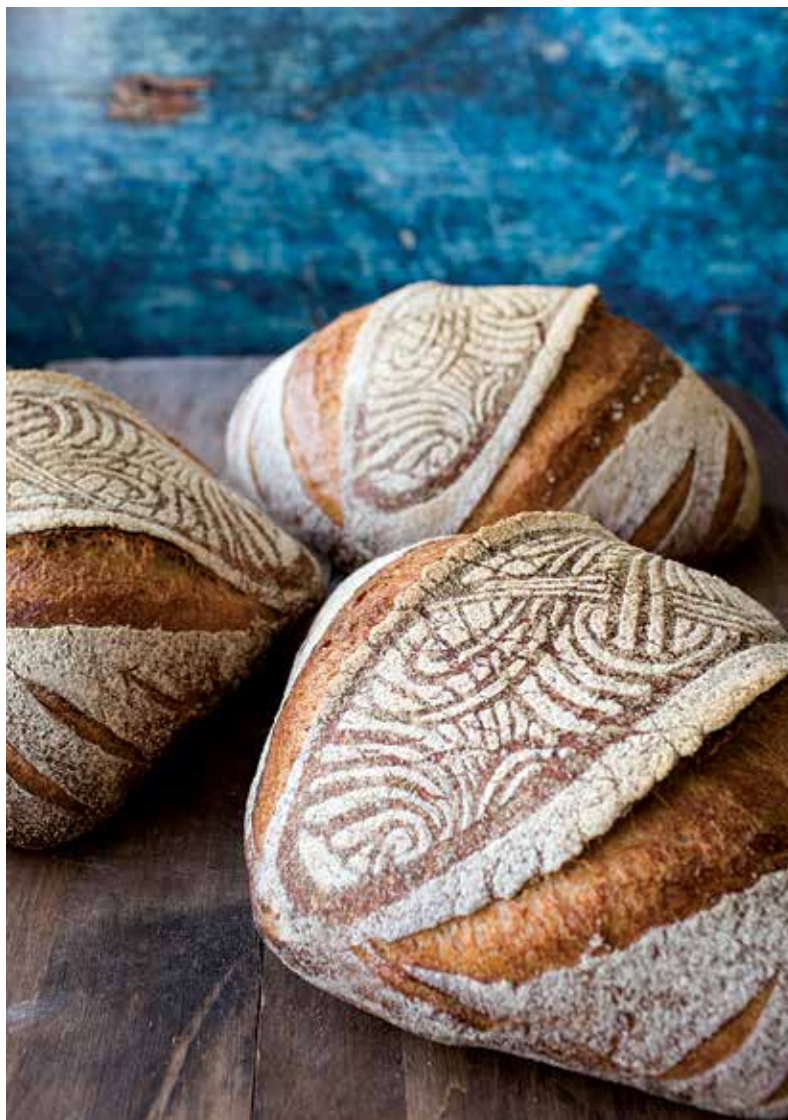
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The Bread Bakers Guild of America is the leading American educational resource for artisan bread bakers. Our mission: to shape the knowledge and skills of the artisan baking community through education. Bread Lines, the newsletter of The Bread Bakers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

PHOTO: JULIA REED

WheatStalk 2018 IMMERSION, GRACE, AND HUMOR



By **DAISY CHOW**

Guild Member
Bread Baker,
Clear Flour Bread,
and Owner,
Breadboard Bakery,
Brookline, MA

The Guild's three-day bread conference, WheatStalk 2018, was hosted by Johnson & Wales University at the Harborside Campus in Providence, RI, February 27–March 1.

Continued on page 12



THANKS TO OUR DONORS

The Bread Bakers Guild of America gratefully recognizes its
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Ken Wilcox
Debra Wink

Sandy Kim-Bernards

THANK YOU AND GOODBYE

By **JEFF YANKELLOW** Board Chair

Sandy Kim-Bernards recently finished serving her term of office as a member of The Guild's Board of Directors, but her presence and impact reached far beyond that time frame. She has been a shining example of how one person who cares can make a difference.

I've had the pleasure of knowing Sandy for about 15 years. Over that time, I have seen her grow as a baker and a professional; her humble demeanor conceals her many talents. At the 2013 America's Best Raisin Bread Contest, she won Grand Prize in the Commercial Category for her Spice Trader's Raisin Stick. She later carried that creativity farther as Director of Baking at Chabaso Bakery in New Haven, CT. I have also watched her quietly volunteering her time for The Guild and giving back to the

baking community. She has always been willing to do what was needed, and her positive energy on The Board will be missed.

Sandy's contributions started long before she joined the Board. As one of the initial members of the formula review team, Sandy helped determine the process that presents Guild class formulas in a standardized format.

Upon joining the Board, she focused on education, serving on the regional events committee. More recently, that role expanded to planning, coordinating, and overseeing the class schedule for WheatStalk 2018. This was a monumental effort, and she overcame all obstacles to make it happen. It's not easy convincing people to teach and then pursuing them for details and chasing them down to meet deadlines.



PHOTO: CHRISTIAN BERNARDS

Sandy has been incredibly generous with her time, asking for nothing in return, and making an impact on artisan baking that will carry on into the future of The Guild. We are very thankful for that and wish her all the best in her future.

Thank you, Sandy! 🌟

NEW STAFF MEMBER



PHOTO: COURTESY OF REBECCA MILLER

Rebecca Miller joined the Guild staff in May as Membership Manager. Rebecca is a Bay Area native who has worked in the nonprofit sector for over 15 years. She comes to us with extensive experience in donor development, event planning, and relationship management. When not working, she can be found in her kitchen, canning pickles and preserves, or enjoying the outdoors with her husband, James.

She says, "My initial interest in this role was because of my previous experience with a membership-based organization

and my extremely amateur love of baking. Until now, I had no idea the world that existed in artisan bread baking, and I find myself amazed by something new every day. I'm having a great time getting to know our members, and I'm eager to welcome new members into this wonderful community." 🌟

She can be reached at rebecca@bbga.org

THE FÊTE DU PAIN

By RICHARD SPERRY

Board Treasurer and Serious Home Baker — Salt Lake City, UT



ALL PHOTOS: ABE FABER (UNLESS OTHERWISE NOTED)

The Fête du Pain is an annual 12-day Festival in France that celebrates bread and artisan baking. In Paris, the Fête takes place inside a very large tent on the plaza just in front of Notre Dame Cathedral.

This year, for the first time, the United States was invited to send a team of bakers to the Fête. Twenty-four bakers represented the US in the 2018 event, which took place May 5–16. They came from geographically dispersed locations across the country. As the only amateur baker, I was very proud to be on the team.

The event space was inside a huge tent that accommodated our team, plus a large team of diverse bakers from the Paris area, and a rotating bakery that produced various demonstrations. The bakery production space occupied about half of the tent. The other half was space for visitors and customers, about 20,000 people per day.

Our days were long and hectic. Production began each day between 5:30 am and 6:00 am and ran virtually non-stop until 6:00 pm. We made baguettes, pain au levain, bagels, and bialys, and the French Guild had requested American favorites such as brownies, chocolate chip cookies, fruit cobbler bars, apple coffee cake (Chicago style), and strawberry cream puffs. Our products were a hit with the crowd. Although sales were continual throughout the day, there was always a huge lunch rush and an afternoon cookie-and-brownie run. Between the French team and ours, we sold between 3,000 and 4,000 baguettes every day!

It was an exceptional experience. Learning from and working next to masters of the craft was an incredible opportunity for me. Participating in the Fête — seeing the people and their clamor for our products, smelling the intoxicating bakery aroma all day long, hearing the pealing of the bells, and living in the shadow of Notre Dame — was the stuff of dreams. Looking back, it almost seems like a journey to another world. 🌟



The Veneration of Bread at La Fête du Pain

By

JEFFREY

HAMELMAN Guild Member and Baking Instructor — Hartland, VT



PHOTO: KING ARTHUR FLOUR

The 23rd annual Fête du Pain was held on May 5–16, in Paris. Inside a large hall that is erected mere steps from Notre Dame Cathedral, there are two working bakeries — one producing thousands of baguettes per day, the other making thousands of various viennoiserie.

Ninety percent of the bakers are retired guys who come together each year for 12 days of 12-hour shifts. The baked goods are sold to the quarter of a million visitors — locals, tourists, and thousands of schoolchildren with their teachers — who come through the hall during the festival. The proceeds fund the next Fête.

There is also a bakery in one corner that is used for competition. This year, finals were held for the prestigious La Meilleure Baguette de Paris (Best Baguette of Paris), as well as for La Meilleure Baguette de

la France — won by a Frenchman living 10,000 kilometers away on an island off the coast of Africa.

And there was another bakery, located between the bread and viennoiserie bakeries. This one, for the first time, was filled with American bakers. To say this was an honor is an understatement, equivalent to saying that the sun is an okay star.

Twenty-four Americans, comprised of three teams of eight, participated in the Fête. Over the 12 days, we made a grand and flexible array of products. These, too, were sold to the public, to high acclaim.

What I have written so far is simply an objective reporting of how the Fête is organized. By far the deepest and most memorable aspect of it was the emotional impact of the festival.

By the time we arrived at 6:00 each morning, the old guys were already hard at it. True to French custom, the first official act was to shake everyone's hand. For many of us, these handshakes evolved into deeper connections, becoming warm kisses on beard-stubbled cheeks.

Laurence was the dear vendeuse who sold our products, and by the third day she scolded me for using *vous* when talking to her, and not the informal *tu*. And I thought she was going to hit me when I called her madame one too many times: “Non! C’est Laurence, pas ‘madame!’”

There was just a half wall between the strolling crowds and the bakers, and we were constantly talking to people from all over the world, being interviewed, handing out samples, and generally having a good time. Once there were two



PHOTO: RICHARD SPERRY



PHOTO: ABE FABER

Groups of children were given a chance to shape and bake their own bread. They received paper bakers' hats and certificates.



little schoolkids looking in as I made some braids, their heads barely higher than the half wall. I gave them each a piece of brownie scrap, and within seconds, their classmates crowded in. It was like feeding pigeons in a park: first two, then the entire flock!

We ate lunch and had our breaks in a back room away from the crowds. What a convivial place that was. I suppose the endless flowing wine had something to do with the happy environment, but the core was simply the true camaraderie shared among the bakers.

Each of the American teams, at the end of their five-day bake shift, was ceremoniously brought onto the stage, where they were given lovely gifts and sincere thanks for their excellent work, as hundreds of people watched. Later, we reciprocated as we could, giving t-shirts, hats, and lames to our colleagues.

La Messe des Boulangers (the Bakers' Mass) was held inside Notre Dame on Sunday, May 6. Bakers sit in the very front rows of the Cathedral for this true veneration of bread. A solemn procession of priests, with tall candlesticks and incense, leads a group of a

dozen bakers, each carrying a basket mounded with small brioche rolls, through the Cathedral to the altar, where their baskets are laid to the side. The bakers sit. Towards the end of the Mass, they again hold their baskets, and stand in a long line in front of the archbishop. He blesses the breads — now we have Pain Béni — and then the bakers are led down the central aisle and through the great doors to the outside. Everyone takes a roll as the Cathedral empties, and when

fully empty, the remaining rolls are then passed out to the hundreds of people milling about in the square. An hour before the Mass began, the Americans were informed that they would be carrying the breads. It was so profound. Ultimately, the Fête du Pain was an event of conviviality, baking, sharing, and experiencing first-hand the nobility of what it means to be a baker. In my more than 41 years as a baker, it represented the true highlight of my baking days. ✨



Jory Downer with a tray of fresh baked goods.



Jeffrey Hamelman later fed the little "pigeons" with scraps of brownies.

CREATIVE WHEELS TURNING: FLATBREADS AND CRACKERS WITH HERITAGE WHEAT

By CARL SCHICK

Guild Member and Co-Owner, Green Truck Bakery // Warrensburg, MO

Flatbread and cracker market trends are growing and are being driven by phrases like *tastier, healthier, better for you* and *clean*. The group of professional and serious home bakers who gathered at Two Knives Catering's impressive facility in Amarillo, TX, to take the Guild class, "Flatbreads and Crackers with Heritage Wheat," were eager to experience this trend.

The instructor, Dawn Woodward, shared the practical methods she used at Evelyn's Crackers in Toronto, Canada, to create healthy, tasty, and unique flatbreads and crackers, using regional heritage grains as the primary flavor base.

The class began with brief introductions and a chance to learn about each participant's baking background and current interests. Dawn oriented the class to flatbread and cracker ingredients and the general mixing and baking process. We reviewed the 11 formulas we would

make during the two-day class and then paired up with a baking partner.

The dough-making process was surprisingly quick and easy, and nearly the same for all varieties we made. Measure all ingredients, combine dry ingredients in a bowl, add liquids and fats (cheese, butter, lard, oil), and mix by hand until blended. Shape the dough using a rolling pin or patting out by hand, then cut to desired shape; place on parchment and bake.

Of course, making great crackers is not quite that simple; there are nuances. At first, many participants struggled with how much water to add. A few formulas didn't mention water or just suggested "as needed." If the dough didn't come together, Dawn would suggest adding a little water and seeing how it felt. Cracker and flatbread dough is stiff but pliable — it has to roll out to a thin sheet but still hold together. Learning how the dough should feel and getting comfortable with our own judgment was a valuable lesson.

The takeaways from this workshop were many: we gained a new understanding and familiarity with flatbread and cracker production, and we learned to work with the unique flavors and textures of heritage wheat and to incorporate a range of local ingredients. Even more than that, we came away with ideas and the confidence to add a product line with great customer appeal and lasting shelf life to our bakery business. My wife, Carmen (who also took the class), and I have been working with our local public schools on baking organic whole grain items for student meals. We plan to provide them with the Graham Crackers and Whole Grain Digestifs that we learned to make in class. We'll also bake the Blue Cheese and Oat Shortbread for our customers.

Dawn's thoughts about product development, packaging, pricing, and marketing were very helpful to us. Her stories about Evelyn's Crackers enriched the overall learning experience with real life lessons and insights that we will be able to apply to our business' growth and success.

In addition, we gathered information from friendly conversations with the other participants while baking together, from Dawn's hands-on help, and from honest product evaluations as we sampled everything we made. Of special note: James Brown of Barton Springs Mill in Austin, TX, supplied a broad variety of local freshly milled heritage wheat and other grain varieties and shared his in-depth knowledge of regional grains and flour.

LEFT: L to R — Kristi Aragon of Two Knives Catering; Dawn Woodward, instructor; Gary Aragon of Two Knives Catering; and Phyllis Enloe of The Guild Board. TOP RIGHT: Afghan Bolani, an unleavened flatbread, was filled with a spring mix of vegetables and herbs. BOTTOM RIGHT: Lobian, a bean-filled pastry, is often sold by street vendors in Tbilisi, Georgia.





ABOVE: Students in the class, with Dawn Woodward and Kristi Aragon. BELOW, CLOCKWISE FROM TOP LEFT: Green olive emmer crackers were first rolled by hand and then run through a pasta machine. James Brown, of Barton Springs Mill, and Sandeep Gyawali of Miche Bread, with several varieties of freshly ground Texas wheat. Students hand mixed class formulas. Dawn Woodward introduced a variety of leavened and unleavened crackers utilizing locally grown and milled wheats. Emmer flour and durum semolina were used in a lavash-style cracker.



MARCH
24-25

**FLATBREADS AND CRACKERS
WITH HERITAGE WHEATS**

Dawn Woodward

Two Knives Catering — Amarillo, TX

Liaisons: Kristi Aragon and Phyllis Enloe

The world of crackers and flatbreads is huge. It is as big as your creativity. We tried different flours and compared their central impact on flavor and texture. We were encouraged to use flour from the 10 freshly milled heritage grains available and carried out side-by-side comparisons. Far-flung flavors from around the world, combined with local ingredients, provided us with the ability to produce unique and fresh combinations without overriding the taste of the specific grains. We used juniper berries, currants, ground walnuts, red wine, blue cheese, spices, fresh herbs, green olives, and more. The class ended with our creative wheels turning, inspiring us to make crackers and flatbreads that are a reflection of ourselves, our bakeries, and the communities we live in. ✨



FLATBREAD WITH FETA & RED PEPPER

Contributed by Dawn Woodward

This Armenian flatbread is from the small town of Anjar, Lebanon. Served with thick, cardamom-spiced coffee, it is perfect for breakfast.

FLATBREAD WITH FETA AND RED PEPPER

Total dough weight 0.618 kg

Total flour fermented in sponge 33.33 %
Einkorn 100.00%

Ingredients	TOTAL FORMULA		SPONGE		FINAL DOUGH	
	%	Kilograms	%	Kilograms	%	Kilograms
Total flour	100.00	0.345	100.00	0.115	100.00	0.230
Chiddam Blanc flour*	66.67	0.230			100.00	0.230
Einkorn flour	33.33	0.115	100.00	0.115		
Water	68.70	0.237	206.09	0.237		
Salt	1.45	0.005			2.17	0.005
Instant yeast	0.29	0.001	0.87	0.001		
Olive oil	8.70	0.030			13.04	0.030
Sponge					153.48	0.353
Totals	179.13	0.618	306.96	0.353	268.70	0.618
Extra-virgin olive oil		As needed				As needed
Red pepper paste or harissa		As needed				As needed
Feta cheese		As needed				As needed
Dried oregano		As needed				As needed

*Rouge de Bordeaux flour may be substituted

SPONGE

- Dissolve yeast in water in a medium mixing bowl. Stir in einkorn flour until smooth. Cover.
- Ferment 4–12 hours at room temperature.

DOUGH

- Add oil and salt to sponge. Stir in $\frac{3}{4}$ of flour, $\frac{1}{2}$ cup at a time.
- When dough becomes too stiff to stir, turn out onto a lightly floured board or counter to knead.
- Add remaining flour a bit at a time until dough is smooth and supple but not stiff.
- Place dough in clean, large and lightly oiled bowl. Cover with a cloth.
- Ferment until doubled in size (about 2–3 hours) at room temperature. Fold once during bulk fermentation.
- Preheat oven to 475°F.
- Turn dough out onto a lightly floured surface and divide into 2 equal pieces. Round lightly into balls.

- Cover and let rest for 20 minutes. Flatten into thin 7" circles.

Optional, if not using a baking stone: Lightly grease baking sheet. Place rounds on sheet about 3" apart.

TOPPING

- Combine olive oil and red pepper paste in a small bowl. Brush onto dough rounds.
- Crumble feta over each and sprinkle with oregano.

BAKE

- Bake in 475°F oven (on baking stone or greased baking sheet) for 10–12 minutes.
- The breads should sound hollow when tapped on bottom and be light brown with dark spots.
- Serve warm or room temperature. These breads will hold for 36 hours.



THE SCIENCE BEHIND SOURDOUGH



APRIL
27-28

THE SCIENCE BEHIND SOURDOUGH

Karen Bornarth & Debra Wink

Hudson County Community College

Jersey City, NJ

Liaison: Marissa Lontoc

“The Science Behind Sourdough,” taught by Karen Bornarth and Debra Wink, was first offered in 2017. A class article appeared in *Bread Lines*, Volume 25, Issue 2, so we did not do another in this issue. However, we did want to share some photos from the 2018 class.



PHOTOS: MARISSA LONTOC



CLOCKWISE FROM TOP LEFT: Excellent open crumb structure in a sourdough baguette. Group portrait, The Science Behind Sourdough. Karen Bornarth explains the effects of various scoring techniques on the final look of a Pain au Levain.

WHEATSTALK



Continued from cover

Board member, Melina Kelson, organized WheatStalk 2012 and WheatStalk 2014 in Chicago at Kendall College, as well as this year's event at JWU. This is seriously tough work, and we owe a huge "thank you" to all of the organizers, instructors, and volunteers.

I've been fortunate enough to have attended all three WheatStalks, first as a teaching assistant and then as a participant. I was nervous that I might not be able to attend WheatStalk 2018 because of its daunting 150-attendee lottery, but I slid in as #137. A system of personal ranking and final matching allowed me to participate in a good mix of lectures and hand-on labs. My goal for WheatStalk was to learn something new, to get me pumped to bake when I returned, to reconnect with old friends and meet new people in the industry, and to grab a few selfies.

WheatStalk took a year and a half to organize. I was surprised to hear this, but then again, big events like weddings take just as long. Without the help of sponsors and volunteers, this event wouldn't have happened.

I bombarded Melina with questions, and she was more than happy to reply:

DAISY: Thanks for your time and hard work in organizing WheatStalk AGAIN! Must be easy this time around, right?

MELINA: It's always a juggling act. Every time we execute this, the structure is different because the composition of the Board is different. We each bring a different lens to the event. Holding this at JWU helped tremendously. Richard Miscovich and I have collaborated together on half a dozen Honey Summits; we know each other's strengths and are

comfortable leaning on each other to make the event as thoughtful as possible. His contributions to this event cannot be understated.

Also, having a bread team at JWU helped our guest instructors feel very supported. The willingness of JWU faculty to travel from three campuses on their spring break, and for students to show up en masse was a coup! They were all pro-active, professional partners. Lucas Monahan skillfully and thoughtfully coordinated the army of student volunteers.

DAISY: This process took 1.5 years. This is also your third WheatStalk. How difficult was it planning an event in a different city?

MELINA: It required a lot of trust and good digital communication. A few of us on the Board knew the school's footprint; I've taught Guild classes, held certification exams, and executed a number of Honey Summits at JWU. Leslie Mackie used her own personal time to tour the campus so that she would feel confident running the kitchen.

DAISY: Can you explain the application lottery? What were the numbers like? And what sort of algorithm was used for class assignments?

MELINA: This year priority was given to people who hadn't made it into previous WheatStalks. Their odds were boosted.

There were only two attendees who had attended the previous two WheatStalks. Cathy (Wayne) spent a good deal of time trying to give everyone two hands-on classes that fit their selections.

DAISY: How many people helped?

MELINA: So many! In addition to some on the Board who did real heavy lifting (Sandy Kim-Bernards as Education Director; Catherine Trujillo, who managed Logistics, including building a monster spreadsheet of ingredients, and she and Phyllis Enloe coordinated donations and deliveries; Phyllis did a beautiful job with printing and graphics), our many donors, the formatting committee had a tremendous amount of work. All of this is volunteer work — we all have paying jobs, families, and complicated lives, but I believe that this experience strengthens the baking community immeasurably. And the extra load on The Guild staff was a critical piece. At the time, it was a two-person office, so they assumed a lot of additional responsibilities to make this happen.

Richard Miscovich wrote:

'Johnson & Wales had two full-time faculty teach at WheatStalk: Lauren Haas of Providence and Harry Peemoeller of Charlotte. In addition, 16 full-time faculty from three campuses and recent alumni assisted 28 instructors who traveled from France, Japan, and across North America. Approximately 25 students chose to spend their spring break on campus learning from, and interacting with, rock star bakers, bakery owners, bakery employees, and charter members of the 25-year-old non-profit organization.'

"Numerous university personnel contributed to a year of planning and the actual execution of the event. Lisa

Carlson, Travis Harmon, Jon Clark, and other members of Special Events did an outstanding job planning and providing warm hospitality to our guests. Matt Tetzner and his crews, among a myriad of other tasks, ensured large pieces of loaned commercial baking equipment were received, installed and operational for the event. Erik Goellner and the Providence storeroom received, sourced, stored, and distributed copious amounts of donated and ordered ingredients. Miriam Weinstein, Director of Communications and Media Relations, interfaced with Guild staff to ensure as many people as possible heard the convivial story about the role of bread in the world. There are many more helpful staff and faculty not named here. As Lisa Carlson said repeatedly over the past year, 'It's a group effort.'

"The Guild's Instagram account blew up during the week and many of the posts tagged #jwuculinarynow and #wheatstalk2018. For instance, image views for Jeffrey Hamelman at WheatStalk reached 59,668."

(60K views, Jeffrey? Seriously?)

DAISY: Who traveled the farthest?

MELINA: Tadashi Naruse (from Japan, who presented the demo, "Paris + Tokyo = Elevated Viennoiserie.")

DAISY: Anything else you want to mention?

MELINA: There are many unsung heroes in this event. I want to give a special shout-out to the kitchen: Leslie Mackie, Nancy Carey, and Susan Regis. They came on their own dime to spend three days feeding the masses with grace and humor. Did you see Abe Faber's picture of Susan whisking two rondeaus of béchamel, with a giant smile? Their light spirit and non-stop energy were such an important contribution.

My Own Personal WheatStalk Experience

The quality of education and the level of classes presented at WheatStalk was unsurpassed; three days of participation, immersion, and hobnobbing with elite

bakers in a single space is pretty amazing.

One of the new bakers I met was Jojo Genden, owner of Crust & Crumbles in Rockford, IL. She currently bakes artisan bread, but is expanding her line to include viennoiserie products, and she found the two viennoiserie labs to be very helpful.

Another classmate, Ralf Tschenscher of Lesaffre Yeast Corporation, was not only taking in ideas but also sharing his ingredients knowledge with us. He was happy with his experience.

"Throughout my career, I have attended many trade shows and seminars. WheatStalk 2018 was far more than a seminar; rather, a gathering of passionate artisan bakers who were enthusiastic and hungry to learn more about new recipes and techniques of artisan baking."

"Selected master bakers from Europe, the US, Canada and from as far away as Japan demonstrated their know-how and passion in a very humble way. The craftsmanship is by far the best I have seen."

"I enjoyed the exceptional camaraderie and was happy to get to know more passionate craft bakers and make some new friends. During the Guildhall Gathering on Wednesday evening, we were able to share experiences with many Guild members and, without exception, everyone I spoke to was extremely pleased with what they had witnessed and learned."



This was the first WheatStalk where I'd been a student rather than a TA. I was excited to learn about topics that I don't encounter in my daily work as a bread baker at Clear Flour Bread. First I attended a baguette demo and history lesson with Messrs. Chiron and Tireau (I could listen to them speak French and watch them handle dough all day) with entertaining commentary and translation by James MacGuire. After lunch (Grain salads! Thanks, Solveig!), I found out what's going on at the Bread Lab with Dr. Stephen Jones, in conversation with Mel Darbyshire of Grand Central Bakery, and how they keep their economy local from farmer to miller to baker/brewer through use of commodity wheat. Then Bill Weekley and Tom Santos of General Mills gave us the low-down on flour milling, processing, and fermentation — an interesting juxtaposition of back-to-back lectures.

For the next two days I had eight-hour viennoiserie labs with Charles Niedermyer and Jeremy Gadouas. I chose these classes over bread classes because I'd only occasionally done lamination at Clear Flour and was curious to see what other tricks these bakers had up their sleeves. It was eye-opening to see someone do the same job but with more precision, accuracy, and speed. I've got some catching up to do!

Back in Brookline, I've already started practicing some whole grain croissant-making (our Maine Grains whole wheat tastes peppery when made into a croissant!). I chose to work on this first, because Jeremy's laid-back attitude and clear formulas made me feel as if I could achieve a good result with a 30% whole wheat croissant, no funny additives. And I did!

I can't wait for the next WheatStalk. Until then, I'll be practicing my new skills and keeping in touch with new friends' progress: aka #wheatstalking?

Those of you who weren't there also deserve thanks, because you covered our shifts, fed our starters, and really kept things running, to allow us to bring back fresh ideas to our daily routines. 🌟



Phyllis Enloe with her husband, George.



PHOTO: ABE FABER

Allen Cohn and Sandy Kim-Bernards



PHOTO: LAVERNE MAU DICKER



PHOTOS: JULIA REED

ENLOE and COHN RECEIVE AWARDS

By **LAVERNE MAU DICKER** Guild Staff — Sonoma, CA

The Guild presented special awards to Phyllis Enloe and Allen Cohn at the Providence Guildhall Gathering on February 28.

Phyllis, a member of the Board of Directors since 2011, received a Partners in Mission Award in appreciation for her tireless dedication to and support of the artisan baking community. For the past seven years, she has been a driving force in the areas of membership and fundraising, and a model of grace in action.

Allen received a Service Award in appreciation for his leadership and dedication while serving as Chief Formula Editor from 2012 to 2018. He designed the formula formatting system we use today for all Guild classes and *Bread Lines*, trained editors, and supervised a team of

formatters — a significant contribution of time and creative energy.

Both Phyllis and Allen were given custom-engraved baking peels, along with the sincere thanks of The Guild.



PHOTO: ABE FABER



PHOTO: ABE FABER

PHOTO: CHRISTIE BEALER

PHOTOS: JULIA REED (UNLESS OTHERWISE NOTED)

LOVE OF BREAD AND THE PURSUIT OF EXCELLENCE

CHRISTIE BEALER Guild Member and Baker
Dorothy Lane Market — Dayton, OH



Christie was awarded a full scholarship to WheatStalk 2018, which included tuition and \$500 in travel and lodging. This was made possible by the Neale Creamer Scholarship Fund. Donations to the Fund may be made on the Members Only page of The Guild website.

I work as a night baker at a family-owned gourmet grocery store, Dorothy Lane Market in Dayton, Ohio. This store has been pivotal in maintaining a positive food culture by ushering in European-style foods and artisan breads and pastries. Our VP of bakery operations, Scott Fox, provides Guild membership for all interested bakehouse associates, ensuring that we remain knowledgeable about trends, while staying true to the aesthetic nature of artisan bread.

WheatStalk 2018 — my first WheatStalk — was an eye-opening experience for me. I certainly didn't know what to expect, and I was nervous about attending because, simply put, I wasn't sure that I'd fit in. My name wasn't selected during the lottery selection; and while I felt a twinge of disappointment, I figured that was the end of the matter. Then a few days later, an email arrived offering those of us not selected in the lottery an opportunity to apply for the Neale Creamer Scholarship. So that cold October night, I decided to apply. I wrote two essays, obtained a letter of recommendation, and put together my resume. I emailed everything and hoped for the best. A few weeks later, I received the news that I'd been awarded the scholarship! I'd been selected to attend WheatStalk 2018!

To be honest, my feelings about receiving the scholarship were mixed. Did I deserve it? Maybe a mistake had been made. It's true that I'm an enthusiastic baker and I'm fortunate enough to bake professionally. Nothing makes me happier than having my hands in dough and my senses heightened by the aroma and energy of a bakehouse — day or night. I love the pressure of looming deadlines, holidays, and the daily responsibilities of meeting customer expectations. But, still, I'm just a baker. I don't own a bakery, I don't work for a non-profit organization, and I'm not a beloved community baker. I had many doubts, so I'm a self-conscious writer today. This won't be a technical

article. It will be nuanced with all that I experienced over the three-day span that was WheatStalk 2018.

I arrived at the Johnson & Wales Harborside Campus with Didier Rosada, Allen Cohn, Ploy Thadalochanan, and her husband, Ventura, who dropped us off at 7:45 am Tuesday morning. This daily drive was to become a special treat and a fun way to spend the beginning and end of each day. Once registered, we were handed swag bags packed with an assortment of bakery items, our classroom assignments and campus map all detailed nicely in a folder. Then it was off to class.

My first class, "Holiday Breads and Winter Pastries," was taught by Robert Jörin, with Ciril Hitz assisting. I'd been looking forward to this class! I love holiday breads and pastries and figured that babka, a delicious sweet pastry filled with nuts or chocolate, would be in his repertoire. And I was right! Babka with a twist: laminated babka dough — one with hazelnut filling and the other with almond filling. This Eastern European sweet pastry was especially delightful when Robert cut the almond babka like a Pain d'Epi and twisted each little piece up and to the side, instead of twisting the entire loaf, exposing the beautiful layers. We also made a traditional Swiss Christmas stollen with nuts, spices, and candied fruit. Then it was on to a Lenten classic: hot cross buns. For these spiced, sweet buns with currants, we made a crossing paste and piped it on before baking. We finished them with fondant. The Italian Easter dove bread, Colomba di Pasqua, a delicacy, was beautiful to behold and exquisite to eat. This is a sweet bread made at Easter from a dough like panettone. The dough was scaled, shaped, and put into Colomba molds. They were then proofed, topped with sugar, and baked. Next, it was on to Wine Country Kugelhupf with Moscoto wine-soaked midget raisins. This classic Alsatian sweet bread was new to me; and I enjoyed the idea of soaking raisins

in wine rather than water. The Berliner Pfannkuchen, a traditional German sweet pastry filled with raspberry jam and dusted with powdered sugar, simply melted in my mouth. One more unusual product was a traditional, pre-Lenten, laminated, fried ricotta turnover. Robert combined a soft roll dough with puff pastry and used a lamination technique to create an unusual crust. This was when the production side in all of us came out! There was a great deal for us to do with the pfannkuchen and the laminated ricotta turnovers: scaling, shaping, filling, frying, topping, and more filling. Robert was a wonderful instructor. He was patient, humorous, and knowledgeable about breads and pastries. Above all, he was a master of the classroom and managed the products with grace and ease.

The next day began with another lab class, "Garde Manger for the Bakery Café." Robert Lucier led the class in an efficient and professional manner. The structure, routine, and tone felt like being in culinary school again. We were placed in teams of three to four people and assigned a different food. Our team made smoked duck pastrami with peach, apple, and dried apricot chutney. I enjoyed learning how to make and use a stovetop smoker. The other teams made delicacies such as a Chinese noodle salad with bourbon-smoked salmon and mozzarella cheese, Habanero mango coulis, panzanella salad, and sweet pickle brine with beets, zucchini, red onion, and red peppers.

I enjoyed this class because it was challenging to shift from breads to food preparation. The only bread I touched in class was a baguette that I coated in olive oil and grilled over fire. I realized that it's okay to step out of our comfort zone sometimes, and this class was challenging in that way. We learned the impact of presenting bread with variety and of allowing food to have the upper hand by using bread as a mere tool. Rob, an instructor with a background in meat



“Everyone was there to learn with open minds and with such wonderful energy.”



Christie Bealer

preparation and butchery at Johnson & Wales University in Providence, showed us technical knife skills used for plating and presenting dishes.

After lunch (where I met Guild members and authors at book signings), I attended the last class of the day. Amy Scherber and Joanne Chang led an informative lecture called “Starting and Growing Your Own Bakery.” When Joanne opened her first bakery, Flour, she said she quickly realized that it’s “all about the people,” meaning her employees. The top four pieces of advice were: work in a bakery, learn how to manage people, know that it will be twice the time and twice the cost, and keep personal risk as low as possible. Bracketed between warnings and personal difficulties, these two women expressed great love for the businesses they’ve created. Amy, whose bakery, Amy’s Bread, is in New York City, has had different experiences than Joanne, who has now branched out into NY but originated in Boston. Amy focused on bread, whereas Joanne opened with a diverse menu. Together, they gave an important presentation with an abundance of advice. Most of the attendees owned their own bakeries or were in the process, and many questions and concerns were addressed. I left the class with the impression that owning a bakery is intimidating and financially risky, but that with love and perseverance it can be worth the labor and commitment.

Don Guerra, owner of Barrio Bread, offered the next class, “Starting a Community Supported Bakery (CSB).” His infectious spirit and outgoing personality brought a lot of energy to the room. He

outlined three components of a CSB: bread production, circular economy, and education and outreach. His levain is the mother of all his bread and business, and he uses locally grown whole grain flours. By using local flours, and his own levain, he creates what he calls the “taste of the place,” and thereby offers a product that closely resembles his environment, the Sonoran Desert. He went on to explain the key to his success and used his own bakery as a model. His oven is strategically placed in the front of the shop, he uses a spartan space where all ingredients are visible, and he’s educated about sales and spoilage. Education and outreach are everything to Guerra and one idea stood out — he’s created a Bread Tribe through interest and involvement by building a local food environment. He created a market for the farmers in Tucson, AZ, by implementing and using the circular economy model where supply meets demand. Finally, he discussed creative expression. Creativity depends on the experience of the baker. Designs and shapes are personal, and they all come together to “create bread with a soul.”

Day Two of the conference finished, it was time for the Guildhall Gathering at Rogue Island Local Kitchen & Bar. Jeff Yankellow greeted us in the arcade outside Rogue Island. He took the opportunity to honor two well-deserving people: Phyllis Enloe, Vice Chair, and Allen Cohn, Chief Formula Editor, for their unwavering support and dedication to The Guild. This event was fun. It was impressive to meet people of varying backgrounds — brought together by the love of bread, the pursuit of excellence, and the camaraderie and brotherhood we find in one another.

The final class, “Brotzeit — Rustic German Bread, Rolls, and Snack Ideas,” was an all-day lab class taught by Harry Peemoeller. Harry is a professor of bakery and bread studies at Johnson & Wales University in Charlotte, NC. It was such a privilege to meet him and take his class.

His energy, knowledge, and talent cannot be overstated. After introductions, we split into groups of four, each assigned to a mixer and different formulas. We focused on German rustic breads such as Vinschgauer, a traditional German sourdough rye bread made with a foam sour culture; Vollkornbrot, another traditional rustic German bread which used a one-stage Detmold-style sour culture; a rye sandwich bread made with a Berliner 3-hour levain; a 70% rye; a 100% rye; and finally, delicious rye and oat scones with savory and sweet fillings. This sounds like a lot of bread making, and it was! His two classroom assistants, Lucas Monahan and Guy Hanuka (a power team if I ever saw one), helped with scaling ingredients, baking, and everything in between. The class participated in mixing, bench work, proofing, baking the breads and rolls, preparing fillings, and filling the savories. Before we knew it, it was time to clean up and head downstairs for the conclusion of WheatStalk 2018.

The three days of learning had come to an end. We gathered together in the Atrium at Johnson & Wales for one last toast, and then it was time to say goodbye to new acquaintances and friends. The expectations that I had for this event were met and then some! I learned so much from each class, spanning from the minute details of how classroom assistants worked (their mise en place techniques were wonderful) to the broad strokes of beloved instructors as they taught varieties of complex doughs and menu planning. It became obvious to me that the nervousness I’d had about fitting in was unfounded. Everyone was there to learn with open minds and with such wonderful energy. I left WheatStalk with many ideas, techniques, and formulas that I can use both at home and at work. I’m so grateful to have had this opportunity, through The Guild, to attend WheatStalk this year, and I hope to be able to participate for many years to come. ✨



MEDIUM RYE CROISSANT

Contributed by JEREMEY GADOUAS

A riff on the Jewish deli rye, utilizing fresh ground caraway and a rye sour. Perfect for strongly flavored savory applications.

MEDIUM RYE CROISSANT

TOTAL FORMULA			LEVAIN		FINAL DOUGH	
Ingredients	%	Kilograms	%	Kilograms	%	Kilograms
Total flour	100.00	4.727	100.00	0.727	100.00	4.000
Bread flour*	76.15	3.600			90.00	3.600
Medium rye flour	15.38	0.727	100.00	0.727		
High gluten flour†	8.46	0.400			10.00	0.400
Water	35.23	1.665	100.00	0.727	23.45	0.938
Whole milk	8.46	0.400			10.00	0.400
Salt	1.95	0.092			2.30	0.092
Osmotolerant instant yeast	1.27	0.060			1.50	0.060
Sugar	11.68	0.552			13.80	0.552
Unsalted butter	4.23	0.200			5.00	0.200
Diastatic malt powder	0.42	0.020			0.50	0.020
Ground caraway seeds	0.42	0.020			0.50	0.020
Rye starter‡	3.08	0.145	20.00	0.145		
Levain					40.00	1.600
Totals	166.73	7.882	220.00	1.600	197.05	7.882
Roll-In unsalted butter	28.80**	2.270				
Egg wash††		As needed				

*Hard winter wheat (11.7% protein)

†Hard winter wheat (14% protein)

‡Same composition as Levain; see Process Notes

**Based on total détrempe weight

††100% egg, 1% salt

RYE STARTER

- Feed every 8 hours for 24 hours prior to mixing levain.
- Feed every 12 hours for maintenance.
- Store in the refrigerator and feed once a month for long-term storage.

BAKING PROFILE

- 0:12 at 370°F
- 0:04 at 360°F
- 0:03 at 350°F



PROCESS - Medium Rye Croissant

Preferment		Levain
Mix	Type of mixer	Spiral
	1st speed	0:03–0:05
Ferment	Time/temperature	8:00 at 72°F
Final Dough		
Mix	Type of mixer	Spiral
	Mix style	Improved
	1st speed	0:07
	2nd speed	0:04
	Dough temperature	78°F–80°F
Ferment	Time/temperature	12:00–16:00 at 40°F
Détrempe	Preshape	2 equal pieces, each 16" wide, 12 mm thick
	Rest	Until very cold but not frozen
	Temperature	0°F
Roll-In	Weight	1.135 kg each
	Soften	Plasticize using any method
	Preshape	12 mm rectangle
Lamination	Lock-in	French method
	Folds	2 double with 0:30 rest
	Temperature	40°F
Makeup	Sheet	4.5 mm
	Shape	5"x5", 2 edges folded to center
	Proofing device	Parchment paper lined sheet pan
	Garnish	Egg wash at end of proof
Proof	Time/temperature	2:30 at 86°F–88°F
	Humidity	82%
Bake	Oven type	Rotating rack
	Steam	5 sec (optional)
	Damper open	Last 0:03
	Time/temperature	0:19 at 350°F–370°F, see Process Notes



WHEATSTALK
2018





BAKERS' CAMARADERIE: WheatStalk Crises, Resolved

By **JAMES MACGUIRE**

Guild Member, Baking Instructor, and Food Writer — Montréal, QC

When Patrice Tireau got off the plane in Providence at 7 pm on the Sunday night before WheatStalk, he had much on his mind. Baking in unknown circumstances is always stressful, and at that hour it was too late to take a reassuring tour of the work space to get the lay of the land. After all, his first presentation would be on Tuesday. Then came the jarring piece of news from his co-presenter, Hubert Chiron, that there was no sign of the *Rétrodor* flour that he would be using.

On Monday the situation grew worse. The flour was not on Johnson & Wales' strict protocol — date arrived, for which class and what time, checked by — and two or three top-to-bottom searches were fruitless. When the sender in New York was finally reached, a worst-case scenario was confirmed: the flour from Viron Mill (the only flour that could be used for the presentation) was still in a warehouse in the Bronx.

What followed were touching examples of bakers' camaraderie. Telephone calls were made to see if a New York-based WheatStalk presenter or attendee might

be able to transport the flour. Johnson & Wales class assistant, Marian Newby, and others tried to reach friends in New York who might be willing to bring it. In the end, it was Amy Scherber of Amy's Bread who drove up with the two bags. Amy Scherber, baker-hero!

But the problems weren't over. The class was on Tuesday, but the flour wouldn't arrive before 9 pm on Monday night, and the method used required that the dough be refrigerated overnight. With the work space at Johnson & Wales closed at that hour, more heroes entered, stage left.

Thanks to Mitch Stamm, Hubert had visited Seven Stars Bakery in Providence on Saturday. The owners of Seven Stars, Jim and Lynn Williams, quickly gave their permission for the dough to be mixed there.

For Hubert and Patrice, who were suffering from jet lag, it must have seemed surreal. What they found at Seven Stars was not the commonplace French bakery — a cramped and airless basement workshop with a tiny, flour-dusted radio squeaking unintelligible noise — but an

airy, cavernous space with a powerful sound system which filled every room with the Rolling Stones. The atmosphere was completely focused, yet unusually relaxed. Aprons were handed-out, and help was offered with the large spiral mixer and a temperamental planetary mixer, as though it wasn't a bother. The bakers expressed genuine curiosity about the doughs being made.

Between turns of the fermenting dough, Hubert, never the male wallflower dreading the Sadie Hawkins Dance, stepped right up to the bench and began shaping dough. Loaves were tasted (the polenta loaf was a standout), and there was even advice about jazz and blues in town. We were tempted to hang out, but by 11:30 pm, it was time to leave.

At 6 :00 am we returned to the bakery to pick up the dough. The delivery driver asked sternly, "Can I help you?" when he found our car blocking the loading dock, but he emerged minutes later to offer us a bag of warm viennoiserie. We discovered that although the crises at WheatStalk were stressful, the memories were unforgettable. ✨



LEVAIN GRAIN BREAD WITH ROSEMARY

Contributed by **MARCO BIANCO**

This loaf features bold whole wheat and levain flavors, plus a hint of rosemary. It is great sliced for sandwiches, tuna salad, or grilled cheese.

LEVAIN GRAIN BREAD WITH ROSEMARY			Total flour fermented in levain			
Total dough weight			15.644 kg			
TOTAL FORMULA			LEVAIN		FINAL DOUGH	
Ingredients	%	Kilograms	%	Kilograms	%	Kilograms
Total flour	100.00	8.546	100.00	0.422	100.00	8.124
Organic high mountain flour*	34.21	2.924			35.99	2.924
Type 00 normal flour†	32.89	2.811	50.00	0.211	32.00	2.600
Whole Red Fife wheat flour	16.38	1.400			17.23	1.400
Whole spelt flour	9.49	0.811	50.00	0.211	7.39	0.600
Whole Khorasan wheat flour	7.02	0.600			7.39	0.600
Water	78.41	6.701	67.06	0.283	79.00	6.418
Salt	2.12	0.181			2.23	0.181
Non-diastatic malt powder	0.05	0.004			0.05	0.004
Rosemary	0.05	0.004			0.05	0.004
Starter‡	2.43	0.208	49.29	0.208		
Levain					11.24	0.913
Totals	183.06	15.644	216.35	0.913	192.57	15.644

*Dark Northern spring wheat, 13.5% protein, 0.60% ash

†Hard red winter wheat, 11.2% protein, 0.60% ash

‡100% whole spelt flour, 67% hydration

FINAL DOUGH

- Start mix 30 minutes before preferment is finished fermenting.

BAKE

- Rotate loaves after 20 minutes; this also serves to vent a bit of moisture.



PROCESS - Levain Grain Bread with Rosemary

Preferment		Levain
Mix	Type of mixer	Hand
	Length of time	Until incorporated
Ferment	Time/temperature	4:00 at 72°F
Final Dough		
Mix	Type of mixer	Fork
	Mix style	Short
	Hold back	Salt, levain, rosemary
	1st speed	0:01
	2nd speed	0:01
	1st speed	0:01
	Autolyse	0:20
	Add	Levain
	1st speed	0:01
	Autolyse	0:20
	Add	Salt, rosemary
	1st speed	0:01
	Dough temperature	76°F
Ferment	Time/temperature	3:00–4:00 at 74°F
	Fold	1:00, 2:00, 3:00
	Retard	12:00 at 41°F
Shape	Temperature	1:00 at 76°F
	Divide	1.600 kg
	Preshape	Round
	Rest	0:20
	Shape	Bâtard
	Proofing device	Floured couche
Proof	Time/temperature	1:30 at 76°F
Bake	Oven type	Deck
	Score	1 slash
	Steam	Heavy
	Time/temperature	0:15 at 450°F, then 0:20 at 475°F



COCONUT CREAM TART

Contributed by JANE CHO

A coconut cookie crust filled with coconut milk custard and finished with sweetened whipped cream and toasted coconut flakes.

COCONUT PASTRY CREAM

Total weight		2.131 kg	15.000 lb
Ingredients	%	Kilograms	Pounds
Sugar	57.14	0.454	1.000
Salt	0.40	0.003	0.007
Cornstarch	14.29	0.113	0.250
Egg yolk	21.70	0.172	0.380
Coconut milk	100.00	0.794	1.750
Whole milk	71.43	0.567	1.250
Vanilla	3.54	0.028	0.062
Totals	268.51	2.131	4.699

PROCESS

- Combine sugar, salt, cornstarch, and egg yolk in bowl.
- Whisk until fully incorporated.
- Heat coconut milk, whole milk, and coconut together.
- Remove milk mixture from stove. Temper yolk mixture with heated milk mixture.
- Stir in vanilla.
- Return to stove and cook until thick, whisking continuously.
- Place in container, cover surface with plastic wrap, and chill.

WHIPPED CREAM

Total weight		0.254 kg	7.500 lb
Ingredients	%	Kilograms	Pounds
Heavy cream	100.00	0.227	0.500
Sugar	12.00	0.027	0.060
Totals	112.00	0.254	0.560

PROCESS

- Whip in chilled bowl until soft peaks.



PHOTOS: JULIA REED

COCONUT CREAM TART

Yield	One 9" Tart		Ten 9" Tarts	
	Kilograms	Pounds	Kilograms	Pounds
Fully baked coconut tart shell*	0.283	0.625	2.835	6.250
White chocolate, melted	0.054	0.120	0.544	1.200
Coconut pastry cream	0.680	1.500	6.804	15.000
Whipped cream	0.340	0.750	3.402	7.500
Unsweetened coconut flakes, toasted	0.028	0.063	0.283	0.625
Totals	1.387	3.058	13.869	30.575

*Weight reflects raw dough weight

PROCESS

- Brush inside of crust with white chocolate.
- Fill with coconut pastry cream.
- Top with sweetened whipped cream.
- Cover with toasted unsweetened coconut flakes.

COCONUT TART SHELL

Total dough weight		2.835 kg	6.250 lb
TOTAL FORMULA			
Ingredients	%	Kilograms	Pounds
Sugar	66.67	0.689	1.591
Pastry flour	100.00	1.034	2.279
Salt	0.90	0.0093	0.020
Coconut, toasted and chopped	16.00	0.165	0.365
Unsalted butter, cold, cubed ½"	66.67	0.689	1.519
Egg, lightly beaten	24.00	0.248	0.547
Totals	274.23	2.835	6.250

PROCESS

- Mix sugar, flour, salt, and coconut in planetary mixer fitted with paddle.
- Add butter to bowl and mix just until pea-sized.
- Add egg and mix until just combined.
- Place dough in plastic wrap and chill.
- Roll out dough and place in tin.
- Chill tin.
- Bake at 300°F for approximately 0:30-0:40.
- Cool before filling.



PHOTO: BAKE MAGAZINE

PHOTOS: JULIA REED UNLESS OTHERWISE NOTED

PHOTO: LAVERNE MAU DICKER

A WELCOMING PLACE FOR BAKERS

SOHROOSH HASHEMI

Guild Member and Marketing Project Manager
The Essential Baking Company — Seattle, WA



Sohroosh was awarded a full tuition scholarship to WheatStalk 2018, which was made possible by the Neale Creamer Scholarship Fund. Donations to the Scholarship Fund may be made on the Members Only page of The Guild website.

When I won the lottery to attend WheatStalk, I was surprised — I won?? I then asked myself, “Where is WheatStalk?” I entered my name into the lottery because I was excited about the chance to take hands-on classes from all-star bakers and meet other folks who are pursuing a career in baking. I had been working at The Essential Baking Company, an established artisan bakery, for three years as a Project Manager, coordinating bread, pastry, and dessert development projects.

In the last year, I began learning to bake with my colleague’s guidance and also dove into exploring my Iranian-American family’s food culture. While I was transitioning out of my job to focus on parenting, I envisioned a career for myself in baking and wanted to develop the skills to further explore Iranian baking traditions. I knew that most of the WheatStalk attendees, including home bakers, would be far more experienced in their craft than I am, so I was nervous that I might feel like an imposter.

It turned out WheatStalk was in Providence, Rhode Island — clear across the country from my home of Seattle. Although it would be a long flight, I knew the experience would make it worth my while.

After a day of travel, I slept well and woke up at 5:30 am (2:30 Pacific time!) to arrive at the Johnson and Wales University campus for breakfast. It was thrilling to be there with 150 bakers, about to start the first day of the conference. I was glad on that first morning to find that the other Guild members I met were kind and welcoming.

My first class was a four-hour demo on traditional and modern French breads, specifically baguettes and pain brié. The four hours flew by as Hubert Chiron of the French National Institute for Agricultural Research and Montréal-based author, James MacGuire, told the history of the baguette, post-World War II, and discussed the much-longer lineage of pain brié. Meanwhile, Patrice Tireau from Viron Mills demonstrated the hands-on process to mix, ferment, shape, and bake variations on baguettes and pain brié. I appreciated the opportunity to shape a baguette on the workbench and received helpful direction from Patrice.

Following the class, lunch was a perfect time to meet people with fascinating stories, like Terry, who formerly ran a successful micro-bakery on Martha’s Vineyard.

I finished the day with two lectures. The first lecture — Wheat Movement in the US — gave me a glimpse into the

burgeoning collaboration between wheat breeders, farmers, millers, and bakers in Western Washington. I enjoyed hearing about people and places close to my home from Stephen Jones, director of The Bread Lab at Washington State University, and Mel Darbyshire, Head Baker at Grand Central Bakery. My day ended with “Master of Your Dough-Main,” a lecture from Bill Weekley and Tom Santos about the basics of industrial milling and baking. After a day of demos and lectures, I was excited to do some hands-on work the next day.

My second day was a hands-on pie making class with Jane Cho of Seattle’s Macrina Bakery. Being new to pie making, I did my best to soak up Jane’s wealth of knowledge and tips. That evening I returned to my host’s home with a delicious cheese galette to share. I was most excited to leave with new pie dough recipes to use with all the rhubarb and quince in my home freezer from last summer. I was also eager to practice Jane’s two methods, one traditional and one shortcut, for making lattice pie tops.

For my final day at WheatStalk, I had an all-day course on doughnuts. Rachel Crampsey of Montclair Bread Company in New Jersey walked our class through making cake doughnuts, yeasted dough-

PHOTO: COURTESY OF SOHROOSH HASHEMI



PHOTO: JULIA REED



Sohroosh Hashemi in Jane Cho's class, "Easy as Pie."



nuts, crullers, and churros. As a huge fan of crullers, I will definitely practice piping and frying crullers at home. I finished the class, eight hours and at least four doughnuts later, satisfied and looking forward to re-creating the beautiful doughnuts I made with my classmates.

On the flight home, I stashed a box doughnuts under the seat and reflected on my time in Providence. WheatStalk lived up to my expectations — the hands-

on experience and conversations with interesting bread-lovers — and turned out to be a welcoming place for a baker who is newer to the craft. And the experience reminded me that other people get excited about this stuff, too. ✨



PHOTOS: JULIA REED



PROCESS - Wine Country Kugelhopf			
Preferments			
Mix	Type of mixer	Sponge	Soaker
	Length of time	Hand	Hand
	Dough temperature	Until incorporated	
		70°F	
Ferment	Time/Temperature	12:00 at 75°F	
Soak			12:00 at 70°F
Final Dough			
Mix	Type of mixer	Spiral	
	Mix style	Improved	
	Hold back	Butter and sugar	
	1st speed	0:03 or until comes off side of bowl	
	Add	Butter, sugar	
	2nd speed	0:12-0:16	
	Dough temperature	75°F	
Ferment	Time/temperature	1:30 at 75°F	
Shape	Divide	300 g or 500 g; see process notes	
	Preshape	Round	
	Rest	0:20	
	Shape	Flattened boule with center hole	
	Rest	0:10	
	Proofing device	Bundt pan	
Proof	Time/temperature	Small pan 1:15 at 85°F; average pan 1:40 at 85°F	
Bake	Oven type	Any	
	Time/Temperature	0:20-0:25 at 360°F	



PHOTOS: JULIA REED

WINE COUNTRY KUGELHOPF

Contributed by **ROBERT JÖRIN**

A classic Alsatian sweet bread with a distinct “Wine Country” flavor from the Moscato-soaked raisins.

PROCESS

- Small size bundt pan 200 g-300 g dough.
- Average size bundt pan 400 g-500 g of dough.
- Sift powdered sugar after baking, to finish.

WINE COUNTRY KUGELHOPF					Total flour fermented in sponge 28.66%			
Total dough weight 2.089 kg					AP flour unbleached 28.66%			
TOTAL FORMULA			SOAKER		SPONGE		FINAL DOUGH	
Ingredients	%	Kilograms	%	Kilograms	%	Kilograms	%	Kilograms
AP unbleached flour*	100.00	0.827			100.00	0.237	100.00	0.590
Whole milk	30.23	0.250					42.37	0.250
Moscato wine	25.15	0.208			60.00	0.142	11.15	0.066
Eggs	16.44	0.136					23.05	0.136
Salt	1.93	0.016					2.71	0.016
Osmotolerant instant yeast	3.75	0.031			0.42	0.001	5.08	0.030
Soaker Moscato wine	10.88	0.090	40.00	0.090				
Midget raisins	27.21	0.225	100.00	0.225				
Unsalted butter, cold	27.21	0.225					38.14	0.225
Sugar	9.79	0.081					13.73	0.081
Soaker							53.39	0.315
Sponge							64.44	0.380
Totals	252.60	2.089	140.00	0.315	160.42	0.380	354.07	2.089
Powdered sugar		As needed						As needed

*10-11% protein



OPERATION: PEACE, LOVE, & BREAD

We would like to thank all the bakers who supported our club by purchasing a T-shirt, bumper sticker, or pin at WheatStalk 2018. We managed to raise \$338 because of you! We truly appreciate your support of our club and our community.

Wishing you peace, love, and bread – Kristy, Marian, Miki, Brian, Michael, John, Lucas, Mitch, Lumi, and the rest of the OPLB Board

Operation: Peace, Love, & Bread is a non-profit club at Johnson & Wales in Providence, Rhode Island. Our mission is to support the community while honing our skills. We accomplish this by having monthly bread bakes that any JWU student can participate in. (We also have a few alumni, Guild members, and students from other area colleges joining us!) The bread produced is then donated to local organizations, including the Rhode Island Dream Center and the Providence Rescue Mission. We also hold fundraisers where 100% of that money is donated to the organizations we work with. To learn more or join a bake, email us at operationplb@gmail.com.

PHOTOS: JULIA REED (UNLESS OTHERWISE NOTED)

PHOTO: JOHNSON & WALES UNIVERSITY
MIKE COHEA

SPEAKING THE LANGUAGE OF DOUGH



CHARLES EMERS Guild Member and Owner
Patchwork Farm and Bakery — East Hardwick, VT

Charlie was awarded a full tuition scholarship to WheatStalk 2018, which was made possible by the Neale Creamer Scholarship Fund. Donations to the Scholarship Fund may be made on the Members Only page of The Guild website.

Well, here I am. Back in the north, back in Vermont. It was quite a trip down south to attend WheatStalk at Johnson & Wales University in Providence, RI. Providence was the place of my birth, the place of my youth, and the place where I learned to bake.

It was like coming home, but to a different community made up of the most amazing people. They had traveled from all over the globe, with a story to tell and an ear to hear one. They were growers of grain, millers, makers of mills, bakers from big and small bakeries, bakers who practice their craft at home and whose breads will never know a bag. They were nutritionists and equipment representatives. I met bakers who work for justice, bakers whose bakeries are in garages and basements, and bakers on wheels. To me, WheatStalk was an undiscovered country, a carnival of grain, a chance to meet other people who speak the language of dough.

With the exception of one or two items for summer farmers markets, most of the breads I bake are sourdough. But folks are always asking for something special around the holidays, and I do love sweet breads with nuts and fruit and all those subtle flavors. So I thought that “Holidays and Winter Pastries,” taught by Robert Jörin would be the workshop for me.

We mixed six formulas: Berliner Pfannkuchen (jelly doughnuts), Italian Easter Doves (Colomba di Pasqua), Swiss Christmas Stollen, Hot Cross Buns, Babkas, and Ricotta Turnovers. It was fun to watch these doughs develop, with their golden

egg colors and special ingredients like Fiori di Sicilia. Literally, “Flowers of Sicily,” this precious citrus-vanilla-floral essence comes out of a little bottle. It is used in the Colomba dough, which is covered in two layers of sugar after baking. Yup, this is the kind of thing that will help take away the winter blues when it’s 20 degrees below zero for a solid week. It would also sell well as a weekend special for some of my accounts.

Day Two was a sitting-down day, which I generally have a hard time doing without dozing off. It helped that we were talking about interesting subjects like rye bread, The Guild’s baker certification program, and opening a Community Supported Bakery.

The CSB presentation, by Don Guerra from Barrio Bread in Tucson, AZ, was about the connection between farmers, community, and baking. When you open a bag of flour, you’re opening up someone else’s story. I really connected with this, because a lot of what happened in Don’s community is happening in my community and many others, too. For me, it centered around a Dent corn called Early Riser, grown for many years by my friend, Jack Lazor, here in northeastern Vermont. He’s passing it on, and I am going to try keep it going with the help of other farmers in my area.

My third and final day was spent in an all-day class, “Whole Wheat Comparisons,” taught by Jan Schat. We compared four different whole wheat flours for extensibility, elasticity, durability, and



Charlie Emers at the 2018 Honey Summit.

flavor. The flour called Rouge de Bordeaux had a nice, deep flavor but lacked strength. It was the only one that we hand mixed, because on its own, it wouldn’t stand up to what a mixer would deal out. I thought it made a nice bâtard, even if it did not get the same lift some of the other doughs did. It had a dark crumb with an irregular hole structure, with some flavor to match. What I took away from this workshop most will be more discipline in the way I look into the flours and doughs I work with. It reinforced some habits I already possess, but it gave me a wider lens when looking at all the elements involved — like a family tree.

At WheatStalk 2018 I made a lot of new friends, saw a couple of old ones, got some new ideas into my head, and reinforced some existing good practices. I felt recharged from the whole experience and am ready to use what I have learned to benefit not only my workplace but also the wider community that has supported me for the last 17 years. ✨

PHOTO: COURTESY OF CHARLES EMERS

PHOTOS: JULIA REED





PHOTO: LAVERNE MAU DICKER



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PHOTOS: ABE FABER (UNLESS OTHERWISE NOTED)

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SPELT/RYE PAN KOMMISBROT

Contributed by **MAC MCCONNELL**

This bread is a great way to combine rye with weaker wheat flour. Spelt can be increased to 50% which will influence the bread's texture, while the rye will still dominate the flavor.

SPELT/RYE PAN KOMMISBROT			Total flour fermented in levain 17.65%			
Total dough weight 5.000 kg			Medium rye 23.44%			
Ingredients	TOTAL FORMULA		LEVAIN		FINAL DOUGH	
	%	Kilograms	%	Kilograms	%	Kilograms
Total flour	100.00	2.482	100.00	0.438	100.00	2.044
Medium rye	75.29	1.869	100.00	0.438	70.00	1.431
Whole spelt	24.71	0.613			30.00	0.613
Water	87.65	2.176	100.00	0.438	85.00	1.738
Buttermilk	8.24	0.204			10.00	0.204
Salt	2.14	0.053			2.60	0.053
Sugar beet syrup	1.65	0.041			2.00	0.041
Starter*	1.76	0.044	10.00	0.044		
Levain					45.00	0.920
Totals	201.44	5.000	210.00	0.920	244.60	5.000

*Same composition as levain

PROCESS - Spelt/Rye Pan Kommisbrot

Preferment		Levain
Mix	Type of mixer	Hand
	Length of time	Until incorporated
	Dough temperature	80°F–82°F
Ferment	Time/temperature	12:00–16:00 at 75°F
Final Dough		
Mix	Type of mixer	Spiral
	1st speed	0:10
	Dough temperature	80°F–84°F
Ferment	Time/temperature	2:00 at room temp
Shape	Divide	For pan size
	Shape	Scoop and fill pan to ¾ full
	Proofing device	Strap pan of choice
Proof	Time/temperature	1:30 at room temp
Bake	Oven type	Rack or deck
	Steam	2–3 sec
	Time/temperature	0:30 at 480°F
	Open door	Last 0:10



PHOTOS: JULIA REED



The Bread Bakers Guild of America would like to extend sincere thanks to all of the donors, volunteers, Board members, and staff who worked on WheatStalk 2018. An event of this magnitude was made possible only by the generosity of many people who were willing to give of their time, effort, energy, goods and services.

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THE ASHEVILLE BREAD FESTIVAL 2018 COMING FULL CIRCLE

By **AMY HALLORAN**

Guild Member, Food Writer, and Author — Troy, NY

Asheville seems like a bread fairyland, and I have wanted to go there for years. I planned to write a chapter about Carolina Ground flour mill and Farm and Sparrow Bakery, but I never got to do the research. Once my book, *The New Bread Basket*, came out, I wanted to bring it to the Asheville Bread Festival, but the date always coincided with my son's birthday. This year the date changed, and I made plans.

Jennifer Lapidus, founder of Carolina Ground, invited me to do a talk with her at the mill. This is the kind of opportunity I love — presenting with millers and bakers to help explain the difficulties of growing and handling grains and flour outside of the wheat belts. Being able to lurk in

classes and hang out at the Artisan Bread Fair was just icing on the cake.

The 2018 theme was Rye, which meant that Stanley Ginsberg, a.k.a. The Rye Baker, would be there. I went early to see him speak at a synagogue. I've seen him speak and teach in a few bread contexts, and I'm a huge fan; I wanted to see how he would present to a non-bread crowd. This was almost the same reason that baker and former festival organizer, Steve Bardwell, gave when we met outside the temple.

"I came here tonight to see what a bread maniac has to say to the layperson," he said.

Steve and his wife, Gail Lunsford, started the Asheville Bread Festival 14 years ago.

He told me that during the three hours of the Artisan Bread Fair, an estimated \$10,000 of bread would be sold. A couple from Tennessee comes to shop for the year, filling bags with 50 loaves they store in the freezer.

Indoors, Jennifer Lapidus and fellow baker and festival organizer, Cathy Cleary, sliced rye breads made by La Farm Bakery, Annie's Bakery, and Jay's Woodfired Rye. I grabbed a piece of nearly black and very cake-like pumpernickel, and watched the room fill. I recognized a handful of breadheads, and about 40 other people help themselves to tea and coffee.

Was The Rye Baker any different? Stanley Ginsberg was himself, the delightful,



PHOTOS: ERIN ADAMS



nonchalant spokesperson for breads many Americans don't know. Once again, he illustrated the fact that what we eat is a product of our times and a reflection of technology and environment. Elsewhere, rye breads sustained people relying on marginal lands in climates that didn't favor wheat; America's breadbasket wheat and the development of mechanized baking kicked this underdog grain to the curb.

When it came time for questions, someone lamented not being able to find a good loaf of deli rye in the area; the breads for our tasting must have further disappointed this questioner, because they were dense, dark European style loaves. But my, were they ever good.

The next morning, many of us out-of-towners went to see the wheat and barley trials at the Mountain Horticultural Research Station. Finding varieties suited to soils and climates is a big deal as regional grain production returns to locales. The dialogue between plant breeders, farmers, and intermediate processors like malt houses and flour mills — in this instance, Carolina Ground and Riverbend Malt — is key.

I love to be at field days to witness the energy that people put into the plants that feed us. Before I started to get curious about flour, I never considered how much effort goes into food before farmers grow it. Agricultural research and cooperative extension just were not in my vocabulary of work, and my admiration for these careers and collaborations has not worn off. I like to listen to the researchers discuss the seeds or crop practices being tested, and to eavesdrop on conversations among the attendees. Why are people there? How does their work intersect with these plants? The stories are always compelling.

On this sunny day in North Carolina, I loved seeing the connection between agronomists and Brent Manning from Riverbend Malt, who arranged for sample exchange post-harvest, so flavor testing could begin. The barley plants were thigh-high and very green. Thin, feathery awns fanned out around the grain heads, and all the grasses stood up straight, which was a good sign, because nothing had lodged, or fallen over, in wind or rain. Yet. These varieties were being tested for the

emerging malt market; farmers are eager to capture the premium this can fetch over feed barley, and the public ag service professionals are eager to help them.

A similar investigation is well underway in wheat. Dr. David Marshall came to North Carolina from Texas A&M almost 20 years ago to be the USDA-ARS wheat breeder based in Raleigh. Although Dr. Marshall could not attend this field day, his assistant, Myron Fountain, showed off the plots. Like the barleys, some of the wheats had awns, but many didn't. They, too, were green, and in early May were about five weeks out from harvest. This meant the kernels were growing plump inside the finger-long heads of grain.

On a similar field day in 2008, a group of bakers — the ones Gail Lunsford and Steve Bardwell gathered for the first festival — came, interested in local grain and in closing the gap between field and flour. That year a commodity price spike sent flour prices through the roof, and the camaraderie established by the festival was suddenly a tool. Bakers knew each other and were putting their heads together about how to approach the prob-



lem of sourcing. Dr. Marshall's Uniform Bread Wheat Trials, begun in 2002, then had information on a few varieties suited to the region. These bakers were keen on trying these wheats, and the idea for the flour mill began to grow.

"The baker relationships begun at the festival — that was the foundational piece that enabled us to start the mill," said Jennifer Lapidus.

I see synchronicity in all of this, a series of dots lining up to engage people with bread and land. Trace the dots back to Gail Lunsford and Steve Bardwell. They both worked in IT, but coming home to her family's century-old farm, they wanted to be involved with the farming community. Development and economic pressures were chopping up farms in Western North Carolina, so she started a farmers market to help farmers. Lunsford looked for a baker, because she knew that having a baker would be a really good draw. When none surfaced, she taught herself to bake bread, using Peter Reinhart's books, and started Wake Robin Farms Bread. Bardwell built an Alan Scott oven and joined his wife in professionally baking — though he kept his software company on the side. Once they were baking, the two wanted to meet Peter Reinhart and thought that inviting him to come to a bread festival would be a way to do that. They had other motivations, as well.

"We realized how many people were baking bread and how many different kinds of bread they were baking. And

we had the idea that we could kick the farmers market baking up a notch by having a bread festival," said Lunsford.

Although she taught herself to bake from books, she had the impulse to foster live and local connections; books couldn't troubleshoot a certain batch of flour. Relationships would build the baking community and develop resources she found helpful in understanding her work.

So in 2004, Peter Reinhart and a handful of area bakers gathered in the café at a cooperative grocery store. They thought maybe 20 people would show up, but the response was so terrific that first the parking lot and then the streets around the store were clogged.

"Peter Reinhart's been here every year, and he's been instrumental in making the festival work, because of his imprimatur and input," Bardwell said.

The festival grew quickly, thanks to word-of-mouth and promotions by Peter Reinhart at Johnson and Wales University, and The Bread Bakers Guild of America, which began sponsoring the event. The dual prongs of professional and consumer development have been at the core from early on; the Artisan Bread Fair is a way to build customers. Classes serve both purposes, educating consumers and bakers from near and far.

For many years the local community college, AB Tech, has hosted the fair and the classes, and Chef Vince Donatello really lent himself to the event. This year, however, a new site was needed, and

Steve Bardwell decided to hand over the task of planning and running the festival.

Jennifer Lapidus and Cathy Cleary took over and approached New Belgium Brewery about hosting the fair. They decided to root the festival in equity and agricultural stewardship, and made the event a nonprofit under the umbrella of Slow Food Asheville.

New Belgium is downtown, which meant more people had access to the fair. The brewery donated use of their event space, which is built around the shiny steel tops of brewing tanks. On Saturday, May 5, 17 bakers set up tables. Far-flung users of Carolina Ground flour, such as DeRego's Bread in Mississippi, came to sell, but the bulk of bakers didn't travel as far.

The Artisan Bread Fair began at 10 am and the room quickly filled with people and excitement. The setting was easy on the eyes, with hop-shaped lampshades and giant windows inviting whatever light the gray sky could give. Bakers piled their tables high with beautifully scored loaves, and kept pastries right on the rolling racks. Jam makers, cheese makers, and even a foraged nut mill, Acornucopia, offered goods to put on top of the breads; Lindley Mills, Carolina Ground, and To Your Health sold flours.

Matthew Hickman from Underground Baking Company said that the big difference in the festival this year was that people were drinking beer. For him the event offered the same great thing — a chance to have fun baking.





“As the owner/baker of a retail bakery, most of my business is repeat customers, and I have to bake what is expected. Here I can try out new things,” said Hickman.

His Rye IPA had 100% of its liquid coming from an PUD Pale Ale made by Fonta Flora Brewery. Other fun breads he brought were Wild Rice and Pecan Pain au Levain, Farro Pecorino Semolina Sourdough, and Double Chocolate Sprouted Whole Wheat.

Simultaneously, hands-on classes and lectures took place at various sites. Classes covered Nordic, German, and Scandinavian rye breads, pretzels, stone sharpening, rye pastry, kneading for home bakers, and the history of brewing and baking.

Peter Reinhart and Joe Lindley gave a talk about baking with sprouted grain flours.

Lionel Vatinet from La Farm Bakery has been a fixture of the festival for a dozen years, and the educational component has been well served by his commitment to teaching, which is a part of his training as a French master baker. The following day, Vatinet, Harry Peemoeller, and Stanley Ginsberg taught a master class in rye breads; 45 people attended, all of them professional bakers. (I can't tell you about the class because I skipped school with Bread Alone Bakery's Sharon Burns Leader and another terrific flour sister, Adrian Hale. We visited Tara Jensen Green out in Marshall. I was eager to see the place with her stamp on it. Playing hooky was totally fun.)

The money raised by the Asheville Bread Festival this year, from classes and the Saturday pizza dinner, will go toward helping grain growers purchase and diversify seed. This brings the beginning of the festival, in Gail Lunsford and Steve Bardwell's impulse to help farmland, full circle. Bread is land. And I'm glad I got to begin to know the breadscape, and the grainscape, of Asheville. ☀

Bakers included: Blunt Pretzels, Sprout Momma, Weaver Street Market, Ninth Street Bakery, Annie's Bread, City Bakery, Rhu, Great Harvest, Little Round Farmhouse, Simple Bread, Wood Fired Rye, Brennan Bryce, Backwoods Bakery, Flat Rock Bakery, West End Bakery, La Farm, DeRego's Bread, and Underground Baking Company



COCOA fermentation

By CHRISTOPHER DONKA

Guild Member and Manager, Bakery Nouveau — Seattle, WA



I had the opportunity to travel to Nicaragua and learn about the growing, harvesting, and processing of cocoa through a program by the family-owned cocoa company, Ingemann. There were field trips much like other cocoa companies' tours, and several discussion sessions describing processing and how different aspects of processing affected the final potential flavors of a particular chocolate. The discussion around fermentation was quite interesting. There were commonalities that I could relate to as someone who enjoys bread made with good levain.

Chocolate is a hard-won commodity. Cocoa pods are harvested by hand, and what happens next varies from region to region, or even farm to farm. In general, the pods are collected, broken open, and the pulp, or wet-mass, is heaped for

fermentation. Small farms may heap the beans on banana leaves on the ground. Farms in co-ops, or associated with a particular company, may have either the pods or the mass picked up. Ingemann collects the wet-mass and takes it to a central facility. For the majority of larger producers and co-ops, fermentation happens in large boxes, between 1 meter and 1.2 meters per side, and containing up to 1,000 kg.

It's in the sweet-tart pulp that the magic of chocolate begins. Upon opening, the pulp is exposed to yeasts and bacteria from the cocoa pod and the hands of the harvesters. Once in the sugary sweet pulp, the yeast immediately starts doing what yeasts do — converting sugars to ethanol and CO₂. Various lactic acid bacteria are also active, converting carbohydrates to lactic acid and other compounds. Sound familiar?

pulp, and the boxes either have holes drilled in them, or have small gaps between the slats to allow the liquid to drain. As the pulp drains, air starts to move in, changing the fermentation from anaerobic to aerobic and facilitating the growth of aerobic, acetic acid-producing bacteria.

This phase raises the temperature in the mass to 45°C or higher, and acetic acid moves into the bean, lowering the pH, killing the seed germ. As the germ dies, cells start to break down, releasing enzymes that act on proteins. This process, in addition to some of the other fermentation by-products, creates the precursors to the various flavors we expect from chocolate. It also helps to reduce or remove tannins and other astringent compounds and undesirable flavors.

During fermentation, the mass is mixed to introduce more oxygen and help ensure even and consistent results. Mixing is typically done by moving the beans from one box to another, and fermentation can last from three to seven days, depending on bean variety, initial conditions of the mass (pH, etc.), and desired outcome. Eventually, the acetic acid bacteria slow down, and the temperature in the mass may drop. Once the desired conditions are reached, the fermentation is halted by drying the beans.

Over the next 24–48 hours or so, the yeasts do their work, breaking down and liquefying the pulp, which starts to drain out of the boxes. This is the main mechanism of removing the

LEFT: A freshly opened cocoa pod. Note the white mucilage surrounding the beans. It's sweet with a tart finish. ABOVE: Dry beans, ready to be sorted, bagged, and sent to chocolate makers.



ALL PHOTOS: CHRISTOPHER DONKA



CLOCKWISE FROM TOP LEFT: Extracting the beans from the pods. The buckets are dumped into bags or into boxes. All work is done by hand. Setting up to measure pH and sugar concentration at harvest. Wet mass loaded in a fermentation box. Using a refractometer to measure sugars at harvest. Beans fermented for 3-4 days. They were very warm below the surface, and you could smell alcohol and sour notes — very reminiscent of some levain or maybe a poolish left a little too long. Measuring pH at harvest.

While temperature and pH are measures, beans are typically sampled throughout the period, and cut open to check the degree of biochemical and physical changes in the bean, with color being the main indicator — Maillard reactions inside the bean change the color from white or purple, to various shades of purple-ish brown.

Shorter fermentations can result in slightly more acidic beans, lending more “fruity” notes in the finished chocolate. Longer fermentations result in more earthy notes, such as tobacco, nuts, or smoky flavors. Too-long fermentation results in off-flavors, possibly due to the presence of fungi and other populations of bacteria.

In recent years various companies have been looking at fermentation more closely. For example, Barry-Callebaut introduced a starter culture to have better control over the fermentation of the beans used for its varieties of chocolate. Other companies, like Ingemann, started adjusting fermentation time and number of turns (i.e., amount of aeration) to achieve different flavor profiles from the same variety of beans. These and other methods are all geared towards achieving a repeatable process with high-quality results.

Drying is another topic altogether. Steel beds, wood slats, standing tables, and even heated air, are all used. The rate of drying can affect how much of the various

light acids and other compounds are driven off, or held in the bean, and it’s generally accepted that sun-drying over the course of several days has the best balance.

From there, it’s up to the chocolate makers and their skill in roasting, grinding, and refining the chocolate to coax the full flavors out of the beans.

The next time you’re eating a piece of good chocolate and admiring the skill of the chocolate maker, be sure to give some consideration to the fermentation and all that goes into it, since that’s where the flavor really starts. ☀



CLOCKWISE FROM TOP LEFT: Empty fermentation boxes. Note the streaks on the upper boxes — this is due to the draining of the liquefied mucilage. The scale inside the box acts similarly to a piece of old-dough in a mix. Measuring humidity and surface temperature in a test drying bed, as this affects the drying rate of the beans. Stainless steel drying beds. Other types include wood, concrete or raised beds. Liquid mass draining out of a fermentation box.



Wildflowers, Chugach Mountains, Palmer, AK

Carlyle Watt

REAL ALASKA SOURDOUGH WITH A JAMES BEARD NOMINEE

By **TERESA WHITE CARNS** Guild Member, Writer, and Serious Home Baker — Anchorage, AK

Alaska's Gold Rush sourdoughs never had it so good. A shiny new stone-grinding mill. Local wheat in Alaska, of all places. A James Beard nominee for Outstanding Baker with an alternate identity as lead guitarist in an alt folk rock band. Anchorageites can find it all at Fire Island Rustic Bakeshop, a sunny bakery near downtown.

Carlyle Watt, head baker, hands me a chunk of his Alaska Sourdough bread. "I've been playing with different formulas, trying to push the hydration." I approve. It's moist, full of flavor, and with a properly crackling crust. We are standing on the sidewalk in one of Anchorage's older neighborhoods, filled with rustic log cabins and renovated 1950s frame houses. Wrapped in their lush summer greens, the Chugach Mountains rise in the east, and ocean fragrance drifts from the west. Geraniums overflow their hanging baskets, and tourists mingle with locals at the outdoor tables. Scents of loaves fresh from the ovens overtake even the flowers.

Carlyle has been experimenting during the past few months with wheat from Ben and Suus VanderWeele's farm in the Matanuska Valley; with a still-new, custom-built, stone-wheel Meadows Mills machine; and with mixing other Alaska grains into his doughs to create an Alaska Terroir loaf. His James Beard Outstanding Baker nomination in 2017 is a rarity for the state. The judges' decision recognized his creativity in baking breads and his search for local grains and produce to incorporate into the bakery's offerings.

Carlyle draws on varied influences. His roots sink deep into his family's South Carolina Low Country food traditions. He trained at the Culinary Institute of America at Greystone in California. While in school, he learned about bread by going to class during the day and baking for the school's Wine Spectator Restaurant until 4:00 am. Fire Island Rustic Bakeshop owners, Jerry Lewanski, Janis Fleischman, and Rachel Pennington, rely on his inventiveness with breads, his

persistence, and his contributions to their expanding savory menu.

The custom-built mill is a recent acquisition. Meadows Mills in Wilkesboro, NC, built the mill to Fire Island's specifications. It arrived in early March 2017. Carlyle is still experimenting with settings for different grains, accounting for changes in the weather, and thinking about styles of breads. He's trying to stop spillage from the mill, and the bakery crew are still learning how to understand the wheat's moods each day.

With two 12-inch natural burr stones, the mill can grind 150 pounds of flour each hour. Carlyle wants the flour milled fine, especially because it's whole wheat. "The finer you mill the wheat, the more water that it can absorb. The yeasts move more freely, eating up more of the flour's natural sugars." Carlyle likes the fresh-milled flavors and the health benefits of the added germ and bran. He can keep those because he grinds just enough wheat for

each day's baking. The freshness and using the whole grain means that he can do a 90% hydration. His experiments show that any more hydration, and the dough loses its structure; any less, and the crumb is too dry.

Fire Island works closely with the Bread Lab at Washington State University, sending the local wheats for analysis and testing. "They tell us that Alaska wheat tastes different," says Carlyle. "It's the clean glacial soil.

"THE MUSIC PROBABLY CHANGES THE WAY I BAKE, AND BAKING ENRICHES MY MUSIC."

— Carlyle Watt

Because Alaska is far from pests common to wheat in other parts of the world, and the land hasn't been farmed until the past 80 years, we haven't needed pesticides and herbicides."

Ben and Suus VanderWeele, a Dutch couple who have been farming in the Matanuska-Susitna Valley for 50 years, would agree with the Bread Lab. They provide Fire Island's local wheat; the bakery also uses organic flours from Central Milling. This year the VanderWeeles grew Glenn, a spring hard red wheat developed in North

Dakota in 2005, and provided by Rob Carter at the Alaska Plant Materials Center. Its 12%–14% protein make it ideal for Carlyle's whole-wheat sourdough.

The VanderWeeles also grew Ingal in 2017. Its Alaskan ancestry stretches back more than 100 years to George Gasser, one of the earliest wheat researchers in the state. Because Ingal is a softer grain, Carlyle is eager to try it out in pastries and other breads. Right now, he's using it in muffins. Much of 2017's crop went to Alaska breweries and distilleries that prefer lower-gluten for a clearer brew. There will be more in 2018.

Carlyle is working on an Alaska loaf that combines the tastes of rye from the VanderWeeles with barley from long-time farmer, Bryce Wrigley, in Delta Junction. He muses that it might include barley porridge, too, or couscous made from cracked barley, or oats from local sources. Barley by itself ferments too fast, but combined with other grains, it develops slowly enough to make a shapely and moist loaf.

Carlyle didn't come to be head baker at Fire Island Rustic Bakeshop by any expected route. He arrived in Alaska as a personal chef and met his wife, Theresa, a cellist. Carlyle is also a musician — he sings and plays guitar and percussion. He and Teresa formed The Super-



Carlyle in a field of experimental Ingal wheat.

Saturated Sugar Strings with several other artists, and toured the Northwest for three months.

Back in Alaska and broke, Carlyle went to Janis Fleischman at Fire Island and negotiated for a job that would allow him to create breads in the early part of the day and play music later on.

"They accommodate my schedule. I am lucky to work for people who share a passion for quality baking and the ideals associated with getting the most ethical ingredients into our shop. Janis, Jerry, and Rachel push me to be better every day. They also give us the tools and equipment necessary to succeed," he says. "It's symbiotic: the music probably changes the way I bake, and baking enriches my music."

The Super-Saturated Sugar Strings, with its guitar and cello, and bass, keyboard, trumpet, and violin is one of Anchorage's best-rated bands. It's as much in demand as Carlyle's sourdough breads and savory creations at Fire Island — think Lucky Wishbone scones, made with the best local deep-fried chicken. He pushes his trademark newsboy hat back as he hands me a last piece of focaccia to test. He's not making it with VanderWeele's wheat yet, but, with luck, that will happen soon. ☀

Ben VanderWeele's wheat fields, Palmer, AK



FIRE ISLAND'S ALASKA BEET SOURDOUGH

Alaska has a bit of a beet problem — too much of a good thing. Farmers struggle to get the storage crop sold before harvesting the next crop early in the fall. Diners tire of beet and goat cheese salads, so they get creative and bake beet sourdough loaves. The beets are steamed before puréeing them to get the brightest ruby color in the crust. Red and brown marbling in the moist crumb, complex taste, and the standout crust color combine for a bread that people look forward to every week.



ALASKAN BEET SOURDOUGH

Contributed by CARLYLE WATT



The incredible supply of beets during the Alaskan winter inspired this bread. Steaming the beets before puréeing them gives the crumb the brightest red color possible. Good chèvre balances the earthy sweetness of the beets and is a classic pairing.

ALASKAN BEET SOURDOUGH			Total flour fermented in levain		Bread flour	
			2.33%		2.58%	
Total dough weight			9.100 kg			
TOTAL FORMULA			LEVAIN		FINAL DOUGH	
Ingredients	%	Kilograms	%	Kilograms	%	Kilograms
Total flour	100.00	4.095	100.00	0.095	100.00	4.000
Bread flour*	90.23	3.695	100.00	0.095	90.00	3.600
Whole wheat flour*	9.77	0.400			10.00	0.400
Water	80.47	3.295	100.00	0.095	80.00	3.200
Salt	2.44	0.100			2.50	0.100
Beets, steamed, puréed†	39.07	1.600			40.00	1.600
Starter‡	0.23	0.010	10.00	0.010		
Levain					5.00	0.200
Totals	222.21	9.100	210.00	0.200	227.50	9.100

*11.5% protein

†See process notes

‡Same composition as levain

PROCESS - Alaskan Beet Sourdough

Preferment		Levain
Mix	Type of mixer	Hand
	Length of mix	Until incorporated
Ferment	Time/temperature	6:00–8:00 at 72°F–76°F

Final Dough

Mix	Type of mixer	Spiral
	Mix style	Short
	Hold back	Salt, beet purée
	1st speed	0:05
	Autolyse	0:20
	1st speed	0:20
	Add	Salt, beet purée
	1st speed	0:05
	Dough temperature	76°F–78°F
Ferment	Time/temperature	3:00–4:00 at 72°F–78°F
	Fold	0:30, 1:00, 1:30
Shape	Divide	750 g
	Preshape	Round
	Rest	0:20
	Shape	Boule
	Proofing device	Banneton dusted with flour
Proof	Time/temperature	12:00–18:00 at 43°F
Bake	Oven type	Deck
	Score	Outward spiral
	Steam	2 sec, load, 3 sec
	Time/temperature	0:32 at 465°F

NOTES

- Formula weight for beets is the raw beet weight before steaming.
- Steam beets until tender, about 1.5–2 hours. Cool to room temperature. Peel and purée in a food processor until smooth.

SECOND ANNUAL International Symposium on Bread

By PETER REINHART

Guild Member, Baking Instructor, and Executive Director, International Symposium on Bread — Charlotte, NC

FOR THE SECOND CONSECUTIVE YEAR, THE CHARLOTTE CAMPUS OF JOHNSON & WALES UNIVERSITY HOSTED *ON THE RISE: THE JOHNSON & WALES INTERNATIONAL SYMPOSIUM ON BREAD.*

THIS YEAR THE SYMPOSIUM COVERED THREE DAYS, APRIL 26–28, INCLUDING THE ADDITION OF A FULL DAY OF HANDS-ON WORKSHOPS, SOURDOUGH BREADS, AND BAKING WITH RYE, POLYCROP, AND LOCAL GRAINS. THE SYMPOSIUM SPEAKERS REPRESENTED A *WHO'S WHO* OF EXPERTS IN BREAD, GRAIN, ART, HISTORY, AND SCIENCE, AND THE 150 ATTENDEES WERE ABLE TO INTERACT PRODUCTIVELY WITH THE PRESENTERS AND SPONSORS DURING THE BREAKS.

Here is the line-up of speakers and their topics:

DAY ONE

- : **Nathan Myhrvold** “Rethinking Bread”
- : **Eric Pallant** “Why 6,000 Years of Sourdough Matters Today”
- : **Jennifer Lapidus** “Baker at the Helm”
- : **Peggy Sutton, Joe and Caroline Lindley** “A New Bread Has Sprouted: Baking with Sprouted Grains, The Next Hundred Years”
- : **Darrell Varga** “Fields of Wheat to the Screen of Dreams: Bread in Art and Cinema”

DAY TWO

- : **Karl De Smedt** “Sourdough: The Future of Bread Lies in Its Past”
- : **E.A. McKenney** “Citizen Science Leavens Sourdough Research”
- : **Alexandra Zeitz** “Applying Traditional Baking to Gluten-Free”
- : **Marcus Mariathas** “From Craft to Scale: Replicating Artisan Quality While Baking for the Masses”
- : **Stanley Ginsberg** “Overcoming Rye’s Challenges”

DAY THREE

- : **Harry Peemoeller and Karl De Smedt** Hands-on Workshops

The initial 2017 Symposium laid a strong foundation for the exploration of the Symposium’s ongoing theme, “The Future of Bread.” While the presentations covered everything from bread in history, culture, and the arts, as well as its technology and craft, some of the most powerful takeaways this time included the burgeoning interest and research in the realm of sourdough microbiology. Dr. E.A. (Erin) McKenney, spoke of the hundreds of “citizen scientists” around the world who are maintaining sourdough starters and sending samples to her for analysis. This has allowed McKenney’s team at the Rob Dunn Lab at North Carolina State University to identify hundreds of microorganisms, mainly wild yeast strains and lactic and acetic acid bacteria, and to isolate their various flavor-producing qualities. This research, coupled with the work of another speaker, Karl De Smedt of the Puratos Sourdough Library in St. Vith, Belgium, has made it possible to categorize the functionality and flavor profiles induced by these various microscopic organisms, and has opened the door for targeted future applications, not only in the realm of flavor development, but also for health and wellness.

In his opening keynote address, Nathan Myhrvold, the creator and co-author of *Modernist Bread*, shared some of the findings his research team discovered during the four years it took to produce his massive five-volume encyclopedia on bread, such as why steam causes bread to develop shine and crispness, and how to use pre-gelatinized and alkalized starches, like Nixtamal and hominy, to produce better performing, lighter, taller gluten-free breads. But he also raised a philosophical question

PHOTO: TONY ULCHAR



PHOTO: MELINDA LAW

ABOVE: An attendee scores loaves at the “Baking with Rye, Polycrop, and Local Grains” workshop, which was taught by Harry Peemoeller of Johnson & Wales. ABOVE RIGHT: Marcus Mariathas of ACE Bakery spoke on “From Craft to Scale: Replicating Artisan Quality While Baking for the Masses.” RIGHT: Loaves baked in the “Rye, Polycrop, and Local Grains” workshop.

that provided ongoing context throughout the following two days’ proceedings: “Why do consumers assume that bread should be given away for free in restaurants, especially given the amount of care, skill, and craft that goes into producing it?” He contrasted this with the perceived value of risotto, which can sell for as much as \$18 a bowl but costs about the same to produce as a loaf of bread. (Ironically, a few days after the Symposium, the *Charlotte Observer* ran a story about a local restaurant that now charges \$6 for a basket of bread and butter).

Another perception that Myhrvold dispelled was the nostalgic notion that bread produced in the past, the so-called “good-old days,” was better than what is currently being made. On the contrary, he asserted, probably the best bread the world has ever seen is being produced right now, and it can get even better in the future, due to the increased scientific knowledge of today’s bakers, millers, and farmers.

Jennifer Lapidus, the founder of Carolina Ground, a small specialty-flour mill in Asheville, NC, followed Myhrvold’s assertion by presenting her vision of the farmer-miller-baker coalition, where skilled bakers are willing to adjust to the unpredictability of locally grown grain, cultivated specifically for the soil and climate of the region, which then allows farmers the economic viability of growing these specialized, non-commodity grains. While just a



PHOTO: TONY ULCHAR

drop in the ocean compared to the amount of wheat and corn grown in the commodity grain world, this “baker at the helm” model provides a plausible option for the future of bread, milling, and farming, at least on the local level.

Other important takeaways this year included a presentation by sprouted flour millers, Joe and Caroline Lindley of Lindley Mills, and Peggy Sutton of To Your Health Sprouted Flour, who are pioneers in this growing sector. They revealed recent information on the nutritional benefits of intentionally sprouted wheat (and other grains) to increase vitamin, mineral, and antioxidant content. But, even more importantly, they showed, through the cookies and bread samples they

passed around to the audience, how sprouting also enhances flavor. A few years ago, sprouted flour was just a blip on the screen in the world of bread and baking, but it has now increased in visibility and credibility and is about to carve out a much larger economic slice of the proverbial loaf.

These are just a few of the takeaways from this year’s Symposium. The plan at the Charlotte campus, in collaboration with Presenting Sponsor, Puratos, is to convene again in two years, and then on a biennial basis. Who knows what the future of bread will look like in 2020? But one thing is clear: even after 6,000 years of bread baking, there is still much to be revealed. ✨



PHOTOS: TONY ULCHAR

ABOVE: Harry Peemoeller created the bread sculpture, which is a tribute to Charlotte, North Carolina’s unique relationship with NASCAR.

ABOVE RIGHT: Peter Reinhart of Johnson & Wales University (left), with keynote speaker, Nathan Myhrvold, of *Modernist Cuisine*.

RIGHT: Karl De Smedt of Puratos led a workshop on baking with sourdough.



PHOTO: MELINDA LAW

A Babka By Any Other Name:

HOLIDAY BREADS OF EASTERN EUROPE

By **JOHN WILDA** Guild Member, Baker, Westfield State University and Owner, JW Cakes and More — Leeds, MA

Babka. What do you picture when you read that word? A braided loaf of enriched dough layered with chocolate filling, or perhaps Nutella? Until two years ago, I didn't know that this kind of babka even existed. To me, babka is an Easter treat, a part of my Polish heritage. It is also an enriched dough baked in a bundt pan, akin to an East European Kugelhopf. It has a dense crumb and is amazing when sliced, toasted, and generously buttered. So why do these two very different breads share a name? I did some digging, and these are my findings thus far.

My family has two different recipes for Polish babka, one from my great-grandmother's brother, Edward. My great-grandmother said that Eddie would simply bake his in a bowl, but the more common form is a fluted round or bundt pan. There are several flavors of Polish babka, including marbled and lemon, according to Polish native, Karolina Keffer.

Kugelhopf and Polish babka are almost identical. The major difference I found between the two was the absence of nuts in Polish babka. However, the Babka Wielkanocna (Easter Babka) found in the Culinary Art Institute's *Polish Cookbook*, does contain almonds. Traditionally, it seems that Kugelhopf was taller and slimmer than a babka. Perhaps the only difference is the name and a slightly different shape.

Braided babka is often referred to as Jewish Babka, and many people say that it can also be traced back to Eastern

Europe. The braid can be made with either a basic brioche-like dough or a laminated version and is filled with a number of different spreads. For example, the famous babkas at Breads Bakery in New York City are made with a laminated dough and filled with chocolate. However, Uri Scheft, owner of Breads Bakery, offers many variations in his book, *Breaking Breads*: Nutella, cinnamon, and even a savory option. The loaf is similar to that of a Russian Braid, as well as a Romanian Cozonac. The main difference is the filling. The standard filling for a babka seems to be chocolate, whereas the only Russian Braid I've encountered was filled with almonds. Luminita Cirstea, a Johnson & Wales University instructor and native of Romania, says that the Cozonac usually contains walnuts but could also include raisins, orange zest, vanilla, rum, or poppy seeds.

These four breads have two things in common. First, all of them use an enriched brioche dough as their base. Different additions are added according to the cultural background of the baker. Regardless of the country of origin, many of them still include lemon or orange, raisins, chocolate, or rum. The second common thread is the breads' uses. With the exception of the Russian Braid, all of these loaves seem to be holiday breads. My family makes babka for Easter, the Romanians make Cozonac for both Easter and Christmas, Kugelhopf is a Christmas treat, and in Jewish culture, babka is often made for Rosh Hashanah.



PHOTO: JULIA REED

My theory — largely based on geography — is that Cozonac originated in ancient Egypt. From there, it was taken by the Greeks and ended up in Romania, which was then part of the Roman Empire. From there, the bread traveled to Russia and west into Europe, to Poland, Germany, and Switzerland. Whenever the bread was adopted by different regions, it evolved to fit the culture and tastes of the local people. As the bread changed, the name changed, too. “Babka” is a less-common Polish translation of “grandmother.” Polish Jews who fled to Switzerland could have brought the bread with them, along with its original Polish name. It could explain why two totally different breads share a common name.

If anyone has information or input regarding this topic, please feel free to contact me at johnwilda@gmail.com. I am continuing to do research, but — as many of you are aware — food history is hard to track.

You can find Melissa Weller's formula for Jewish babka, from her class, “Bialys, Bagels, and Babka,” on The Guild's website. It is of interest to note that Melissa has three variations on her formula, too: chocolate, cinnamon, and raisin walnut. ✨



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