

FUNCTIONAL BREADS: A HEALTHY APPROACH

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When I heard that there was going to be a Guild class held in Texas again this year (after the first ever in San Antonio last year), I knew it was going to be a good year. When I found out that Didier Rosada would be teaching the class, I cleared everything off my calendar and immediately reserved spots in the class for myself and several other colleagues; I knew this was an opportunity that couldn't be missed for anything.

The class, "Functional Breads: A Healthy Approach to Baking Artisan Breads," was a two-day affair on the weekend, graciously hosted at Le Cordon Bleu College of Culinary Arts in Austin, TX. I've always thought that bakers are an inherently generous breed, and our experience at the school that weekend definitely reinforced that impression. Several students and instructors volunteered their precious free time to help with the class and prepare meals for our group. Jim Murphy, a local Guild

member and the owner of Sweetish Hill Bakery, very generously lent a spiral mixer for us to use.

We spent the two days of class making a smorgasbord of ridiculously great tasting breads: four on each day. Our first was the Baguette with Wheat Germ, which combined the health benefits of the vitamins and minerals found in wheat germ with an otherwise traditional baguette. We toasted the wheat germ to bring out the flavor, which produced a wonderfully nutty taste and aroma.

Next was the Healthy Crown, a bread containing multiple flours and seeds that packed a flavor and nutritional punch. The poolish for this bread contained bread and wheat flour, and we added rye flour to the final dough to round out the multigrain flour mix. Flax seeds were used in conjunction with flax and sunflower seed meals to add more nutrition without unbalancing the texture or making the bread too heavy.

We then delved into our first ancient grain of the class with the Quinoa Bread. The titular flour was soaked with equal parts water like a poolish, but without the yeast. This was mixed with a sponge and a round table of seeds (sesame, flax, quinoa, and oats) to make a loaf that was unbelievably flavorful.

The last bread of the day was the 100% Whole Grain Bread. As most experienced



bakers know, making a true 100% whole grain is extremely difficult, but Didier made it look easy with this one. We used a firm levain to counter the weakening effects of using weaker flours, a multiple seed soaker (flax, sesame, pumpkin, sunflower, and oats), and an extremely high dough hydration. Agave syrup sweetened the bread slightly while also adding to its unique flavor.

We started off the next day with our second encounter with ancient grains in the appropriately named Ancient Grain Bread, this one containing teff and amaranth flours. We elaborated the levain with all the teff flour in the bread, and the poolish with all the amaranth flour; as Didier explained, not only did this bring more flavor to the final loaf, but by putting the weaker flours in the preferments, we made the final dough inherently stronger by not subjecting the bread flour to the enzymatic action that occurs in a preferment. This bread was my personal favorite of the class: simple but incredibly rich in aroma and taste.

We followed by making Carrot Rolls, a bread made similarly to Ciabatta but incorporating shredded carrot in the final mix. The carrot, along with a seven-grain mix, added great visual appeal and texture to the bread.

Our next bread was the Fig and Oatmeal Bread, which showcased both great flavor and thought-stimulating twists on classic techniques. The oats in the bread were added to the sponge used in the final mix, essentially soaking them while also



TOP LEFT: The Ancient Grain loaves scored and about to go into the oven. LEFT: Ancient Grains bread. RIGHT: Ancient Grains bread.

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**FUNCTIONAL BREADS:
A HEALTHY APPROACH
TO BAKING**

Hosted by

Le Cordon Bleu College of Culinary Arts
Austin, TX

Cara Anam – Liaison

Instructor

Didier Rosada



FROM LEFT: Didier prepping for baking. Chopped, dried figs used in the Fig and Oatmeal Bread. Fig and Oatmeal loaves proofed up.

elaborating the flavor of the sponge. This oat sponge was combined with a poolish and a heaping bowl of chopped, dried figs to create an amazing flavor in the final loaf. A beautiful stencil added a wonderful visual appeal to the final loaf as well.

The last bread we tackled was the Finnish Rye. Like most rye breads, this one incorporated a levain to counter the weakness imparted by using a large amount of rye flour. The formulation also included molasses, which gave the final dough a wonderful dark golden color and great aroma.

I have been fortunate enough to have taken another class taught by Didier, but I was again struck by the absolute depth of knowledge he possesses about our craft. Small variations in technique showed the absolute attention to detail that he is known for; for example, using a small amount of salt in the poolishes left overnight to regulate the yeast during the overly long fermentation (in this case, 16 hours). I was also intrigued by his use of relatively traditional ingredients in new and different ways, such as creating the oat sponge. I play an active role in training bakers and am used to being the “experienced” one, but I found myself humbled and incredibly impressed by his seemingly casual mastery of bread baking. I know everyone came away from the class with a greater appreciation for the infinite variety of ingredients and techniques we can use to make great bread. 🌱

FIG & OATMEAL BREAD

Contributed by Didier Rosada

NOTES

- Add dry figs at the end of the mixing cycle - mix in first speed until well incorporated.
- After the final proof, the dough can be decorated using a stencil with a fig shape.



PROCESS – Fig & Oatmeal Bread

Final Dough		Poolish	Sponge
Mixing	Type of mixer	Planetary	Spiral
	1st speed	5 mins	5 mins
	2nd speed	1 minute	1 minute
Fermentation	Length of time	12 hours	12 hours
	Temperature	73°F	73°F

Final Dough		
Mixing	Type of mixer	Spiral
	Mix style	Improved
	1st speed	5 mins
	2nd speed	5 - 6 mins
	Dough temp	76°F - 78°F

Fermentation	Length of time	1 hour
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Shaping	Divide	400 g
	Preshape	Light boule
	Resting time	30 mins
	Shape	Triangle

Proof & bake	Final proof time	1 hour
	Final proof temp	78°F
	Oven type	Deck
	Steam	Yes
	Total bake	30 mins
	Temperature	440°F
	Damper open	Last 5 mins

FIG & OATMEAL BREAD

Ingredients	TOTAL FORMULA		POOLISH		SPONGE		FINAL DOUGH	
	%	kilograms	%	kilograms	%	kilograms	%	kilograms
Bread Flour*	100.00	18.113	100.00	4.993	100.00	3.120	100.00	10.000
Water	81.36	14.737	100.00	4.993	120.00	3.744	60.00	6.000
Salt	2.32	0.419	0.20	0.010	0.30	0.009	4.00	0.400
Instant Yeast	0.61	0.111	0.10	0.005	0.20	0.006	1.00	0.100
Quick Rolled Oats	17.23	3.120			100.00	3.120		
Dried, Chopped Figs	49.69	9.000					90.00	9.000
Poolish							100.00	10.000
Oat Sponge							100.00	10.000
Totals	251.21	45.500	200.30	10.000	320.50	10.000	455.00	45.500

*Bread Flour is hard winter wheat (11.5% - 12.5% protein)