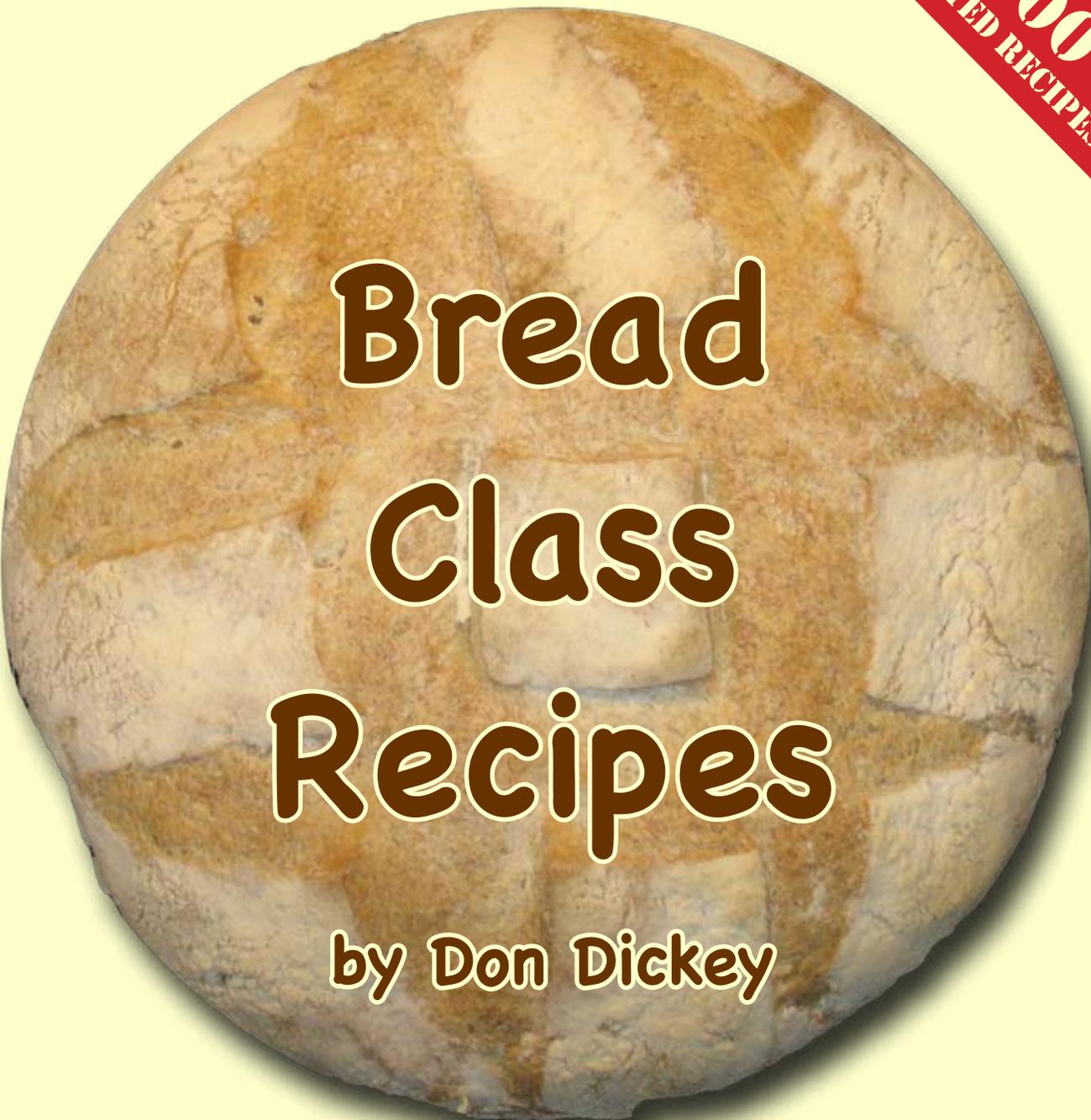


OVER  
**100**  
TESTED RECIPES



# Bread Class Recipes

by Don Dickey

Preview Sampler

*Textbook for Breadmaking  
Beginner to Advanced*

# ABOUT THIS BOOK

There are many bread books on the market. So, what's different about this one?

## Time is of the Essence

The recipes in this book are highly optimized for speed. With good organizational skills and ingredients and equipment set out by the instructor in advance, students should be able to complete most recipes within two and a half hours from start to finish.

## Classroom-Tested

These recipes, particularly ones in the beginner section, can be made by inexperienced bakers including students with no previous experience with yeast-risen products.

## Designed for Teaching

These recipes use common language and techniques throughout so students enjoy consistency as they progress through the book. Furthermore, recipes are typically double-size so students working in pairs each produce a loaf of bread or batch of rolls to take home. Students working in 2-person teams improves classroom efficiency since one can be mixing while the other is gathering ingredients. It is also more economical as equipment like bowls and stand mixers are shared.

## Modern Ingredients & Techniques

Many bread recipes found elsewhere, including those on the internet, still use active dry yeast and include the required rehydration and proofing steps. Some even call for live cake yeast which is now almost impossible to find in markets due to its limited shelf life. This can be confusing and cause delays in the classroom as students try to convert recipes for different yeast types. This book uses only modern instant yeast, and all recipes are specially designed to take advantage of its unique properties including quick dissolving, rapid rising, and extreme reliability.

## Scale Ready

Advanced students weigh ingredients instead of measuring by volume with cups and spoons. This offers several advantages: it eliminates errors from packing ingredients too tightly, it is easy to tare the scale to zero after each ingredient is added, and you end up with fewer utensils to wash when you are done. This book includes both volumes in common U.S. units and weights in grams.

## Challenges for Advanced Students

Once the beginner and easy sweet dough recipes have been mastered, there are new challenges provided by whole grain baking, rustic Italian breads with high levels of hydration, and even sourdough, from capturing live yeast on local produce through to naturally risen breads.

## Curriculum Driven

The author has successfully used the recipes contained in this text to teach a wide range of baking classes, including:

- *Introduction to Yeast Baking*
- *Fun with Sweet Dough*
- *Working with Whole Wheat*
- *Finger Breads (bagels, rolls, etc)*
- *Getting Started with Sourdough*
- *Bread Favorites (chosen by students)*
- *Advanced Breadmaking Topics*
- *Quick and Easy Breads*
- *A Few Famous Breads*
- *Baking by Weight*
- *Holiday Breads*
- *International Breads*
- *Rustic Italian Breads*
- *Whole Grain Breads*
- *Worldly Flatbreads*
- *Breads and Soups*
- *Breads of Brooklyn*
- *Breads of France*
- *Breads of Italy*
- *Breads of the UK*

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# BREAD STICKS

1½ C	354 g	Warm Water (120°~130°F)
2 TBS	25 g	Sugar
4¾ C	570 g	All-Purpose Flour (approx)
1 TBS	9 g	Instant Yeast
1 TBS	9 g	Salt (DC kosher)
4 TBS	57 g	Butter, softened (½ stick)
2 TBS	21 g	Semolina for dusting pans
½ tsp	3 g	Garlic Salt (optional)



- Measure warm water into a large mixing bowl.
- Mix in sugar and 2 C of flour; stir briskly until smooth.
- With batter temperature under 110°F, mix in yeast.
- Optionally, let batter rest 15~30 minutes (autolyse) while sponge develops.
- Mix in salt and butter; mix in 2 C of flour, one at a time.
- Mix in additional flour, ¼ C at a time, until dough starts to release from bowl.
- Dust dough and counter lightly with flour and turn dough out.
- Knead until dough is smooth and elastic, adding flour only as necessary.
- Shape dough into a tight ball.
- Rise, covered, in a lightly oiled bowl until doubled in bulk.
- Fold dough on itself a few times and knead briefly.
- Preheat oven to 400°F while you continue with the recipe.
- Prepare sheet pan with parchment (optional); sprinkle pan with semolina.
- Using bench scraper, divide dough into 16 equal pieces.
- Roll each piece into a ½-inch diameter rope and place on prepared pan.
- Space ropes about ½-inch apart so they won't rise into each other.
- Spray ropes lightly with oil (PAM).
- Rise, covered, until almost but not quite doubled.
- Bake 15~18 minutes until golden and just done; do not over-bake.
- Optionally, brush with melted butter and sprinkle with garlic salt.
- Enjoy warm or cool on a wire rack before storing.

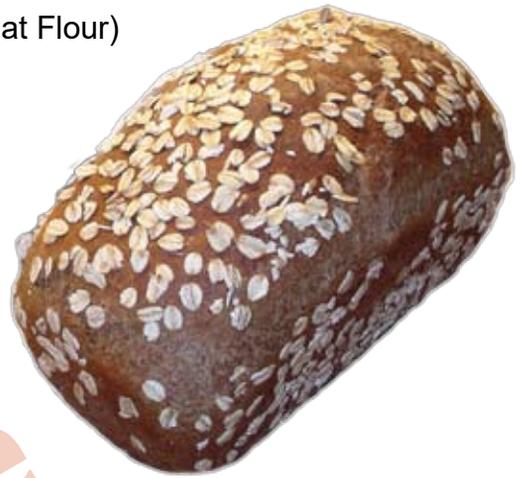
## Recipe Tips

- Add roasted garlic to the dough for added flavor without the bite of regular garlic. Try roasted garlic slices pulverized with mortar and pestle or purchase granulated roasted garlic from your favorite purveyor.



# QUICK & EASY OATMEAL BREAD

1½ C	120 g	Rollled Oats (or 1 C + 1 TBS Oat Flour)
1¾ C	413 g	Warm Water (130°F)
⅓ C	23 g	Instant Dry Milk (optional)
⅓ C	107 g	Molasses (or honey)
4 TBS	26 g	Milled Flax Seed (optional)
4 tsp	13 g	Instant Yeast
⅓ C	75 g	Oil (or melted butter)
4 tsp	13 g	Salt (DC kosher)
5 C	600 g	Bread Flour (approx)
½ C	39 g	Rollled Oats for outside



- Use food processor to mill oats into flour.
- Combine water, milk, and molasses in a large mixing bowl.
- Mix in oat flour, flax seed, and 1½ C of bread flour; beat well.
- With batter temperature under 110°F, mix in yeast.
- Optionally, let batter rest 15~30 minutes (autolyse) while sponge develops.
- Mix in oil, salt, and 3 C of bread flour, one at a time.
- Mix in additional flour, ¼ C at a time, until dough starts to release from bowl.
- Dust dough and counter lightly with flour and turn dough out.
- Knead until dough is smooth and elastic, adding flour only as necessary.
- Rise, covered, in a lightly oiled bowl until doubled in bulk.
- Fold dough on itself a few times; knead briefly; divide in half.
- Shape into loaves; tightly rolled and sealed logs work well.
- Roll each loaf in oats to coat evenly.
- Place loaves in non-stick or lightly oiled loaf pans.
- Rise, covered, until almost but not quite doubled.
- Preheat oven to 375°F while dough rises.
- Bake 35~40 minutes until done.
- Remove from pans; cool on a wire rack before cutting or storing.



## Recipe Tip

- Since oats do not contain the proteins that produce gluten, this recipe contains bread flour to help with gluten development.

# BABKA

Updated Authentic Polish Recipe

1¾ C	427 g	Milk, scalded
1 C	160 g	Raisins (golden preferred)
½ C	113 g	Butter/Margarine (1 stick)
⅔ C	133 g	Sugar
1 TBS	14 g	Vanilla Extract
5 large	95 g	Egg Yolks, beaten
4 tsp	13 g	Instant Yeast
½ C	72 g	Candied Peel (optional)
4 tsp	13 g	Salt (DC kosher)
6¾ C	810 g	All-Purpose Flour (approx)

• • • • •  
• Recipe Tip •  
• Egg whites can make bread dry •  
• so this recipe leaves them out. •  
• • • • •



- Warm eggs in hot tap water while you continue.
- Scald milk in saucepan or microwave to 180°F.
- Add raisins to hot milk to plump.
- Add butter/margarine to hot milk to melt.
- Dissolve sugar in milk mixture; then add vanilla.
- In a large bowl, beat egg yolks.
- Add milk mixture to beaten egg yolks.
- Mix in 3 C of flour; beat well by hand or with mixer.
- With batter temperature under 110°F, mix in yeast.
- Optionally, let batter rest 15~30 minutes (autolyse) while sponge develops.
- Mix in candied peel if desired.
- Mix in salt and then 3 additional C of flour, one cup at a time.
- Mix in more flour, ¼ C at a time, until dough starts to release from bowl.
- Dust dough and counter lightly with flour and turn dough out.
- Knead until dough is smooth and elastic, adding flour only as necessary.
- Rise, covered, in a lightly oiled bowl until doubled in bulk.
- Lightly grease the sides of 2 round casseroles.
- Line the bottom of the casseroles with parchment cut to fit.
- Fold dough on itself a few times; knead briefly; divide in half.
- Shape dough into rounds; place into prepared casseroles.
- Allow dough to rise, covered, until almost but not quite doubled.
- Preheat oven to 250°F while dough rises.
- Option: for a shiny crust brush tops with an egg wash before baking.
- Bake at 250°F for 10 minutes.
- Raise temp to 350°F and bake 35~45 additional minutes until golden.
- Tent tops with foil if they appear to be browning too rapidly.
- Remove from casseroles; cool on a wire rack before cutting or storing.

# FOCACCIA

2 C	472 g	Warm Water (120°~130°F)
5¼ C	630 g	Bread Flour (approx)
1 TBS	10 g	Instant Yeast
1 TBS	10 g	Salt (DC kosher)
2 TBS	28 g	Extra Virgin Olive Oil for dough
1 TBS	11 g	Semolina for dusting parchment or pans
1 TBS	14 g	Extra Virgin Olive Oil for topping (approx)
2 TBS	4 g	Fresh Rosemary, chopped (optional, for topping)
1 tsp	3 g	Coarse Sea Salt (optional, for topping)

- Measure warm water into a large mixing bowl.
- Mix in 3 C of flour; stir briskly until smooth.
- With batter temperature under 110°F, mix in yeast.
- Optionally, let batter rest 15~30 minutes (autolyse) while sponge develops.
- Mix in salt, 2 TBS oil, and then 2 C of flour, one at a time.
- Dust dough and counter lightly with ¼ C flour and turn dough out.
- Stretch and fold to knead; dough should be sticky inside; do not over flour.
- Rise, covered, until doubled in bulk, 30~40 minutes.
- Preheat oven (and baking stone if available) to 450°F while dough rises.
- Prepare parchment or two sheet pans with a generous sprinkle of semolina.
- Divide dough in half (for two loaves).
- Stretch / roll / press dough out to ¾-inch thick.
- Transfer dough to prepared parchment or pans.
- Brush (or spray) top of dough with olive oil.
- Insert finger tips straight down into dough; make random indentations all over.
- Sprinkle with toppings: rosemary and/or coarse sea salt.
- Additional rise is not necessary; bake to golden brown color, 15~20 minutes.
- Enjoy warm or cool on a wire rack before storing.



## Recipe Tips

- For a nice savory option, top with grated asiago cheese and sprinkle with chopped chives.
- For breakfast focaccia, substitute butter for oil (in dough and on top) and dust with cinnamon sugar. Use light brown sugar for even more flavor.

# ABOUT THE AUTHOR

"Give people bread and they feel like beggars.  
Teach them to make their own and you give them their dignity."  
- anonymous

Don Dickey studied bread making with award-winning baker Michael Jubinsky of Stone Turtle Baking and Cooking School. He has also studied Chinese, French, Italian, Japanese, and Mexican cuisines as well as taken advanced courses in puff pastry and international wines.

Don has been teaching culinary arts in the Greater Hartford area for 35 years. His students currently number over 3,000 and the roster grows every semester.

Don also runs Party to Cook, a company he founded to combine culinary instruction and fun in party format for both adults and children. Career highlights include baking bread for the great Julia Child and her husband and making bread tips shows for WHC-TV.

For more information please visit: [www.AtTheStove.com](http://www.AtTheStove.com)



## What Students Are Saying

*"I took a bread making class with you in 1987 in West Hartford. It was an evening adult ed class and I still use the wonderful and amazing recipes that you gave us!! My family and friends have been raving for years about these breads, and I just wanted to thank you for the wonderful class."* - Jane, Westwood, MA

*"The yeast baking class was very informative and most enjoyable. The mystery of yeast dough baking was presented in an easy to understand format. All the intimidation of working with yeast dough is gone. You are a top-notch instructor and your love of the subject is evident."* - Barbara, Cromwell, CT

*"Don, your enthusiasm for food and cooking is infectious. I couldn't wait to get home and try the recipe for the Portuguese rolls on my own. I made a batch last night and they are a big hit. I can't wait to venture out with some more recipes."* - Louise, Berlin, CT



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