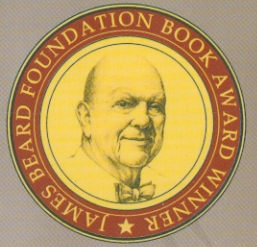


FLOUR WATER SALT YEAST

The Fundamentals of
Artisan Bread and Pizza



มหาวิทยาลัยเทคโนโลยีราชมงคลพระนคร

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KEN FORKISH

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INTRODUCTION

It's been five hundred years since I opened Ken's Artisan Bakery in Portland, Oregon. That's in bakery years, of course. My bakery actually opened in 2001. I had recently left a nearly twenty-year corporate career for the freedom of running my own venture and doing something I loved. In the time leading up to this risky transition, before I knew what that venture would be, I yearned for a craft and wanted to make a living doing something I could truly call my own. But I was itchy and I didn't know where to scratch! For many years, I waited for that lightbulb moment of awareness that would signal an open path worth taking. Then, in the mid-1990s, my best friend gave me a magazine featuring the famed Parisian baker Lionel Poilâne. That article gave me the inspiration I was looking for. Not long after that, I began making frequent trips to Paris, and I was deeply inspired by the authentic, tradition-bound *boulangeries* I visited there. After a few years and a series of evolving ideas, I ended up with a perhaps naive plan to open a French bakery somewhere in the United States. My hope was to re-create the style and quality of the best breads, brioches, croissants, *cannelés*, and other specialties found at *boulangeries* and patisseries all over France.

My ensuing career transition was more Mr. Toad's Wild Ride than simple job change. You could say I answered the call of that ancient Chinese curse: "May you live in *interesting* times." But I came out on the other side with a firm love of the baker's craft, acknowledging it as much more hard work than romance. The daily rhythms of life as a professional baker,

once nearly overwhelming, now provide comfort. The aromas, the tactile nature of the work, and the way the finished products look takes me to a faraway place that is still present, and to have that be the way I spend my days continues to thrill me.

ABOUT THIS BOOK

I was fortunate to train with many excellent bakers in the United States plus two in France during the two-year between-careers period before I opened my own bakeshop in Portland. What struck me during my professional baking training was that the most important lessons I was learning—how to use long fermentation, pre-ferments, autolyse, and temperature management, for example—were not discussed in any of the bread books I had read. I later encountered books that did detail these things (like those by Raymond Calvel and Michel Suas), but they were targeted to the professional. I was sure that the techniques I had learned could apply to the home baker too.

In the years that followed the opening of Ken's Artisan Bakery, several notable baking books were published. But I still saw an opportunity to address the techniques used in a good artisan bakery and how they could be adopted for the home kitchen. I wanted to write a book

that didn't totally dumb down these techniques, since the concepts really aren't that difficult for the nonprofessional baker to apply. And I wanted to break from the mold prevalent in almost every bread book out there (at least until very recently): that every recipe had to use a rise time of just one to two hours. Further, I was completely motivated to demonstrate how good bread can be when it's made from just the four principle ingredients: flour, water, salt, and yeast.

I also saw the opportunity to address how to make great bread at home with each of the three principle techniques of dough fermentation: straight doughs, doughs made with pre-ferments, and levain doughs, including an easy, unintimidating method for making a levain culture from scratch in just five days using only whole grain flour and water.

In order to accurately use this book's recipes and follow its logic, I ask you to use an inexpensive digital kitchen scale to execute the recipes and to help you understand baking. One of the fundamentals of artisan baking

is using weight measurements instead of cups and tablespoons and being guided by the ratios of ingredients. (Don't worry, I do all the simple math for you.) While the ingredients tables in each recipe do include volume conversions, these measurements are by their nature imprecise (for reasons explained in chapter 2) and they are included only to allow you to bake from this book while you are contemplating which digital kitchen scale to buy.

My purpose in writing this book is twofold: First, I want to entice novices to bake, so it is written for a broad audience. Total beginners can dive right in with one of the entry-level recipes, the Saturday Breads (pages 81 and 85), for example, right after reading chapter 4, Basic Bread Method. Once you feel comfortable with the timing and techniques involved in



those breads, try recipes that involve an extra step, like mixing a poolish the night before. Once you have mastered the poolish and biga recipes, try making a levain from scratch and enjoy the particular pleasures of bread or pizza dough made with this culture. By the time you work your way through this book, you will be baking bread in your home kitchen that has a quality level approaching that of the best bakeries anywhere, along with Neapolitan-style pizza that would make your *nonna* smile.

Second, this book is also written for more experienced bakers who are looking for another approach to making dough—one that treats time and temperature as ingredients—and who are perhaps looking for an accessible (or just different) method for making great-tasting levain breads. Mixing dough by hand, a process used in all this book's recipes, may also be new. To me, one of the most unique and important aspects of bread baking is its tactile nature. In asking you to mix the dough by hand, I am also asking you to think of your hand as an implement. Mixing by hand is easier than using a mixer, is fully effective, and teaches you the feel of the dough. People have been mixing dough by hand for thousands of years. If our ancestors did it, we can. And if you haven't done it before, I hope you get great satisfaction from the process and feel a connection to the past and the history of baking, like I do.

FUNDAMENTALS AND METHODS

When you read the recipes in this book, you'll see that they tend to be quite similar in many regards. All of the breads and pizza doughs call for 1,000 grams of flour and often have only slightly differing quantities of water and salt. Although they do vary in types of flour used, in some cases the main differences are in type of leavening and the timeline for development of the dough. Altering these variables can produce a wide variety of breads from very similar formulas. The format of the ingredients lists is designed to help you see these relationships. Basically, they are baker's percentage tables. As you'll notice, the ingredients aren't always listed in the order in which they're used; rather, flour, water, salt, and yeast are always listed in that order, descending by weight. This allows you to compare recipes at a glance.

Each recipe in this book uses the same techniques for mixing, folding the dough, shaping loaves, and baking, so it should be pretty easy to move from one fermentation method in this book to another. As I committed to designing every bread recipe to make round loaves baked in a Dutch oven, I realized that once readers become familiar with my techniques, all of the recipes in this book become accessible, without the need to learn new techniques for each recipe.

Whether you're a first-time baker or someone who already has two dozen bread books on your shelf, this book explains how to use the same methods we use at Ken's Artisan Bakery to make great bread at home. If you're a beginner and feel intimidated by some of the tools or techniques used in my bread recipes, don't be! With a little bit of planning (and maybe a few new pieces equipment, which I promise you'll use again and again), you are well on your way to professional-quality bread.

Your Choice of Baking Schedules

The best breads are those with methods that allow plenty of time for flavor to develop. Time does most of the work for you. Good flavors build while you sleep. Schedule management, a critical aspect of a professional baker's life, applies in the home kitchen too. But offering just a single schedule for making dough (for example, mixing the dough in the evening, letting it develop overnight, shaping it in the morning, and baking a couple hours later) may not work for you. So in this book, I provide recipes that operate on a variety of schedules, each using a long fermentation time, so you can work with the schedule that accommodates your other obligations. You can mix the dough in the morning and bake in time for dinner, mix the dough in the evening and bake in time for the next day's lunch, or mix the dough in the afternoon and bake loaves first thing the next morning. Making these recipes does require a little planning, but each step of any given recipe takes just a modest amount of time. Because of the extended schedules, many of the recipes may only work for you on your weekend, but even if a recipe takes twenty-four hours to prepare, it won't require constant attention.

Dutch Oven Baking

In the past, I struggled to bake bread in my home oven that had the texture, crust color, and oven spring (the initial boost the dough gets in its first ten minutes in the hot oven, caused by the last furious burst of yeast activity) we get at my bakery using the 15,000-pound Italian deck oven, with steam at the push of a button. I owe a particular debt to two recent books that introduced the use of Dutch ovens that fit inside a standard home oven for baking crusty, colorful loaves: Jim Lahey's *My Bread* and Chad Robertson's *Tartine Bread*. Each book recognizes that the previous techniques for home-baked hearth bread, most often baked on a pizza stone with myriad methods for producing steam, were insufficient for recreating the oven steam we enjoy as professional bakers.

The first time I baked in my two Dutch ovens, an Emile Henry enameled model and a Lodge cast-iron model, I immediately decided to approach all the baking for this book in the same way (save for pizza and focaccia, which *are* best on a baking stone—although an iron skillet or sheet pan will also work). Simply placing a loaf in a preheated Dutch oven and baking with the lid on allows the moisture from the dough to steam the loaf as it bakes. The results are decidedly superior to those attained using a baking stone, yielding great oven spring and a dark and beautiful crust with the right texture—thin and crisp. I encourage you to bake until the crust develops dark crimson and ochre colors. Pull a loaf out of the oven too soon and you may be losing out on the best flavors the crust has to give.

Recipe Yields

Each of the bread recipes in this book makes two loaves. As I was testing the recipes in my home kitchen, I often found myself baking one loaf of bread and using the remaining dough to make focaccia or pizza. Some people believe this is how focaccia originated, with bakeries in Liguria using “extra” dough to make flat bread topped with whatever was in season (or with olive oil and salt, or simply left plain). Some bread doughs are more suited to pizza or focaccia than others, so each recipe in this book advises you whether you can make pizza or focaccia with any extra dough, allowing you to get two great things to eat from one dough mix.

Unique Recipes for Pizza and Focaccia

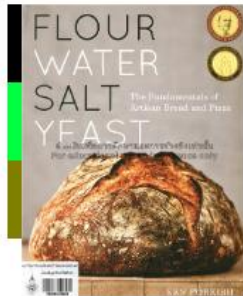
Pizza is a kind of bread too, and pizzas are a natural extension of the product line for many bakers. Bakeries throughout Italy, for example, display pizza or focaccia with their bread, often on a counter, sliced to order. The same principles of dough management that apply to artisan bread baking apply equally to pizza—long, slow dough development for the best flavor, color, and texture.

I love pizza! At my restaurant, Ken’s Artisan Pizza, we make our pizza dough with the same care as our bread dough, and in this book I have four pizza dough recipes, again with varying schedules, using both store-bought yeast and a levain culture. The techniques I use for making pizza dough are the same as those for bread dough. Start at either end of the book; once you’ve learned how to make pizza or bread dough, it will be a straightforward transition to learn the other.



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