

CAHM 166: Breadmaking

Class Description: Breadmaking will introduce basic knowledge and techniques in the production of yeast breads. Several advanced techniques will also be included such as laminated doughs and sourdough. Lecture/demonstration will be interspersed with hands-on labwork. In this 4 day workshop we will prepare a variety of savory and sweet breads.

CLASS SYLLABUS:

- Day 1** Introduction to Class, STRAIGHT DOUGHS
a.m. **French Bread**
6/22/08 Large batch/using a machine
Autolyse method
Windowpane test
Different yeast starters: old dough, biga, poolish, sponge
Sweet dough
Sponge method
- p.m. **Finish Sweet dough**
Cinnamon buns, pecan sticky buns
Bake French Bread
Kalamata Olive Bread
Straight dough, no knead/stir method
Sourdough starter:

Discuss and hand-out sourdough information
Bring Focaccia toppings for next Sunday
- Day 2** FLAT BREADS
a.m. **Naan:** Sponge Method , Zatar spice blend for dipping
6/29/08 **Focaccia:** Straight Dough
Green Onion Pancakes: unleavened, deep fried
Soft Wrap Bread: cooked on dry griddle
- p.m. LAMINATED DOUGHS:
Start Croissants

Check in on Sourdough project
Discuss Yeast Bread project #1
- Day 3** WHOLE GRAIN BREADS
a.m. Soakers, pre-ferments, mashes
7/6/08 **Whole Wheat Sandwich loaf bread**
Whole grain seed bread

Day 3

p.m

LAMINATED DOUGHS:

Start Danish

straight dough method
laminated dough technique

Finish Croissants

classic shape
pain au chocolat
cinnamon walnut

Yeast project #1 due

Sourdough starter and diary due

Review study sheet

Discuss Yeast project #2

Day 4

a.m.

7/13/08

p.m.

SOURDOUGHS

Sourdough cheese bread, sourdough walnut

Finish Danish

Coffee Cake
Pinwheel
Bear Claws/franchipan filling
Twistees
Glazing

Yeast project #2 due

Test

LAB FEE: there is a \$20 non-refundable materials fee due on the 1st day of class. This covers the ingredients and products you will be making in class. All products you make are for you to eat and take home.

ATTIRE: On days 2, 3 and 4 you should wear light weight pants, close-toed shoes, some kind of hair restraint (baseball hat, chef's hat, scarf or hair net), and an apron. Shorts, skirts, sandals or open shoes of any kind are not allowed and **you will not be able to participate in lab** until you come properly dressed.

EQUIPMENT: if you have any of the following items these will be helpful in lab: bench scraper, rolling pin, chef's knife, serrated bread knife, pizza wheel cutter, small kitchen scale, and a quick read thermometer. I suggest you mark or label your equipment for easy identification. Cabrillo is not responsible for lost or missing items. Please bring a container of some kind to take your bread products home in. Cardboard boxes and paper bags work really well.

BREAKS AND EATING: Each day we will have a lunch break from 1/2 hour – 1 hour. If you are not going off-campus I suggest you bring a lunch. Also, because the class has long days, bring snacks and drinks to keep up your energy.

CELL PHONES: as a courtesy, please turn off the ringers of your cell phones during lecture. If you need to talk on your phone PLEASE TAKE IT OUTSIDE THE BUILDING -- this includes during the lab as well.

GRADING – this is primarily an attendance and participation driven class. Projects will be evaluated but the scores will not affect the outcome of the grade other than the project was completed and turned in **on time**.

A grade = sourdough project **AND TWO** yeast projects, test, on time to all days (a.m. and p.m.) and stayed for full class time

B grade = sourdough project and **ONE** yeast project, test, projects turned in on-time, on time to all days (a.m. and p.m.) and stayed for full class time **OR** did **ALL 3** projects and test but had problems being on time (a few minutes late) to a.m. and p.m. sessions.

C grade or Credit = sourdough project **OR** a yeast project, **AND** take the test, on time to all days (a.m. and p.m.) and stayed for full class time, **or more** project(s) turned in **but late**, **OR** missed some class time – no more than 1/2 of one day.

Incomplete did A, or B, or C grades but missed 1 day

D, F, or No credit grade = missed two of four days, or missed 1 day but did no projects or tests, or was late to all sessions and turned in no projects or tests

It is assumed that you worked well in a class setting, and had satisfactory teamwork in your small group. If this is not the case, your grade might be affected.