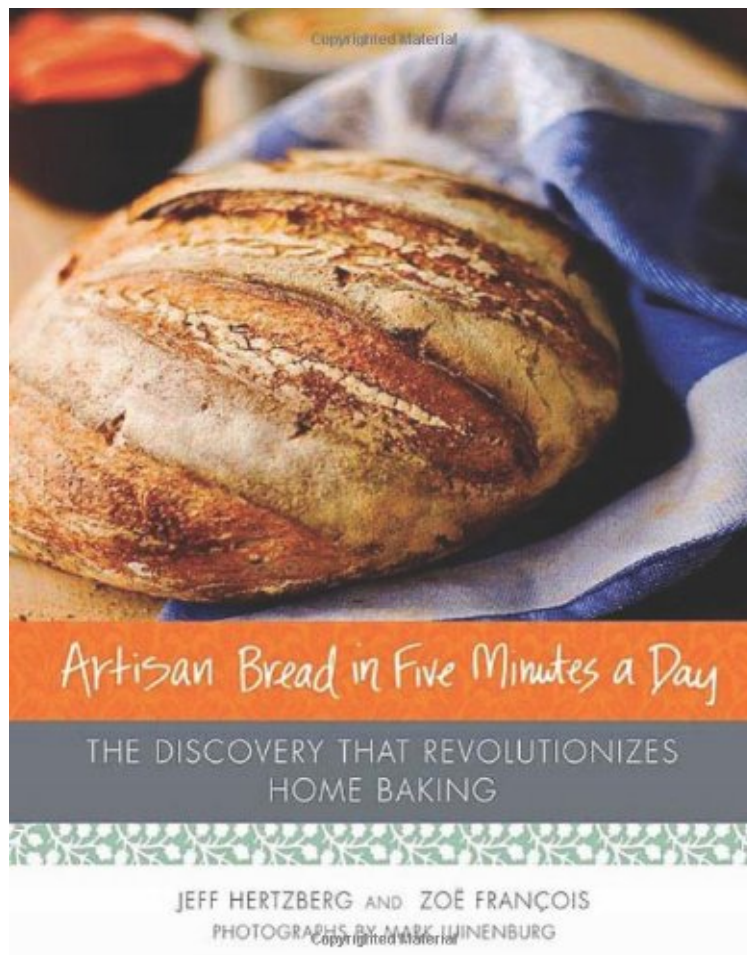


(Free and download) Artisan Bread in Five Minutes a Day: The Discovery That Revolutionizes Home Baking

Artisan Bread in Five Minutes a Day: The Discovery That Revolutionizes Home Baking

Jeff Hertzberg, Zoe Francois
ePub | *DOC | audiobook | ebooks | Download PDF



 Download

 Read Online

#41936 in Books 2007-11-13 2007-11-13 Original language: English PDF # 1 9.32 x .99 x 7.781, 1.54 #File Name: 0312362919242 pages | File size: 62.Mb

Jeff Hertzberg, Zoe Francois : Artisan Bread in Five Minutes a Day: The Discovery That Revolutionizes Home Baking before purchasing it in order to gauge whether or not it would be worth my time, and all praised Artisan Bread in Five Minutes a Day: The Discovery That Revolutionizes Home Baking:

0 of 0 people found the following review helpful. Interesting book. Promises a lot with a title. Falls short. By LoshmislavPros:1) Interesting principle, make dough, store in the fridge, use when needed.2) bread you get is alright. Not great, alright. But without most of the work needed for the great bread.Cons:1) it is definitively NOT 5 minutes. It is usually 40 minutes to 1 hour in meddling in the kitchen. (waiting, warming up the oven, handling the dough, etc etc). The title is very very misleading2) They are brushing off handling of super wet dough (75% hydration) like it is

nothing. They say, handle it 30-60 seconds tops. That is ridiculous. Especially for a beginner.)³ They are proposing no kneading, but something called gluten cloaking. Gluten cloaking something so wet is not easy. I would even argue that traditional kneading is much much simpler. Still barely any explanation is given. Just a few black and white pictures. You can see their videos online, but the dough they use is never this wet. (I believe that they changed the recipe slightly in different books, and most videos are from years later.)⁴ The book doesn't have measures in weight, which would remove all this controversy of what is too wet vs not wet enough. (5) The book requires an investment, oven thermometer, pizza peel, baking stone, broiler tray that is the minimum. That is anywhere between 60-100 bucks. I believe that the newer books they have rectified some of these problems, and I would advise people to try those. This one should be skipped!³ of 3 people found the following review helpful. Fantastic breads and soo easy. By Majbritt LCI was a little skeptic about their promise of 5 minutes a day, but it works a charm. Now the only discussion here in the house is if we need fresh bread from the bread machine (preferred by the children because slightly softer in the crust) or if we want from this book (preferred from the adults) - often it is both.... I bought both a bread machine (LOVE IT) and this one at the same time. Started using the master recipe, big success, then after a couple of weeks moved on to the whole grain and rye, and honestly - my normally "white-bread-only" French husband is eating both whole grain and rye..... what else can I say - LOVE IT. Never had any of the breads turn out bad, I don't use a baking stone and pizza pell, I place a baking tray in the oven and let it warm up and then let the bread raise on a piece of baking paper and transfers it on the paper - works as a charm!!! no need for extra costs. Only thing though - the bread raises a lot, so be sure that your containers are big enough so the dough doesn't spill all over. I find that after 4-5 days, the bread do become a little denser, but we like it like that as well, so not a problem. But if you like the fluffy bread, then use the dough in less than 5 days. But again, LOVE THE BOOK AND THE PRINCIPLE.⁶ of 6 people found the following review helpful. Five Minutes Overstates it. By J. Swanson I live alone and hadn't baked bread since my children were young. I also seldom buy the good stuff from a bakery because it goes stale so quickly when only one person is around to eat it. This book has turned me back into both a baker and an eater. First, saying it takes five minutes is an exaggeration. Preparing the dough for four loaves may take ten minutes - with the master recipe now memorized I probably have it down to seven. Baking a loaf requires four minutes of active participation - I've clocked it. It takes about 90 seconds to flour the peel and shape the loaf and another 30 seconds after the bread rests to stick the baking stone in the oven and turn it on. The most time consuming part of the whole operation, once the oven is preheated, is shaking the loaf free of the peel and onto the baking stone. I often start the process in the morning while my coffee is brewing and have a hot loaf by the time I am ready for breakfast. The less basic breads (I love sumac so the Za'atar Flatbread is my choice) make great hostess gifts or something to take over to a nice neighbor 'just because.' I have made three of the basic breads in the book so have a lot more to try, but there is always a batch of the master recipe waiting in the fridge.

For 30+ brand-new recipes and expanded 'Tips and Techniques', check out *The New Artisan Bread in Five Minutes a Day*, on sale now. This is the classic that started it all. *Artisan Bread in Five Minutes a Day* has now sold hundreds of thousands of copies. With more than half a million copies of their books in print, Jeff Hertzberg and Zoe L. Francois have proven that people want to bake their own bread, so long as they can do it easily and quickly. Crusty baguettes, mouth-watering pizzas, hearty sandwich loaves, and even buttery pastries can easily become part of your own personal menu, *Artisan Bread in Five Minutes a Day* will teach you everything you need to know, opening the eyes of any potential baker.

From Publishers Weekly While the phrase artisan bread typically evokes images of labor-intensive sessions and top-notch ingredients, for authors Hertzberg and Francois it means five minutes. An intriguing concept: high-quality, fresh bread in less time than it takes to boil water. The authors' promises of no kneading, no starter, no proofing yeast and no need for a bread machine is based on the concept of mixed and risen high-moisture dough stored in the fridge for up to two weeks (dough is cut into pieces and popped in the oven for fresh loaves as desired). Note: for those tracking minutes, the five-minutes doesn't include the 20-minute resting time for dough or 30 minutes for baking. After concise, introductory chapters on ingredients, equipment, and tips and techniques, readers are presented with the master recipe, a free-form loaf of French boule that is the model for all breads in the book. Three main chapters: Peasant Loaves, Flatbreads and Pizzas and Enriched Breads and Pastries; are filled with tempting selections and focus on ethnic breads and pastries including Couronne from France; Limpa from Scandinavia; Ksara from Morocco; Broa from Portugal; and Chocolate-Raisin Babka from the Ukraine, but the basics (Oatmeal Bread, Bagels, White Bread) are all here, too. A smattering of companion recipes such as Tuscan White Bean Dip and Portuguese Fish Stew are peppered throughout. While experienced bakers and true gourmards will skip this one, those looking for an innovative approach to making bread just might find it in these recipes. (Nov.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. About the Author Jeff Hertzberg is a physician with 20 years of experience in health care as a practitioner, consultant, faculty member at the University of Minnesota Medical School. He is also an ardent amateur baker. Hertzberg developed a love of great bread while

growing up in New York City's ethnic patchwork of the 1960s and 70s, and he refined this love with extensive travel throughout France, Italy, Germany, Spain, Britain, and Morocco. He lives in Minneapolis, Minnesota, with his wife and two daughters. Zoeuml; Franccedil;ois is a pastry chef and baker trained at the Culinary Institute of America. With Jeff Hertzberg, M.D., she is the author of *Healthy Bread in Five Minutes a Day*. Passionate about food that is real, healthy and always delicious, Franccedil;ois teaches baking and pastry courses nationally, is a consultant to the food industry, and creates artful desserts and custom wedding cakes. She also writes the recipe blog *Zoeuml; Bakes*. She lives in Minneapolis, Minnesota, with her husband and two sons.

Excerpt. copy; Reprinted by permission. All rights reserved.

INTRODUCTION

The Secret to Making Artisan Bread in Five Minutes a Day: Refrigerating Pre-Mixed Homemade Dough

Like most kids, my brother and I loved sweets, so dessert was our favorite time of day. Wersquo;d sit in the kitchen, devouring frosted supermarket doughnuts. ldquo;Those are too sweet, ldquo; my grandmother would say. ldquo;Me, Irsquo;d rather have a piece of good rye bread, with cheese on it. rdquo; Munch, munch, munch. Our mouths were full; we could not respond. ldquo; Itrsquo;s better than cake, ldquo; shersquo;d say. Therersquo;s a certain solidarity among kids gorging on sweets, but secretly, I knew she was right. I could finish half a loaf of very fresh, very crisp rye bread by myself, with or without butter (unlike my grandmother, I considered cheese to be a distraction from perfect rye bread). The right stuff came from a little bakery on Horace Harding Boulevard in Queens. The shop itself was nondescript, but the breads were Eastern European masterpieces. The crust of the rye bread was crisp, thin, and caramelized brown. The interior crumb was moist and dense, chewy but never gummy, and bursting with tangy yeast, rye, and wheat flavors. It made great toast, toomdash;and yes, it was better than cake. The handmade bread was available all over New York City, and it wasnrsquo;t a rarefied delicacy. Everyone knew what it was and took it for granted. It was not a stylish addition to affluent lifestyles; it was a simple comfort food brought here by modest immigrants. I left New York in the late 1980s, and assumed that the corner bread shops would always be there, waiting for me, whenever I came back to visit. But I was wrong. As people lost interest in making a second stop after the supermarket just for bread, the shops gradually faded away. By 1990, the ubiquitous corner shops turning out great eastern, central, and southern European breads with crackling crusts were no longer so ubiquitous. Great European breads, handmade by artisans, were still available, but theyrsquo;d become part of the serious (and seriously expensive) food phenomenon that had swept the country. The bread bakery was no longer on every cornermdash;now it was a destination. And nobodysquo;s grandmother would ever have paid six dollars for a loaf of bread. Irsquo;d fly back to New York and wander the streets, bereft (well, not really). ldquo; My shoprdquo; on Horace Harding Boulevard had changed hands several times by 1990, and the bread, being made only once a day, was dry and didnrsquo;t really have a lot of flavor. I even became convinced that we could get better bagels in Minneapolismdash;and from a chain store. Things were that grim. So Zoeuml; and I decided to do something about it. *Artisan Bread in Five Minutes a Day* is our attempt to help people re-create the great ethnic breads of years past, in their own homes, without investing serious time in the process. Using our straightforward, fast, and easy recipes, anyone will be able to create artisan bread and pastry at home with minimal equipment. Our first problem was: Who has time to make bread every day? After years of experimentation, it turns out that we do, and with a method as fast as ours, you can, too. We solved the time problem and produced top-quality artisan loaves without a bread machine. We worked out the master recipes during busy years of career transition and starting families (our kids now delight in the pleasures of home-baked bread). Our lightning-fast method lets us find the time to bake great bread every day. We developed this method to recapture the daily artisan bread experience without further crunching our limited timemdash;and it works! Traditional breads need a lot of attention, especially if you want to use a ldquo;starterrrdquo; for that natural, tangy taste. Starters need to be cared for, with water and flour replenished from time to time. Dough needs to be kneaded until resilient, set to rise, punched down, allowed to rise again. There are boards and pans and utensils galore to be washed, some of which canrsquo;t go into the dishwasher. Very few busy people can go through this every day, if ever. Even if your friends are all food fanatics, when was the last time you had homemade bread at a dinner party? What about bread machines? The machines solve the time problem and turn out uniformly decent loaves, but unfortunately, the crust is soft and dull-flavored, and without tangy flavor in the crumb (unless you use and maintain time-consuming sourdough starter). So we went to work. Over years, we found how to subtract the various steps that make the classic technique so time-consuming, and identified a few that couldnrsquo;t be omitted. And then, Zoeuml; worked some pastry-chef magic: She figured out that we could use stored dough for desserts as well as for bread, applying the same ideas to sweet breads, rolls, and morning breads. It all came down to one fortuitous discovery: Pre-mixed, pre-risen, high-moisture dough keeps well in the refrigerator. This is the linchpin of *Artisan Bread in Five Minutes a Day*. By pre-mixing high-moisture dough (without kneading) and then storing it, daily bread baking becomes an easy activity; the only steps you do every day are shaping and baking. Other books have considered refrigerating dough, but only for a few days. Still others have omitted the kneading step, but none has tested the capacity of wet dough to be long-lived in your refrigerator. As our high-moisture dough ages, it takes on sourdough notes, reminiscent of the great European natural starters. When dough is mixed with adequate water (this dough is wetter than most you may have worked with), it can be stored in the refrigerator for up to two weeks (enriched or heavy doughs canrsquo;t go that long but can be frozen instead). And kneading this kind of dough adds

little to the overall product; you just don't have to do it. In fact, overhandling stored dough can limit the volume and rise that you get with our method. That, in a nutshell, is how you make artisan breads with the investment of only five minutes a day of active effort. A one- or two-week supply of dough is made in advance and stored in the refrigerator. Measuring and mixing the dough takes less than 15 minutes. Kneading, as we've said, is not necessary. Every day cut off a hunk of dough from the storage container and briefly shape it without kneading. Allow it to rest briefly on the counter and then toss it in the oven. We don't count the rest time (20 minutes or more depending on the recipe) or baking time (usually about 30 minutes) in our five-minute-a-day calculation since you can be doing something else while that's happening. If you bake after dinner, the bread will stay fresh for use the next day (higher-moisture breads stay fresh longer), but the method is so convenient that you probably will find you can cut off some dough and bake a loaf every morning, before your day starts. If you want to have one thing you do every day that is simply perfect, this is it!

Wetter is better: The wetter dough, as you'll see, is fairly slack, and offers less resistance to yeast's expanding carbon dioxide bubbles. So, despite not being replenished with fresh flour and water like a proper sourdough starter, there is still adequate rise on the counter and in the oven. Using high-moisture, pre-mixed, pre-risen dough makes most of the difficult, time-consuming, and demanding steps in traditional bread baking completely superfluous:

1. You don't need to make fresh dough every day to have fresh bread every day: Stored dough makes wonderful fresh loaves. Only the shaping and baking steps are done daily, the rest has been done in advance.
2. You don't need a "sponger" or "starter": Traditional sourdough recipes require that you keep flour-water mixtures bubbling along in your refrigerator, with careful attention and replenishment. By storing the dough over two weeks, a subtle sourdough character gradually develops in our breads without needing to maintain sponges or starters in the refrigerator. With our dough-storage approach, your first loaf is not exactly the same as the last. It will become more complex in flavor as the dough ages.
3. It doesn't matter how you mix the dry and wet ingredients together: So long as the mixture is uniform, without any dry lumps of flour, it makes no difference whether you use a spoon, a high-capacity food processor, or a heavy-duty stand mixer. Choose based on your own convenience.

What We Don't Have to Do: Steps from Traditional Artisan Baking That We Omitted

1. Mix a new batch of dough every time we want to make bread
2. "Proof" yeast
3. Knead dough
4. Cover formed loaves
5. Rest and rise the loaves in a draft-free location—it doesn't matter!
6. Fuss over doubling or tripling of dough volume
7. Punch down and re-rise
8. Poke rising loaves to be sure they've "proofed" by leaving indentations

Now you know why it only takes 5 minutes a day, not including resting and baking time.

4. You don't need "proof" yeast: Traditional recipes specify that yeast be dissolved in water (often with a little sugar) and allowed to sit for five minutes to prove that bubbles can form and the yeast is alive. But modern yeast simply doesn't fail if used before its expiration date and the baker remembers to use lukewarm, not hot water. The high-water content in our doughs further ensures that the yeast will fully hydrate and activate without a proofing step. Further storage gives it plenty of time to fully ferment the dough—our approach doesn't need the head start.
5. It isn't kneaded: The dough can be mixed and stored in the same resealable plastic container. No wooden board is required. There should be only one vessel to wash, plus a spoon (or a mixer). You'll never tell the difference between breads made with kneaded and unkneaded high-moisture dough, s...