



CHEF
SUCCESS



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STEP BY STEP
PIZZA & BREAD



CHEF SUCCESS

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PIZZA & BREAD**

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PIZZA & BREAD

**MASTER THE INCREDIBLE CRAFT OF BREAD
AND PIZZA BAKING AND START SHARING YOUR BAKED
GOODS WITH FRIENDS AND FAMILY.**

Cooking is a delight not only for chefs but also for those they cook for. A true passion that only deepens the more it is practiced. The aim of the “Chef Success” collection is to share a complete cooking techniques course with anyone seeking to easily prepare any recipe they can think of, in spite of the level of complexity. Through the pages of “Chef Success”, you will discover a thorough compendium of cooking tips, with step-by-step photos showing the skills and the necessary utensils needed to achieve the most delicious results.

In ‘Pizza & Bread’ we offer a tasty collection of recipes featuring homemade pizzas, sweet and savory loaves, dinner rolls, and biscuits. You will learn how to expertly mix, knead, proof, shape and bake your dough, taking your artisan breads and pizzas to a whole new level. Get your apron on, sprinkle some flour, and start kneading your way into the fascinating world of baking. ENJOY!

The editors





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PIZZA & BREAD

EVEN THOUGH BREADS AND PIZZAS ARE DIFFERENT, THE ELABORATION PROCESS IS SIMILAR. BREAD IS SUITABLE TO ACCOMPANY ALL TYPE OF MEALS. IT IS ALSO PERFECT FOR BREAKFAST AND AS A SNACK. PIZZA ALSO MAKES A GREAT SNACK, LUNCH, OR DINNER, AND OFFERS INCREDIBLE VERSATILITY, AS IT CAN BE TOPPED WITH MANY DIFFERENT INGREDIENT COMBINATIONS. IN THE FOLLOWING PAGES YOU WILL FIND THE GUIDELINES NEEDED TO CREATE IRRESISTIBLE BREADS AND PIZZAS.



COOKING TIPS

THE SECRET TO DELICIOUS BREAD AND PIZZA LIES IN THE DOUGH. HERE YOU WILL FIND ALL THE CRUCIAL INFORMATION NEEDED TO PREPARE PERFECT DOUGH, INCLUDING THE TYPES OF FLOUR AND YEAST, THE ROLE OF FERMENTATION, AND THE BAKING PROCESS.

ESSENTIAL INGREDIENTS

The first step for preparing any type of dough is understanding the qualities and properties of the ingredients being used. Usually, basic dough recipes include flours, yeast, milk, and butter, margarines, or oils. Sugar and different extracts and special ingredients can also be added.

FLOURS

The most popular among bakers are all-purpose flour, bread flour, whole wheat, rye flour, and cornmeal. Additionally, bran and rolled oats are also commonly used in dough.

• Soft wheat and hard wheat

Depending on the protein content of the wheat grain, flour can be categorized into hard wheat or soft wheat. Hard wheat has a high protein and gluten content. It is typically used to make breads, as it can develop a dense and elastic dough. Soft wheat has a lower gluten content, and is therefore suitable for making cakes and biscuits.

YEAST

Yeast is a single-cell organism that converts sugar and starch, through fermentation, into carbon dioxide and alcohol. It's the carbon dioxide that makes baked goods rise. There are three main types of baker's yeast: active dry, instant, and fresh. Fresh yeast is moist and smooth and is mainly used by professional bakers. It must be refrigerated, as it is perishable. To prevent the bread from tasting sour, you should always use the exact amount of yeast stated in each recipe.

THE ART OF BREAD

The breadmaking process involves a series of distinct steps: the elaboration of the dough, the fermentation, kneading, shaping or cutting and baking. Every one of these steps is fundamental for obtaining a delicious bread. Time, dedication and attention are equally important.

MIXING

To begin, the dry ingredients are mixed first, and the wet ingredients, such as water or butter, are added after. Mixing assures that all ingredients are spread through evenly. Avoid using too much salt, as this will prevent the yeast from rising. Also, the water should not be above 100°F, since this will kill the yeast.

KNEADING

Kneading allows the development of a soft and light bread. Kneading stretches and connects the gluten molecules with one another, and introduces air into the dough. The bread then becomes more airy and elastic.

FERMENTATION

Once the dough has been mixed and kneaded, it is left to rest in a warm place in order for it to ferment and rise. During fermentation, the yeast begins to feed on the starches and sugar present in the dough. As a result, carbon dioxide is produced which makes the dough grow in volume, and improves the flavor and texture of the bread.

SHAPING

Depending on the recipe, dough can be shaped into loaves, rolls, pizza crusts or specialty shapes. Before shaping, the dough should be pressed down to remove air bubbles. The shaping step is important because it has a big impact on the final look of the bread. Most importantly, giving the dough a uniform shape assures that it will bake evenly. This prevents the bread from burning or under-cooking.

BAKING

To achieve a uniform temperature during baking, it is essential to preheat the oven. Thinner and smaller pieces should be baked at a higher temperature than larger ones. Some types of breads cook better with steam. In these cases a container with water can be placed on the oven floor. Avoid waiting too long to bake the bread dough, as this can cause a sour taste in the final product.



ESSENTIAL BAKING TOOLS

EVERY BAKER REQUIRES THE RIGHT TOOLS FOR SUCCESS. HERE WE HAVE GATHERED 6 MUST-HAVE BAKING TOOLS THAT WILL MAKE THE BAKING PROCESS SIMPLER AND GREATLY ENJOYABLE.

1



1. MIXING BOWL

A set of good quality mixing bowls is perfect for preparing different recipes. For larger sized recipes, a medium or large size bowl will allow for both easy mixing and rising.

2



2. ROLLING PIN

Rolling pins are ideal to evenly flatten everything from pita and biscuit dough to pizza and pie crusts. The most popular type of rolling pin is the hardwood pin fitted with a rod and handles.

3



3. PIZZA PANS

Pizza pans are typically made of aluminum or stainless steel, and measure about 18" in diameter. The bottom is often perforated to let moisture out while baking. This results in a crispier crust.

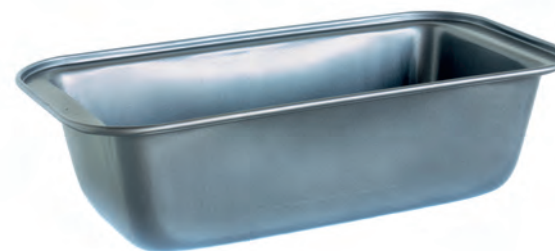
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4. BAKING SHEETS

These are used to bake products that are thick or solid enough to stand on their own, such as freestanding breads, biscuits, and dinner rolls.

5



5. LOAF PAN

This tool helps shape the bread while baking. It also encourages a crispy crust, and a tender interior. It's perfect for making sandwich breads and brioche, as well as pound cakes and even meatloaves.

6



6. DOUGH SCRAPER

Featuring a rectangular blade with an ergonomic handle, this tool is incredibly useful: it can be used to portion the dough and to scrape it off the work surface. Additionally, you can also use it to cube butter and to push ingredients off cutting boards.



ESSENTIAL COOKING TECHNIQUES

In this chapter we have included step-by-step instructions to mastering the main culinary techniques needed to create visually astonishing, perfectly textured dough. You will learn how to prepare pizza and brioche dough, and how to knead like professional bakers do.

Bread baking is one of the oldest baking skills in the world. By learning how to bake your own bread and pizza crusts, you'll be able to delight your loved ones with homemade loaves, dinner rolls, and irresistible pizzas. In order to obtain the results desired, each step of the recipe should be followed patiently and with attention to detail. From the mixing and the kneading, to the fermentation, the shaping and the baking, every step is key to achieving great results.

BASIC PIZZA DOUGH

ALL PIZZA DOUGH STARTS WITH THE SAME BASIC INGREDIENTS: FLOUR, YEAST, WATER, SALT, AND OLIVE OIL. THIS EASY HOMEMADE PIZZA DOUGH RECIPE MAKES ENOUGH FOR 4 PIZZAS. THESE CRUSTS FEATURE A SOFT AND TASTY INTERIOR AND A CRISP, GOLDEN EXTERIOR.



2. Slowly pour in olive oil and 600 ml of warm water.



3. Slowly pour in 500 ml of warm water. Using hands, draw the wet ingredients together and combine with the flour to form a ball of dough. Turn mixture onto a lightly floured surface. Knead for 8 minutes, or until smooth and elastic.



4. Divide dough into 4 equal pieces. Cover with a clean towel, and let rise in a warm place for 1 hour, or until the dough doubles in size.



5. Punch down each piece of dough. Roll each dough piece out into a 30 cm/12 in round.



6. Place rounds on lightly greased pizza pans. Gently press each round into the corners of the pan.



7. Cover with a clean towel, and let rise in a warm place for 1 hour. Repeat with remaining rounds.



1. In a large bowl, combine 1 kg of all-purpose flour and 20 g of salt. Using hands, crumble the yeast, and add it into the bowl.

WHOLE WHEAT PIZZA DOUGH

TIP ALLOW THE PAR-BAKED CRUSTS TO COOL. TOP EACH ONE WITH YOUR PREFERRED TOPPINGS, IF DESIRED. THEN FREEZE THEM WRAPPED IN ALUMINUM FOIL. TO BAKE, SET THE OVEN TO 475°F. UNWRAP PIZZAS, TRANSFER THEM TO A BAKING SHEET, AND BAKE FROM FROZEN FOR 15 MINUTES OR UNTIL GOLDEN.



2. In a large bowl, combine 1 kg of whole wheat flour, 1 tablespoon salt, and 2 tablespoons olive oil. Add yeast mixture. Using a wooden spoon, mix the wet and dry ingredients together just until the dry ingredients have been moistened.



3. Slowly pour in 500 ml warm water. Mix well. Turn mixture onto a lightly floured surface. Knead for 8 minutes, or until smooth and elastic.



4. Return dough to bowl. Cover bowl with a clean towel, and leave in a warm place for 30 minutes, or until the dough doubles in size.



5. Divide dough into 4 equal pieces. Punch down each piece of dough. Roll each dough piece out into a 30 cm/12 in round.



6. Place rounds on lightly greased pizza pans. Cover with a clean towel, and let rise in a warm place for 15 minutes. Repeat with remaining rounds.



7. Spread pizza sauce evenly over each round. Par-bake each pizza crust for 8 minutes.



1. Preheat oven to 350°F. In a medium bowl, combine 75 g of fresh yeast with 1 tablespoon honey, 1 tablespoon whole wheat flour, and 100 ml warm water. Mix with a spoon, and let rest for 5 minutes, or until yeast starts to foam.

BASIC BRIOCHE DOUGH

TIP BRIOCHE IS A TYPE OF FRENCH BREAD THAT IS ENRICHED WITH LOTS OF BUTTER AND EGG YOLKS. THIS GIVES THE BREAD A VERY SOFT, LIGHT, AND DIVINELY BUTTERY TEXTURE. IT CAN BE MADE INTO INDIVIDUAL PORTIONS, BRAIDED OR ROUND LOAVES, AND MORE.



1. Preheat oven to 425°F. In the bowl of a stand mixer fitted with the paddle attachment, combine 30 g of fresh yeast with 50 ml of warm water. Mix gently; let rest for 5 minutes, or until yeast starts to foam. Add 500 ml of all-purpose flour, 1 tablespoon salt, and 1 tablespoon sugar. Make a well in the center; add yeast mixture, and 2 eggs.



2. Beat at medium-low speed for 2 minutes, or until the flour is moistened. Slowly add 3 eggs, and continue to beat for 1 more minute, or until smooth. Replace paddle attachment with the dough hook. Add 300 g of softened butter. Knead at medium speed until dough pulls away from sides of the bowl and is smooth and elastic, 8 to 10 minutes.



3. Transfer dough to a large bowl. Cover with a clean towel, and leave in a warm place for 1 1/2 hours, or until the dough doubles in size. Punch down dough, and refrigerate for 8 hours. Divide dough into 8 equal pieces.



4. Pinch off one-quarter of each piece, for the topknot. Roll each larger piece of dough into a ball.



5. Using your index finger, make a hole in the center of each brioche. Using hands, shape each of the dough pieces reserved for the topknots into an elongated pear form.



6. Insert 1 elongated part of a topknot deeply into the hole of each brioche. Cover, and let rise for 1 hour. Brush with egg wash. Bake for 10 to 15 minutes, or until golden brown.

KNEADING

TIP KNEADING DOUGH BY HAND STRENGTHENS THE GLUTEN STRANDS THAT GIVE BREAD STRUCTURE. THIS PREVENTS BREADS FROM BECOMING FLAT AND TOUGH, AND MAKES THEM LIGHT AND SOFT INSTEAD. THESE SIMPLE INSTRUCTIONS WILL YIELD WELL-DEVELOPED GLUTEN.



1. Turn dough onto a lightly floured surface. Using the heels of your hand, gently press the dough down and then outward. Fold the dough in half toward you and press down.



2. Using the heels of your hand, press the dough forward again.



3. Flatten the dough, then fold over the sides, and seal the seam with your fingertips. Roll the rope for about 3 minutes.



4. Turn the dough about 45 degrees and knead again with the heels of your hands. Sprinkle dough with flour, as needed. Continue to knead, folding and turning the dough, until it is smooth and elastic.



RECIPES

SUN DRIED TOMATO & ARUGULA PIZZA

MEDITERRANEAN PIZZA

BRAIDED BRIOCHE

SOFT PRETZELS

BASIL WHITE PIZZA

WHOLE WHEAT DINNER ROLLS

OAT BREAD

RUSTIC LOAF

CLASSIC BAGUETTES

WHOLE WHEAT BROCCOLI PIZZA

BELL PEPPER PIZZA

CORNBREAD

OLIVE FOCACCIA

BUTTER DINNER ROLLS

HERBED BACON ROLLS

LARD ROLLS

OLIVE CIABATTA

ONION POPPY-SEED ROLLS

PITA BREAD

POLENTA TRIANGLES

WHOLE WHEAT SESAME LOAF

WHITE BREAD

SUN DRIED TOMATO & ARUGULA PIZZA

INGREDIENTS (8 servings)

8 sun-dried tomatoes • 500 ml/2 cups warm water • 2 tablespoons olive oil •
1 clove garlic, sliced • 1 red onion, sliced • 1 bunch arugula • Salt and pepper, to taste •
1 quantity Basic Pizza Dough (see Essential Cooking Techniques pg. 14) •
4 tablespoons pizza sauce • 100 g • 3 1/2 oz. mozzarella cheese, grated



1. Preheat oven to 450°F. Place sun-dried tomatoes in a small bowl and cover with warm water. Let sit for 30 minutes. Drain and pat dry with paper towels. Halve sun-dried tomatoes lengthwise. Set aside.



2. In a large skillet, heat olive oil, over medium heat, until hot. Sauté garlic and onion for 5 minutes, or until tender. Add sun-dried tomatoes.



3. Add the hydrated tomatoes, cut in half lengthwise.



4. Add arugula and cook for 1 minute.



5. Shape dough to form a 30 cm/12 in round. Place round on a lightly greased baking tray. Spread tomato sauce over pizza. Bake for 8 minutes.



6. Remove from oven and top with mozzarella, arugula and tomatoes. Cook for 5 more minutes, or until cheese is melted. Remove from oven and serve hot.



TIP THIS DELICIOUS VEGETARIAN PIZZA CAN BE TOPPED WITH BLUE CHEESE CUBES AND TOASTED, SLICED WALNUTS.



MEDITERRANEAN PIZZA

INGREDIENTS (8 servings)

1 quantity Basic Pizza Dough (see Essential Cooking Techniques pg. 14) •
3 tablespoons pizza sauce • 100/3 oz g Parmesan cheese, grated • 1 eggplant • 1 clove garlic •
1 tomato, sliced • 150 g/5 oz mozzarella cheese, grated • 30 g/1 oz Provolone cheese, grated •
50 g/2 oz black olives, pitted • 1 tablespoon fresh basil, chopped • Olive oil, taste



1. Preheat oven to 450°F. Shape dough to form a 30 cm/12 in round. Place round on a lightly greased baking tray. Spread tomato sauce over pizza.



2. Bake for 8 minutes. Remove from oven. Sprinkle with Parmesan cheese.



3. Rub a grill pan with garlic. Add olive oil and heat, over medium heat. Add eggplant and grill 3 minutes per side.



4. Arrange eggplant and tomato over pizza. Sprinkle with mozzarella and Provolone.



5. Top with black olives and basil. Drizzle olive oil, and cook for 10 minutes, or until cheese is melted.



TIP FILL YOUR KITCHEN WITH THE AROMAS OF ITALY WITH THIS FLAVOR-PACKED EGGPLANT, TOMATO AND BASIL PIZZA. ALTERNATIVELY, YOU CAN USE PITA BREAD AS A PIZZA BASE.

BRAIDED BRIOCHE

INGREDIENTS (1 loaf)

1 quantity Basic Brioche Dough (see Essential Cooking Techniques pg. 16) •
Flour, as needed • 1 egg, beaten



1. Preheat oven to 375°F. Place dough on a lightly floured surface, and divide it into 3 equal pieces. Roll each piece into a long dough rope.



2. Pinch the ends of the 3 dough ropes tightly together at one end to seal.



3. Braid the dough ropes, tightly, without stretching the dough. Pinch the ends and tuck them under to seal. Gently brush the brioche with egg wash. Cover with a clean towel, and let rise for 20 minutes.



4. Place the brioche into a lightly greased loaf pan, and bake for 35 minutes, or until golden brown on top.



TIP THIS BRIOCHE FEATURES A BUTTERY, INCREDIBLY RICH FLAVOR! THE HIGHER YOUR BUTTER'S QUALITY IS, THE MORE DELICIOUS YOUR BRIOCHE WILL BE. SPRINKLE BRIOCHE WITH SESAME SEEDS BEFORE BAKING, IF DESIRED.



SOFT PRETZELS

INGREDIENTS (24 servings)

500 g all-purpose flour • 1 teaspoon salt • 25 g ³/₄ oz fresh yeast • 250 ml warm milk •
2 teaspoons sugar • 50 g butter • 1 egg, beaten • coarse sea salt, for sprinkling



1. Preheat oven to 400°F. In a large bowl, combine flour with salt. In another bowl, dissolve the fresh yeast in milk, then add sugar. Mix well, cover with plastic wrap, and let rest for 5 minutes, or until yeast starts to foam.



2. Add yeast mixture to the flour mixture. Mix well, and knead for 10 minutes, or until the dough is smooth and pulls away from the side of the bowl. Cover bowl with plastic wrap, and leave in a warm place for 1 hour, or until the dough doubles in size.



3. Transfer the dough to a lightly floured surface. With a sharp knife or pizza cutter, cut dough into ¹/₃ cup pieces.



4. Roll each piece of dough into an 18-in rope. Pick up both ends, create a U-shape with the rope and cross them over each other. Press each end into the bottom of the “U” shape to form the shape of a pretzel. Repeat with remaining dough ropes.



5. Place the pretzels on a greased baking sheet. Brush with egg wash, and sprinkle with salt. Cover with a clean towel, and let rise for 10 minutes. Bake for 20 minutes, or until golden brown. Transfer to a wire rack to cool.



TIP BAKED AND COOLED PRETZELS FREEZE WELL, UP TO 2 MONTHS. TO REHEAT, BAKE FROZEN PRETZELS AT 350°F FOR 20 MINUTES, OR UNTIL WARMED THROUGH. SERVE PRETZELS WITH CHEESE, HUMMUS, HONEY MUSTARD, OR GUACAMOLE.

BASIL WHITE PIZZA

INGREDIENTS (4 servings)

250 g/8 oz all-purpose flour • 3 g salt • 10 g/3 oz fresh yeast • 125 ml/½ cup warm water •
25 ml/1 tablespoon olive oil • 3 tablespoons olive oil • 20 leaves fresh basil, chopped •
200 g/7 oz Parmesan cheese, grated



1. Preheat oven to 425°F. In a large bowl, flour, and salt. Make a well in the center, and add yeast, water and oil. Let rest for 5 minutes, or until yeast starts to foam. Using hands, draw the wet ingredients together and combine with the flour to form a ball of dough.



2. Cover with a clean towel. Let rise in a warm place for 20 minutes. Transfer to a lightly floured surface. Roll the dough out to ¼ in thickness.



3. Shape dough to form a 30 cm/12 in round. Place round on a lightly greased baking tray. Brush dough with olive oil.



4. Sprinkle with basil and Parmesan cheese. Bake for 15 minutes, or until crust is golden and cheese has melted.



TIP FOR AN EXTRA TOUCH OF FLAVOR, SPREAD ½ CUP OF PESTO ONTO PIZZA CRUST BEFORE BAKING. YOU CAN ALSO TOP THIS CRISPY PIZZA WITH MOZZARELLA AND RICOTTA CHEESES.



WHOLE WHEAT DINNER ROLLS

INGREDIENTS (12 servings)

500 g/16 oz whole wheat flour • 3 cups wheat bran • 20 g/2/3 oz brown sugar •
2 teaspoons olive oil • 5 g/2 oz salt • 25/3/4 oz g fresh yeast •
1/4 cup warm water • 1 egg, beaten



1. Preheat the oven to 375°F. In a large bowl, combine flour, wheat bran, sugar, oil, salt, and yeast. Mix well. Slowly pour in water, and knead for 10 minutes, or until the dough is smooth and pulls away from the side of the bowl.



2. Cover bowl with plastic wrap, and leave in a warm place for 1 hour, or until the dough doubles in size.



3. Punch dough down. Turn it out onto a lightly floured work surface. Using a pizza cutter, cut dough into 12 rolls. Place them 1 inch apart on a baking sheet lined with parchment paper. Cover with a clean towel. Let rise in a warm place for 15 minutes.



4. Using scissors, cut an X pattern into the top of each roll. Brush with egg wash. Bake for 20 minutes, or until golden brown.



TIP THESE HEARTY WHOLE WHEAT ROLLS ARE BOTH HEALTHY AND EASY TO MAKE. TO FREEZE ROLLS, LET THEM COOL COMPLETELY, THEN PLACE THEM IN AN AIRTIGHT FREEZER-SAFE BAG. THAW IN THE FRIDGE OVERNIGHT, THEN REHEAT IN THE MICROWAVE FOR 30 SECONDS, OR MORE AS NEEDED.

OAT BREAD

INGREDIENTS (1 loaf)

30 g/1 oz fresh yeast • 3 tablespoons sugar • 750 g/25 oz all-purpose flour •
250 g/8 oz rolled oats • 20 g/2/3 oz salt • 1 egg • 40 g/1 oz butter • 1 tablespoon malt extract •
500 ml/2 cups warm water • Oats, for sprinkling



1. Preheat oven to 350°F. In a bowl, combine yeast, sugar, 3 tablespoons of warm water, and 2 tablespoons of flour. Let rest for 5 minutes, or until yeast starts to foam. In a large bowl, sift flour, rolled oats, and salt. Make a well in the center, and add egg, butter, malt extract, and the yeast mixture.



2. Using a wooden spoon, mix the wet and dry ingredients together just until the dry ingredients have been moistened.



3. Slowly pour in water, and continue to stir.



4. Knead for 10 minutes, or until smooth and elastic. Place in a bowl, and cover with a clean towel. Let rise in a warm place for 1 hour, or until the dough doubles in size. Punch dough down, then shape into a loaf. Place in a greased loaf pan. Cover with a clean towel, and let rise for 30 minutes. Sprinkle with oats. Bake for 1 hour, or until golden brown.



TIP THE BEST WAY TO PREVENT SUNKEN BREAD IS USING A COOKING THERMOMETER TO CHECK THE INSIDE OF THE LOAF. FULLY COOKED BREAD WILL REGISTER 200°F ON A THERMOMETER. ALLOW LOAF TO COOL FOR 15 MINUTES BEFORE SERVING.



RUSTIC LOAF

INGREDIENTS (2 loaves)

50 g/2 oz fresh yeast • ½ tablespoon sugar • 1 kg/2 lb all-purpose flour •
750 ml/3 cups warm water • 25 g/1 oz salt



1. Preheat oven to 350°F. In a medium bowl, combine yeast, sugar, 250 g of flour, and 350 ml of warm water. Mix well, cover with plastic wrap, and let rest for 30 minutes.



2. In a large bowl, sift flour and salt. Make a well in the center, and add the yeast mixture, and remaining water. Mix the wet and dry ingredients together just until the dry ingredients have been moistened. Turn mixture onto a lightly floured surface. Knead for 6 minutes, or until smooth and elastic. Place in a bowl, and cover with a clean towel. Let rise in a warm place for 1 hour, or until the dough doubles in size.



3. Punch dough down, then shape into two loaves. Place in a greased baking sheet.



4. Cover with a clean towel, and let rise for 30 minutes. Using a sharp knife, make four straight-edge slashes in the loaf. Bake for 40 minutes, or until golden brown.



TIP THIS HOMEMADE RUSTIC CRUSTY BREAD IS DELICIOUS AND EASY TO PREPARE. IF DESIRED, YOU CAN ADD SPICES, FRESH OR DRIED HERBS, ROASTED GARLIC, NUTS, OR DRIED FRUIT TO THE DOUGH RIGHT BEFORE MIXING IT.

CLASSIC BAGUETTES

INGREDIENTS (4 baguettes)

750 g/25 oz flour • 5 g salt • 25³/₄ oz g fresh yeast • 500 ml/2 cups warm water



1. Preheat oven to 425°F. In a large bowl, combine flour, salt and yeast. Slowly pour in water, cover with plastic wrap, and let rest for 30 minutes. Mix well, and turn mixture onto a lightly floured surface. Knead for 10 minutes, or until the dough is smooth and pulls away from the side of the bowl. Cover bowl with plastic wrap, and leave in a warm place for 1 hour, or until the dough doubles in size.



2. Turn the dough out onto a lightly greased work surface. Gently punch dough down, and divide it into four equal pieces. Stretch each dough rectangle slightly and fold into a cylinder, sealing the seams. Using hands, roll the cylinders gently stretching them to desired length, about 14 inches.



3. Place in a greased baking sheet. Cover with a clean towel, and let rise for 30 minutes. Using a sharp knife, make 3 scores on each baguette. Bake for 30 minutes, or until golden brown.



TIP TO ACHIEVE AN EVEN CRISPIER CRUST, BEFORE BAKING, POUR ABOUT 1 CUP BOILING WATER INTO A PREHEATED CAST IRON FRYING PAN ON THE SHELF BELOW THE BAGUETTES.



WHOLE WHEAT BROCCOLI PIZZA

INGREDIENTS (8 servings)

1 head of broccoli, cooked and cut into florets • 100 ml/³/₄ oz. olive oil • 1 pinch chili pepper • 1 garlic clove, pureed • 1 quantity Whole Wheat Pizza Dough (see Essential Cooking Techniques pg. 15) • 2 tablespoons tomato sauce • 150 g/5 oz. goat's cheese, grated • 2 tablespoons olive oil • salt, to taste • pepper, to taste • 1 white onion, chopped



1. In a large bowl, combine broccoli, olive oil, chili pepper and garlic. Stir well and set aside.



2. Shape dough to form a 30 cm/12 in round. Place round on a lightly greased baking tray and brush with tomato sauce. Bake at 180°C/350°F/Gas 4 for 5 minutes.



3. Remove from oven and top crust with cheese and broccoli florets. Bake for 20 more minutes or until crispy and golden brown. Remove from oven, drizzle with olive oil and season with salt and pepper, to taste. Top with onion and serve immediately.



TIP IF DESIRED, TOP PIZZA WITH CRUMBLED SAUSAGE OR CHOPPED PEPPERONI.

BELL PEPPER PIZZA

INGREDIENTS (8 servings)

1 quantity Basic Pizza Dough (see Essential Cooking Techniques pg. 14) • Olive oil spray, as needed • 4 tablespoons pizza sauce • ½ red bell pepper, sliced • ½ green bell pepper, sliced • ½ yellow bell pepper, sliced • 1 yellow onion, sliced • 200 g/7 oz mozzarella cheese, grated • 2 cloves garlic, finely chopped • 1 tablespoon fresh thyme, chopped • Salt, and pepper, to taste



1. Shape dough to form a 30 cm/12 in round. Place round on a greased baking tray and brush with tomato sauce. Bake at 240°C/460°F/Gas 9 for 5 minutes.



2. Place bell peppers and onion in a steamer basket over simmering water. Steam, covered, for 8 minutes or until crisp-tender. Sprinkle pizza with mozzarella. Arrange bell peppers and onion over pizza. Sprinkle with garlic and thyme. Season with salt, and pepper to taste.



3. Cook for 8 more minutes, or until cheese is melted. Remove from oven and serve hot.



TIP EL SECRETO PARA UNA **PIZZA DORADA Y CRUJIENTE ES UN BUEN HORNEADO**. PARA EVITAR QUE SE QUEME POR DEBAJO Y PERMANEZCA CRUDA POR DENTRO, SE DEBE PRECALENTAR EL HORNO Y ASEGURARSE DE QUE LA TEMPERATURA SEA ALTA Y CONSTANTE.



CORNBREAD

INGREDIENTS (1 loaf)

200 g/7 oz yellow cornmeal • 300 g/10 oz all-purpose flour • 1 teaspoon salt •
25 g/1 oz fresh yeast • 1 tablespoon sugar • 1 egg • 50 g/2 oz butter, softened •
150 ml/3/4 cup water • 150 ml/3/4 cup milk



1. Preheat oven to 375°F. In a large bowl, sift corn meal, flour, and salt. Make a well in the center, and add yeast and sugar. Slowly pour half of the milk into the well. Let rest for 5 minutes, or until yeast starts to foam.



2. Add egg, butter, water, and remaining milk. Stir to combine.



3. Mix the wet and dry ingredients together just until the dry ingredients have been moistened.



4. Turn mixture onto a lightly floured surface. Knead for 6 minutes, or until smooth and elastic. Place in a bowl, and cover with a clean towel. Let rise in a warm place for 1 hour, or until the dough doubles in size. Punch dough down, then shape into a loaf. Place in a greased loaf pan. Cover with a clean towel, and let rise for 30 minutes. Using a sharp knife, make three lengthwise slashes in the loaf. Bake for 40 minutes, or until golden brown.



TIP SERVE WITH PLENTY OF BUTTER. IF DESIRED, SPRINKLE LOAF WITH SUGAR BEFORE BAKING. THIS WILL RESULT IN A SWEET, CRUNCHY CRUST. YOU CAN ALSO BAKE CORNBREAD IN MUFFIN TINS FOR INDIVIDUAL SERVINGS.

OLIVE FOCACCIA

INGREDIENTS (serves 8)

500/1 lb g all-purpose flour • 5 g/1 pinch salt • 30 g/1 oz fresh yeast • 1 cup water •
½ olive oil • Green olives, to taste • Chopped rosemary sprigs, to taste



1. Preheat oven to 475°F. In a large bowl, sift flour, and salt. Make a well in the center, and add yeast, water and olive oil. Let rest for 5 minutes, or until yeast starts to foam. Using hands, draw the wet ingredients together and combine with the flour to form a ball of dough. Place in a bowl, and cover with a clean towel. Let rise in a warm place for 1 hour, or until the dough doubles in size.



2. Punch down dough. Transfer dough to a greased baking sheet. Using hands, press out dough to form a rectangle.



3. Cover with a clean towel. Let rise in a warm place for 30 minutes, or until the dough doubles in size.



4. Using fingertips, poke deep cavities in the dough and place an olive in each cavity. Sprinkle thyme and cook for 20 minutes, or until golden brown and crispy.



TIP THIS FLATBREAD MAKES A DELICIOUS SNACK! SERVE ON ITS OWN, OR ALONGSIDE PROSCIUTTO, CHEESES, OR SPREADS. YOU CAN ALSO USE IT TO PREPARE TASTY SANDWICHES, OR DIP IT INTO SOUPS AND STEWS.



BUTTER DINNER ROLLS

INGREDIENTES (24 unidades)

500 g/1 lb bread flour • 5 g/1 pinch salt • 25 g fresh yeast •
250 ml/1 cup warm milk • 1 egg • 150 g/5 oz butter, softened



1. Preheat oven to 350°F. In a large bowl, sift flour, and salt. Make a well in the center, and add yeast, milk and butter. Using hands, draw the wet ingredients together and combine with the flour to form a ball of dough. Turn mixture onto a lightly floured surface. Knead for 6 minutes, or until smooth and elastic. Gently roll out dough to a rough square.



2. Fold dough in half, then fold it in half once more. Cover with a clean towel. Let rise in a warm place for 40 minutes.



3. Roll out dough into a 1-in thick square.



4. Using a cookie cutter, cut dough to form 20 rolls. Place them 1 inch apart on a baking sheet lined with parchment paper. Cover with a clean towel. Let rise in a warm place for 30 minutes, or until the dough doubles in size. Bake for 20 minutes, or until golden brown.



TIP THESE FLUFFY, MOIST ROLLS MAKE AN AMAZING BREAKFAST OR SNACK. SERVE THEM ALONG WITH EGGS AND HAM, YOUR FAVORITE JAM, OR SOME BUTTER. IF DESIRED, ADD ½ CUP FRESHLY GRATED PARMESAN AND 1 TEASPOON GARLIC POWDER TO THE DOUGH BEFORE KNEADING.

HERBED BACON ROLLS

INGREDIENTS (20 servings)

25 g/1 oz fresh yeast • 250 ml/1 cup warm milk • 1 teaspoon sugar •
500 g/1 lb bread flour • 1 teaspoon salt • 200 g/7 oz bacon • 1 egg •
50 g/2 oz butter, softened • 1 tablespoon fresh thyme, chopped



1. Preheat oven to 400°F. In a large bowl, sift flour, and salt. Make a well in the center, and add yeast, and sugar. Slowly pour half of the milk into the well. Let rest for 5 minutes, or until yeast starts to foam.



2. Chop bacon. In a skillet, cook bacon over medium heat until bacon is crisp; drain on paper towels.



3. Add remaining milk, egg, butter, bacon and thyme to the flour mixture. Using hands, draw the wet ingredients together. Turn mixture onto a lightly floured surface. Knead for 10 minutes, or until smooth and elastic.



4. Cover with a clean towel. Let rise in a warm place for 1 hour, or until the dough doubles in size. Punch dough down. Using a cookie cutter, cut dough to form 20 rolls. Place them 1 inch apart on a greased baking sheet. Cover, and let rest for 30 minutes. Bake for 20 minutes, or until golden brown.



TIP IDEAL TO ACCOMPANY CHEESE BOARDS. IF YOU WANT TO HAVE RESERVES OF THIS PRODUCT, MAKE IT IN ADVANCE AND STORE IN THE REFRIGERATOR.



LARD BISCUITS

INGREDIENTS (48 servings)

25 g/1 oz fresh yeast • 1 teaspoon sugar • 1 cup warm milk •
200 g/7 oz lard, melted • 400 g/13 oz all-purpose flour • 1 teaspoon salt



1. Preheat oven to 400°F. In a medium bowl, combine yeast, sugar, and half of the milk. Gently stir to combine. Let rest for 5 minutes or until yeast starts to foam.



2. In a large bowl, combine flour and salt. Pour in yeast mixture and lard.



3. Pour in remaining milk. Using a wooden spoon, mix the wet and dry ingredients together just until the dry ingredients have been moistened. Knead for 10 minutes, or until smooth and elastic. Place in a bowl, and cover with a clean towel. Let rise in a warm place for 1 hour, or until the dough doubles in size.



4. Roll the dough out to ½-inch thickness. Cut with a 2 ½-inch cookie cutter. Place the biscuits on a parchment lined baking sheet. Bake for 25 minutes, or until golden brown.



TIP YOU CAN ALSO CUT THESE BISCUITS INTO SQUARES, USING A SHARP KNIFE INSTEAD OF A BISCUIT CUTTER. THEY ARE GREAT TOPPED WITH BUTTER, JAM, OR HONEY, AND CAN BE SERVED AT ANY MEAL.

OLIVE CIABATTA

INGREDIENTS (serves 12)

10 g/3 oz active dry yeast • 330 ml/1 1/2 cup water, at room temperature •
530 g/1 lb all-purpose flour • 10 g/3 oz salt • 1 teaspoon malt extract •
250 g/8 oz black olives, pitted, and chopped



1. Preheat oven to 400°F. In a large bowl, stir the yeast into 250 ml water. Let rest for 5 minutes, or until yeast starts to foam. Slowly add 500 g flour, stirring until well combined.



2. Turn the dough out onto a lightly greased work surface. Knead for 15 minutes, or until smooth and elastic. Place in a bowl, and cover with a clean towel. Let rise in a warm place for 3 hours.



3. In a medium bowl, combine remaining water, malt extract, and remaining flour.



4. Add mixture to the yeast mixture, and knead until smooth and well combined. Cover with a clean towel, and let rest for 20 minutes.



5. Divide dough into 2 equal pieces. Roll each piece into a cylinder, then stretch each cylinder into a rectangle. Arrange olives over each piece, and fold into thirds.



6. Place loaves in a greased baking sheet, and sprinkle with flour. Cover with a clean towel, and let rise until the dough doubles in size. Pour 1 cup of water into an ovenproof pan and place it on the bottom rack of the oven. Bake for 40 minutes, or until crusty and golden brown.



TIP CIABATTA IS AN ITALIAN ARTISAN BREAD THAT IS CHARACTERIZED BY HAVING A CRISP CRUST, AND LARGE AIR POCKETS WITHIN. IT IS PERFECT FOR DIPPING INTO SOUPS OR SAUCES, AND MAKES A DELICIOUS SANDWICH BREAD.



ONION POPPY-SEED ROLLS

INGREDIENTS (24 servings)

2 onions • 1 tablespoon olive oil • 500 g/1 lb flour • 5 g/1 pinch salt • 25 g/1 oz fresh yeast • 250 ml/1 cup warm milk • 1 egg • 50 g/2 oz butter, softened • Poppy seeds, for sprinkling • 15 g/1 tablespoon butter, melted



1. Preheat oven to 350°F. Chop the onions. In a large skillet, heat olive oil, over medium heat, until hot. Sauté the onions for 5 minutes, or until tender and translucent.



2. In a large bowl, sift flour, and salt. Make a well in the center, and add yeast, and sugar. Pour half of the milk into the well. Let rest until yeast starts to foam. Add remaining milk, egg and butter to the flour mixture. Mix well. Turn mixture onto a lightly floured surface. Knead for 10 minutes, or until smooth and elastic. Cover, and let rest for 1 hour. Cut dough to form 20 rolls.



3. Place rolls 1 inch apart on a greased baking sheet. Flatten each to obtain a small disc.



4. Top each roll with onion, and sprinkle with poppy seeds. Cover and let rest for 15 minutes. Brush with melted butter, and bake for 30 minutes, or until golden brown.



TIP THE PERFECT ACCOMPANIMENT FOR ROAST BEEF, ROASTED VEGETABLES, CHEESES, OR PLAIN BUTTER! THESE ROLLS SLICE IN HALF EASILY WITH A SHARP SERRATED BREAD KNIFE, AND THEY ALSO TOAST WELL ON THE INSIDE WHEN GRILLED.

PITA BREAD

INGREDIENTS (20 servings)

25 g/1 oz fresh yeast • 250 ml/1 cup warm water • 1 tablespoon sugar •
500 g/1 lb all-purpose flour • 1 tablespoon salt • 1 tablespoon olive oil



1. Preheat oven to 400°F. In a medium bowl, combine yeast, warm water, and sugar. Let rest until yeast starts to foam. In a large bowl, sift flour and salt. Make a well in the center, and add the yeast mixture, and olive oil. Mix until well combined. Turn mixture onto a lightly floured surface. Knead for 10 minutes, or until smooth and elastic. Place in a bowl, and cover with a clean towel. Let rise in a warm place for 40 minutes, or until the dough doubles in size. Punch dough down. Cut dough to form 20 balls.



2. Cover with a towel or plastic wrap, and let rest 10 minutes. Roll each ball into a ½ in-thick circle about 8 in wide, sprinkling dough with extra flour if it starts to stick.



3. Place rolls 2 inches apart on a greased baking sheet. Let rest for 15 minutes.



4. Sprinkle with flour. Bake for 15 minutes. Cover baked pitas with a clean towel to keep warm.



TIP TO COOK PITA IN A STOVETOP, HEAT OLIVE OIL IN A CAST IRON SKILLET OVER MEDIUM-HIGH HEAT. ADD A PITA AND BAKE FOR 30 SECONDS, UNTIL BUBBLES START TO FORM. COOK FOR 2 MINUTES ON EACH SIDE, UNTIL TOASTED ALL OVER. THE PITA IS READY WHEN IT PUFFS UP FORMING A POCKET.



POLENTA TRIANGLES

INGREDIENTS (10 servings)

150 g/4 oz all-purpose flour • 100 g/3 oz yellow cornmeal • 1 teaspoon active dry yeast •
30 ml/1 tablespoon milk • 2 tablespoons olive oil • 2 tablespoons honey • 1 egg •
1 tablespoon lemon juice



1. Preheat oven to 350°F. In a medium bowl, sift flour, cornmeal and yeast.



2. In another medium bowl, combine milk, olive oil, egg, and lemon.



3. Mix the wet and dry ingredients together just until the dry ingredients have been moistened. Stir until well combined.



4. Pour batter into greased baking pan. Bake for 35 minutes, or until wooden toothpick inserted near center comes out clean. Cut in wedges.



TIP THIS ITALIAN-INSPIRED RECIPE ARE INCREDIBLY EASY TO MAKE, AND PERFECT AS AN APPETIZER OR SNACK. POLENTA TRIANGLES ARE BEST SERVED WARM WITH MELTED BUTTER OR MARINARA SAUCE.

WHOLE WHEAT SESAME LOAF

INGREDIENTS (1 loaf)

1 kg whole wheat flour • 25 g/1 oz salt • 50 g/2 oz fresh yeast • 600 ml/20 fl oz warm water •
2 tablespoons olive oil • 1 egg white • Sesame seeds, as needed



1. In a large bowl, sift flour and salt. Make a well in the center, and add the yeast mixture, and 3 tablespoons of warm water. Let rest until yeast starts to foam.



2. Pour olive oil into the well. Mix the wet and dry ingredients together just until the dry ingredients have been moistened. Cover with a clean towel and let rise in a warm place for 1 hour, or until the dough doubles in size. Turn mixture onto a lightly floured surface, and punch down. Knead for 6 minutes, or until smooth and elastic. Place in a baking sheet. Let rise until the dough doubles in size.



3. Brush dough with egg wash.



4. Sprinkle with sesame seeds. Bake for 1 hour, or until golden brown.



TIP THIS LIGHT AND NUTRITIOUS LOAF IS GREAT TOASTED, AND CAN EASILY BE USED TO MAKE SANDWICHES. FLAX AND POPPY SEEDS CAN BE SUBSTITUTED FOR SESAME SEEDS.



WHITE BREAD

INGREDIENTS (2 loaves)

750 g/25 oz all-purpose flour • 10 g/1 teaspoon salt • 50 g/2 oz fresh yeast •
200 ml/¾ cup milk • 250 ml/1 cup warm water



1. Preheat oven to 400°F. In a large bowl, sift flour, and salt. Make a well in the center, and add yeast, milk and water. Let rest until yeast starts to foam. Mix well. Turn mixture onto a lightly floured surface. Knead for 10 minutes, or until smooth and elastic. Cover, and let rest for 1 hour.



2. Punch dough down. Divide the dough into two equal pieces and form into loaves. Place the loaves into two lightly greased loaf pans.



3. Gently press each loaf into the corners of the pan.



4. Cover the loaves with a clean towel and let rise in a warm place for 40 minutes, or until the dough doubles in size. Bake for 50 minutes, or until golden brown.



TIP THIS CLASSIC WHITE BREAD BAKES UP PERFECTLY SOFT, LIGHT AND TALL. AFTER BAKING, TURN ONTO A WIRE RACK TO COOL.

