

Hannah Parry

## The Worshipful Company of Bakers The School of Artisan Food

### Day 1

### Sourdough Baking with Emmanuel Hadjiandreou

Day one of the three day course was based around sourdough cultures. We made five different products using different and unique ingredients that, mostly, I had not used before, including teff flour, charcoal, and ancient flours.

Within the teff sourdough, psyllium husk was added which is something I have not worked with before. The main function of this ingredient was to bind the dough together, with teff flour being gluten free, the structure forming proteins are no longer present and, therefore, a replacement ingredient needed to be included. Teff is an ancient grain that looks like poppy seeds, it is similar to millet and gave a slightly denser texture to the finished product. More water is added to this recipe than if it was not gluten free. The reason for this is because this type of flour absorbs a much higher proportion of water and will look very liquid when first added. Once the dough has sat for a few minutes, the water will have been absorbed and will have a jelly like look and feel to it. As the flour used for this product is gluten free it therefore does not need kneading, it is simply moulded into a rough ball and placed in a basket.



Including the other products that were made (Oat Sourdough, Charcoal Sourdough, Beetroot Sourdough and Maslin Loaf, see pictures below), we also learnt a plethora of information on sourdough cultures, how to made and feed them and also which types of flours made the best sourdough cultures.





The information we gained on sourdough cultures included how often to feed them, the quantities and the length of time to leave the culture in between each feed. Emmanuel also explained the difference between the three different types of yeast. Active dried yeast needs activating with water that is around 45 degrees. The little balls of yeast are surrounded in dead yeast with the live cells inside. The dead cells on the outside contain glutethio which acts as a reducing agent within the dough, making it more extensible and elastic. Fresh yeast contains around 80-85% moisture and therefore more of this needs to be used within a recipe as there are less yeast cells per gram of fresh yeast. After a while, fresh yeast begins to oxidise and black spots occur on the outside of the block, white mould may also occur on the surface, these both should be scraped off before continuing to use the yeast. Quick yeast does not need activating, it simply goes straight into the flour like fresh yeast does. The name for quick yeast comes from the fact that it reacts more quickly than the other forms of yeast. The reason for this is because the cells of yeast have little cracks in the surface where the water penetrates and begins the reaction.

## Day 2 & 3 Patisserie and Viennoiserie with Ross Baxter

Again, five products were made on this course, although, there were many components to each piece. These included: Bostock Exotic, Bostock Mandarin Hazelnut, Bostock Praline Chocolat, Chausson aux Pommes, Bostock Amande.

All of the entremets that were made all had similar components, they were made up of mousses, jellies, glazes, sponges and pralines. With all of the inserts, they should be smaller than the end size of the product so that they can be submerged within and they cannot be seen until it is cut open. All the components should be kept in the fridge or freezer for as long as possible before the product is assembled so that they stay clean cut and the finish is polished.

One of the best pieces of knowledge gained, although simple, was the gelatine mass ingredient. Instead of always blooming sheets of gelatine in water before they are needed, gelatine mass can be made. The ratio is 1:5 gelatine:water, the gelatine used was bronze. The gelatine simply needs to be blitzed into a powder and then warmed with the water and poured into a mould and placed in the fridge. It will last in the fridge for up to 2 weeks, but it can also be cut into cubes and frozen for up to 2 months and then it can just be taken out whenever needed and used easily. As well as convenience, it allows the product to stay consistent as when sheets are bloomed in water, it could be placed in for different lengths of time and the gelatine may absorb more or less water each time which could change the texture and end product.

Ross was a perfectionist which ensured that all of the products made were minimalist, clean and well finished.



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The two Viennoiserie products that we made were Chausson aux Pommes and Bostock Amande. For the Chausson aux Pommes, inverted puff pastry was used. Flour is added to the laminating butter to reduce the stickiness, although it will stay tacky until the final fold of the pastry. The inverted puff made the finished product much lighter and it rose more whilst baking than a normal puff.

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