



Worshipful Company of Bakers: Short Course Report

Richemont School April 2022

Your name:	Katie Garrett
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What new skills and knowledge did this course give you?	<p>It was great having two days focussed on patisserie and two days focussed on bread products. I was able to play to my strength, and practice skills in patisserie class, but also learn new skills in bread class.</p> <p>New skills learnt:</p> <ul style="list-style-type: none"> - Baking Interruption Method: Half bake breads = A core temperature of 96°C must be reached in the 1st baking phase to stabilise the structure. Extending the 1st phase baking time for rich doughs is necessary to help the structure stabilise. Part baked bread is then held at ambient storage for 1 day at 24°C, or chilled storage for 2-3 days at 5°C, or 20 days in the freezer at -18°C. Baking phase 2 finalises the baking process to produce the finished bread. - Utilising empty vanilla pods to create vanilla sugar = Wash vanilla pod, dry out and blitz 1-part vanilla pod with 5-part icing sugar. - Creating a raw vegan cake using avocado and coconut cream as a base. - Using citrus fibre as a binding agent for various applications: ice creams, jellies, set creams. Product name = Basic texture. - Lemon paste – Used in any confectionery recipe as replacement for lemon/lime zest = Finely blitz down 1 part lemon to 1 part sugar. Freeze this mixture and use at any time from frozen to replace zest in a recipe. - Piping and freezing choux pastry in advanced to get a neat finish. Gives you the ability to bake straight from frozen. - Boiled dough = Used to extend the shelf life of bread. Remove up to 20% of flour in a bread recipe and add the same weigh of boiling water to the removed flour. This pre-gelatinises the starch which improves the freshness and crumb structure of a bread. - Spelt flour used as a dough relaxer to improve the extensibility of strong wheat flours. Spelt has a more extensible gluten structure than wheat. This allows dough to be worked up better and have good oven rise, allowing for a larger baking volume. - Sourdough starters – Learning how to make the Richemont fermented sourdough starter (Reach a pH of 4.0 – 4.5). Advantages of sourdough include longer preservation of freshness, intense flavouring, high quality nutritional bread. Reduce the acidic flavour in a sourdough by mixing the pre-ferment in water first. - Vegan egg wash using dairy free milk and liquid malt for the golden colour. - Use of carrageenan gum as an emulsifier in a vegan cream to increase the viscosity and help gelling ability. Adding locust bean gum as a stabilising agent will also allow the vegan cream to be frozen and thawed as the gum slows down and reduces the size of ice crystal formation.

	 <p><i>Baked Cheesecake</i> <i>Kirsh Slice</i> <i>Blood Orange Dome</i></p> <p><i>Vegan Chocolate Avocado Cake</i> <i>Fruit of the Forrest Choux</i> <i>Orange Cake in a Jar</i></p>
<p>How do you think you will use these skills in your studies and/or workplace?</p>	<p>Having learnt new skills and knowledge of raw materials, I will be able to apply this to ingredient development. For example: Citrus fibre (Basic texture) used as a gelling agent and hydrocolloids such as carrageenan gum and locust bean gum within vegan products. Other ways of using these skills in the workplace include:</p> <ul style="list-style-type: none"> - Sharing new baking methods with sales and NPD team at Bakels. - Creating showcase day at Bakels for the products learnt on the Richemont course alongside Will Bowen. - Contacting suppliers of raw materials that were used over the 4-day course to broaden the suppliers at British Bakels. - Using the knowledge learnt about protein content in flours to create the desirable flour quality for bread dough. E.g., Adding spelt flour to flours that are strong with short gluten structures. Or adding rye flour to correct strong or soft flours to reduce the toughness of a dough. Rye flour has a high content of pentosans therefore increases extensibility. (A maximum addition of 5% on flour weight for either spelt or rye flour will give the desired characteristics).
<p>Did you notice any cultural differences between baking in Switzerland and baking in the UK? How do you think these might influence your baking in the future?</p>	<p>Main differences noticed:</p> <ul style="list-style-type: none"> - Higher use of ancient grains and pseudo cereals such as spelt, barley and buckwheat noticed throughout bakeries in Lucerne and within the bread classes at Richemont. - Increased acceptance of sourdough breads that require longer resting times. - Public acceptance is higher for use of flours and grains such as rye / spelt. - Higher quality patisserie products – The Swiss public seem to accept better quality bakery products that are higher in price compared to UK public. The provenance of ingredients is more important than in the UK. - More focus on the nutritional content in bread in compared to bread in the UK. - Nuts are very widely used – Ground almonds in cake mixes as a base, and hazelnuts in pralines / moulded chocolates. Hazelnuts in the spelt wave, almonds over the crémantaise and walnuts in the fig bread. <p>This will have an influence on my baking by using more grains and ingredients with provenance. However, with this influencing the price it is hard to get consumer acceptance in the UK for these products unless sold in artisan / craft bakeries in locations where consumers are happy to pay higher prices.</p> <p>I have taken many tips that I will use in my personal baking at home – Making more sourdough. Using hazelnut praline recipe for filled chocolates.</p>
<p>Were there any products and/or baking methods that you found particularly</p>	<p>The products I found interesting:</p> <ul style="list-style-type: none"> - Boiled dough method. - Vegan macchiato tart – Use of coconut cream to replace dairy cream in the filling. - Peanut, chocolate, and banana vegan torte – Carrageenan gum & locust bean gum & oat cream to create the vegan cream base with added sugar.

<p>interesting or unusual?</p>	<ul style="list-style-type: none"> - Orange cake in a jar = Used good amount of alcohol to extend shelf life and baked in glass jar then secured while still warm to preserve for longer. - Using avocado and coconut cream as a base to create raw vegan cake = Not long shelf life but the use of citrus juice (lime / lemon / yuzu) preserved the avocado for longer – refrigeration necessary. Also pour simple sugar syrup over avocado cream to help with shelf life. - Learning many long-time doughs with sourdough. Some doughs were left for hours at room temperature before turning out and loading into the oven using the sheeters. - Very rustic finish for a lot of the breads which gave the finished products a lot of character. There was no desire to make it look perfect, but they still had a great artisan finish. <div style="display: flex; justify-content: space-around; align-items: center;">    </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <i>Rustic Chnurzel Bread</i> <i>Chia Bread</i> <i>Macchiato Tart / Brioche</i> </div>
<p>Did the course live up to your expectations? What for you were the highlights? Were there any disappointments? What recommendations can you suggest that would improve this course for future students?</p>	<p>The Richemont school was inspirational and lived up to expectations. The facilities were also outstanding and made it an incredible place to learn. Even though the course was delayed by 2 years and most of the group now being in full time work, it was still extremely beneficial. Perhaps even more beneficial now we can utilize the knowledge within our current careers. It was also easier to ask relevant questions that applied directly to our line of work. The course really catered to everyone by having sessions focused on patisserie, chocolate, and bread.</p> <p>Highlights:</p> <ul style="list-style-type: none"> - Seeing our patisserie products on display (and to eat) at the presentation dinner. - In depth knowledge on sourdough from the Richemont lecturers. - Connecting with the lecturers at the Richemont school and learning from their knowledge. Their hospitality was excellent. - Having 4 full days of learning and enhancing bakery skills. <p>Improvements:</p> <ul style="list-style-type: none"> - Increase the level of practical skill difficulty. - A more hands-on approach for future courses would be very beneficial for the students to practice the skills learnt.
<p>Were the travelling and accommodation arrangements satisfactory?</p>	<p>The hotel was amazing with great facilities – Staff were very accommodating. It was also very close (within 5 minutes) to the Richemont school, making it easy to get to and from the school in the morning and evening. It was such an excellent experience to be in Lucerne across the lake and take in the Swiss culture. Travel was smooth with good arrival and departure times – Sara did a great job of organising the group and helping sort out boarding tickets.</p>

I would like to give a huge thank you to the Association of Bakery Ingredient Manufacturers (ABIM) for sponsoring my position on this course at the Richemont Baking Centre of Excellence. It was a once in a lifetime opportunity and such an incredible experience. The whole team on the course are extremely grateful to have been chosen for the Richemont trip and have made friends / memories for life. May I also thank Sara Autton and Henry Jefferies for their organisation and enthusiasm prior to, and throughout the whole trip.

To the Worshipful Company of Bakers - You are the reason students / trainees can progress in this industry. The support never goes unnoticed.

Many thanks, Katie Garrett.