



what's RISING

sprouting for health



Contributed by
Tim Kitzman

As bakers we tend to think that only flour, water, salt and some form of yeast make bread. In a sense that is true, but in addition to using grain processed into flour as our medium, we can also use grain that is processed—but in a much different way—and not milled into flour. In this article, we will cover the process of using sprouted grains as the flour component in breads.

When we sprout grains, the grain itself is treated better, and therefore treats the human body better. We will review the nutritional and digestive benefits of sprouted grain breads, the methods for sprouting grains, and the formulation and process of a truly wonderful 100% sprouted grain bread.

With growing concerns about the American diet, many of us are beginning to reduce our intake of highly processed, white flour-based breads. Whole grain breads, whether wheat or rye, seeded or not, commercially-yeasted or naturally-leavened, are some of the many choices we consider when consuming our bread products. Bakeries from small to large have taken note, and more varieties of healthful breads are becoming available every day. While whole grain breads are much healthier than white flour-based breads, they are made with unsprouted, dry grain that is processed into flour.

Why should we sprout?

The grains—wheat, rye, spelt, barley, millet, and others used to make “normal” bread are young grains milled into flour. When a grain is milled, many of the nutritional properties of the grain are lost. Sprouting is a way to release all of the vital nutrients inherent within the grain. A sprouted grain, unlike a young grain, is allowed to germinate. During the germination process, vitamin and mineral values increase; enzymes are formed; and anti-nutrients are negated. Sprouting dramatically changes the composition of the nutritional properties and digestibility of grains, resulting in significant health benefits.

With the sprouting method, products become far more digestible because the starches are turned into simple sugars; the proteins are broken down into amino acids; and the fats are converted into soluble fatty acids. The overall enzyme content of the product is greatly increased and the sprouting process neutralizes the natural enzyme inhibitors.

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SFBI is pleased to announce the publication of our first book—*Advanced Bread and Pastry: A Professional Approach*.

See page 3 for details!



what's inside this issue ...

sprouting for health ... 2008 class schedule (new classes!) ... baker's tip ... recipe of the season ... professional training spotlight ... employee sponsorship program ... and more!

we all dream of the perfect employee



Michel Suas
Founder

When we look for a new employee, we form in our minds a picture of someone who could be like us, someone to take care of all the things we do not have the time to do, or do not like to do. Someone who comes in on time every day right on the dot (the day already planned out in his mind while commuting), this perfect employee addresses urgent matters first thing in the morning for me—without needing a coffee break first—and settles phone calls to Europe before the office closes for the day.

During the work day the most exciting events or conversation will not distract this perfect employee, who stays focused on the work to be completed.

This dream employee never misses a deadline, takes control of any situation, and always defends the interests of the company. At the same time, he takes care of customers so well that they request to deal with him directly. Customers think of this model employee like a friend, someone they can talk to about their new projects or business expansion, someone to seek advice from, someone they feel comfortable with, a friendly voice on the other side of the phone. This employee encourages clients and assists them with a wide range of issues, acting as a skilled diplomat who is helpful, direct and firm all at once, and always protective of the company's limits.

The company always comes first—the ideal employee does not take credit for the company's success, but is very proud of it. During meetings, this employee never

contradicts you or challenges your directions, even if those directions may sometimes seem “crazy” or potentially unprofitable. He agrees with your view that no challenging questions should be asked during the meeting, but might approach you afterwards for a one-on-one to reevaluate the situation and discuss the pros and cons. When a decision is finalized, we all move at the same pace and toward the same goal.

This dream employee never takes sick leave, even when he really should. And never asks for a raise (this is truly the dream part!) Whatever is granted is received with appreciation. Lunchtime does not exist, or consists of a fifteen minute break around 3:00 pm (with an instant noodle soup) or a fast coffee break at the desk around 10:00 am.

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about sfbi

The San Francisco Baking Institute (SFBI) is a world-renowned leader in artisan bread and pastry education for professionals, educators, and enthusiasts. Industry experts praise our Professional Training Program and workshops for advancing the craft and raising the standard of education in baking and pastry. We train many of the world's most accomplished bakers and pastry chefs and consult to the world's best bakeries. SFBI is the unofficial training site for Team USA—America's representatives to the biennial World Cup of Baking. Our mission is to cultivate and advance the art and appreciation of artisan-baked breads and pastries with our instructors, students, clients, and critically-acclaimed book, *Advanced Bread and Pastry*.



sfbi snippets

SFBI welcomes Steven Isaac and Erin Bailey

Please join us in welcoming two new additions to the SFBI team: Steven Isaac, Baking & Pastry Instructor, and Erin Bailey, Director of Business Initiatives & Communications.

Professional Program Deadline Approaching

Are you changing professions or exploring a career in baking? Attend our world-class Bread and Pastry Professional Training Program to realize your potential as a bread baker, pastry chef, or bakery owner. The application deadline is May 1, 2008.

Learn more on page 8.

New Classes in April and May

We have added two new classes to our schedule: Breads of the World, April 28 – May 2 with Didier Rosada, and Viennoiserie II, May 19 – May 23. **See pages 7 and 10 for more information.**

sfbi's first book is published

The San Francisco Baking Institute is pleased to announce the publication of our first book—*Advanced Bread and Pastry: A Professional Approach*.

Advanced Bread and Pastry: A Professional Approach is a comprehensive guide to bread and pastry, designed as a resource for colleges and universities, private culinary schools, professionals, and dedicated enthusiasts. Balancing a respect for tradition with modern approaches to method and technique, *Advanced Bread and Pastry* unites appealing presentation and indispensable instruction. It is written to help today's instructor and baker respond to the recent evolution of ingredients, products, and presentation in the baking industry. The recipes (called formulas) are based on a variety of classic methods and processes. With this strong foundation of knowledge, a baker or pastry chef can develop further skills, experiment with new ideas, and understand any formula.

Order a Limited Edition Today, signed by author, Michel Suas

Advanced Bread and Pastry: A Professional Approach
\$60.00, plus \$6.00 shipping & handling.

Please allow 5 days for processing, and 2 weeks for shipping. (You may also buy the book in person at the San Francisco Baking Institute.) Payment information is required at the time of order. Credit cards and checks will be processed immediately prior to shipping.

Call us at 650.589.5784 to order your limited edition, or visit us at www.sfbi.com to download an order form for fax, mail, or email.

Critical Acclaim

Clean out your bookshelves. For any baker, at any level—from a home cook to the head chef of a four-star bakery—Michel Suas has written an incredible guide to baking that will be the only book you will need. Advanced Bread and Pastry is a revelation.

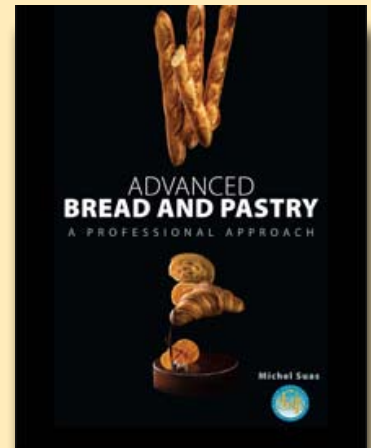
—Nancy Silverton, Co-owner and Pastry Chef, Campanile, Los Angeles; Founder and Consultant to La Brea Bakery, Los Angeles; Award-winning Cookbook Author

SFBI has put together a comprehensive and authoritative book covering all aspects of baking and pastry that have been taught for years at their acclaimed baking school—and at the level of excellence that is a trademark of their work.

—Elisabeth Prueitt, Co-owner, Tartine Bakery, San Francisco and Award-winning Cookbook Author

Artisan bakers and pastry chefs, both avocational and vocational, finally have the comprehensive textbook that we have been waiting for. Illuminating all aspects of pastry, viennoiserie, and bread baking and written by the leading master bakers and teachers of our time, this book illuminates both the technology and science of these crafts, with every point clearly and simply explained. Unlike all other textbooks now available, this book focuses on artisan production, with a broad range of masterful formulas and the most up-to-date and accurate science focusing on solely artisan production. This book will be a must for students, teachers, bakers, and passionate home bakers.

—Maggie Glezer, Award-winning Author



The San Francisco Baking Institute has been a leader in baking instruction in the United States since 1996. To have their curriculum in a textbook form is a great gift for the baking community. Advanced Bread and Pastry is a must-have for students and seasoned bakers alike.

—Craig Ponsford, Chairman of the Board, The Bread Bakers Guild of America; Member of Team USA 1996, winner of Baguette and Specialty Breads at the Coupe du Monde de la Boulangerie

I have read many good books on baking and this book is very special. It captures the essence of baking principles and advanced techniques exceptionally well! It is written in a straightforward language that is easy to understand without diluting the content. It speaks to the beginning baker as well as the advanced baking technologist and is supported by good graphs, sketches, and illustrations. Advanced Bread and Pastry portrays the wonderful combination of teaching and problem solving at its best. I recommend this book to anyone with a passion for baking.

—Volker Baumann, CMB (Certified Master Baker), CBS (Certified Bakery Specialist). Baking & Pastry Arts Instructor, SAIT Polytechnic, Calgary, Alberta

sprouting for health, cont.

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Starches

Enzymes are the catalyst for the digestion of starches, proteins and fats, as well as vitamins and minerals. During the digestion of grains, our bodies use enzymes to break down the complex carbohydrates into simple sugars so we can absorb nutrients and expel waste. Whole grains, normally digested as starches, are processed using *pancreatic enzymes*, which most bodies have in short supply. When sprouting grains, starch molecules are transformed into simple sugars before the body ingests the product. The starch molecules are changed into vegetable sugars and—since most bodies have an abundance of vegetable enzymes—the body can easily digest these simple sugars. With this easier digestion, the body avoids the build up of painful gases in the digestive tract that can occur when digesting any grain.

Proteins

Sprouting initiates an intense *enzymatic hydrolysis* of protein. Stored proteins are broken down into component amino acids. The enzymatic activity changes the gluten-forming properties of protein to a more digestible, tolerable state. Because the protein is pre-digested, sprouts are more easily assimilated and less gas-forming than in their dry form. Many individuals with mild gluten sensitivities use sprouted products with no adverse affects or allergic reactions. However, those with gluten sensitivities should consult a physician before consuming any product that contains gluten.

Enzyme Inhibitors

When grains and seeds are dry, enzymes are mostly inactive. This is due in large part to *enzyme inhibitors*. Enzyme inhibitors play a large role in allowing a seed or grain to last for years without the moisture necessary to begin the

When seeds are sprouted, enzymes break down the grain into a more simple and digestible form:

Starch	→	simple sugars and soluble carbohydrates
Protein	→	soluble proteins and free amino acids
Fats	→	essential fatty acids
Minerals	→	merge with protein molecule in a way that increases their absorption within the body

Sprouting Grains Results in:

INCREASED
Protein and Starch Digestion
Protein % and Protein Quality
Total Sugars
Crude Fiber %
Lysine %
B-Group Vitamins, Vitamin E and Vitamin A
DECREASED
Anti-Nutrients such as Phytic Acid and Polyphenolic Compounds

For the purpose of this article, the following three grains were sprouted to test time and absorption capacity:

	DRY WEIGHT	SOAK/ SPROUT TIME	WEIGHT AFTER GROUND	ABSORPTION
Wheat	1.000 Kg	48 hrs	1.600 Kg	60.0%
Rye	1.000 Kg	48 hrs	1.855 Kg	85.5%
Spelt	1.000 Kg	48 hrs	1.483 Kg	48.3%

When formulating a bread formula for sprouted grain breads, consider the absorption of water during the sprouting process, so that the final dough absorption is what is intended.

growing cycle. These anti-nutrients or enzyme inhibitors are substances that bind enzymes or nutrients and inhibit the absorption of the nutrients.

Such inhibitors interfere with *protease activity* (protein enzymes), *amylase activity* (starch enzymes), *phytic acid* and *polyphenolic compounds*, such as tannins. When grains and seeds are given moisture and germination begins, these inhibitors are deactivated or neutralized. During germination, the plant's enzymes are activated and begin to break down the starches, proteins, fats, and *chelate* (merge with a protein molecule) the vitamins and minerals. When sprouting begins, the beneficial plant digestive enzymes are enhanced and the grain or seed becomes more nutritious and digestible.

With the incredible digestive and nutritional benefits that result from sprouting grains, it makes sense that more bakeries are beginning to explore this bread making process. Wheat, spelt, and rye grains are the most common grains used in sprouted bread baking, but a long list of other grains, seeds, legumes, and even nuts may be sprouted and added to a dough. Grains such as barley, triticale, corn, teff, millet, amaranth, and quinoa; seeds such as pumpkin, sunflower, sesame, and buckwheat; and legumes such as pinto, lentils, and chickpeas can be sprouted, ground, and added to a dough. Keep in mind that only certain grains have gluten-forming properties (i.e., wheat, spelt, and rye) and these grains will have to constitute the bulk of the dough composition for bread making. With some technical knowledge and a good imagination, many wonderful and healthful breads can be made with sprouts.

—Tim Kitzman

the perfect employee, cont.

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While the day starts “on the dot,” the day stops only when the work is completed. Regardless of the workload, this dream employee never says, “I have too much to do,” or “I do not have time today.” The employee puts aside anything he may have been working on to accommodate your needs at the moment.

Well, I had an employee like that! His name was Richard Abitbol, better known as Richard Abit. I am sure that many of you remember him and knew Richard or his voice.

Two years after we started CMS (Consulting and Marketing Services) in 1986, Richard came onboard and we started working together from my house, in a small spare room. CMS became TMB Baking, Inc., as we progressed and grew.

Richard was the right side of my brain and my right hand for TMB Baking. He handled the day-to-day operations—receiving, shipping, answering phone calls and emails, taking care of our customers, sending out quotes, providing layout details, etc.

Once we started a project, Richard and I would lay out the plans, then he would take charge. I must admit that Richard dressed and presented himself better than I. People often thought he



Richard was the right side of my brain and my right hand for TMB Baking.

was the owner of the company. Whatever people believed, we never changed.

Richard wore many hats. He even helped me with my baby girl. He always knew the right things to do when she cried. Uncle Richard was there.

SFBI is my passion and Richard was very supportive. He was helpful in many ways: taking pictures of seminars in session—including the resulting cakes and breads, which he also tasted—and frequently handling computer issues.

Richard did not originally come from the baking industry. In the beginning, this created a challenge for him.

Because he worked so closely with me, customers expected him to have all the explanations for my sometimes eclectic directions on projects. Nevertheless, we stayed in control, always working well together.

I am very sad to let you know that Richard passed away December 16, 2007, from bone marrow cancer. He was first diagnosed in September. We were all shocked and dumbfounded. I could not process this properly. I was waiting for him to come back.

This letter has two objectives: the first one is to pay respect to a co-worker, but mostly to a friend, that I will never be able to replace and will miss forever. On that note, I would like to thank you all for your discretion and respect during our mourning. Secondly, I want to remind all of us to look around and identify the people in our lives—employees, co-workers, partners, spouses, children, parents—who are always next to us and so much a part of our lives that we sometimes take them for granted and do not take time to appreciate their value to us.

They are treasures to be recognized and cherished. *Au revoir mon Ami! Goodbye my friend!*

—Michel Suas



“An egg of one hour old, bread of one day, a goat of one month, wine of six months, flesh of a year, fish of ten years and a wife of twenty years, a friend among a hundred, are the best of all number.” —John Wodroephe, English commentator. ‘Spared Hours,’ 1623

2008 course calendar

Artisan I: Baking Fundamentals	Artisan II: Mastering Sourdough	Advanced Artisan Breads
<p>2008 Schedule: January 14 - January 18 February 4 - February 8 March 3 - March 7 March 31 - April 4 May 5 - May 9 July 14 - July 18 August 11 - August 15 September 8 - September 12 October 13 - October 17 November 3 - November 7 December 8 - December 12</p>	<p>2008 Schedule: January 21 - January 25 February 11 - February 15 March 10 - March 14 April 7 - April 11 May 12 - May 16 July 21 - July 25 August 18 - August 22 September 15 - September 19 October 20 - October 24 November 10 - November 14</p>	<p>2008 Schedule: July 28 - August 1</p> <p><i>with Guest Instructor, Didier Rosada</i></p>

As a student in Artisan I, you will become familiar with the terms short mix, improved mix, and intensive mix while learning what types of flour you should be using and the proper mixing techniques for every bread imaginable. You will gain an understanding of the relationship between mixing and fermentation; learn how you can completely change the profile of bread by adding an additional ingredient; acquire overall knowledge about the most common preferments used in bakeries today; and much more. We use the classic Baguette to teach the fundamentals, but you will also learn to make Rye Bread, Whole Wheat Bread, Multigrain Bread, Pan Bread, and Braided Egg Bread. The skills you learn in this class are directly applicable for a position in a professional bakery or for a serious home baker. This class, limited to 15 to allow for personal instruction, fills up quickly, so reserve your spot early. **Be sure to consider the dates for our Artisan II workshop, scheduled to allow you two consecutive weeks of intensive training.**

Building on the skills you gained in Artisan I, Artisan II takes you full speed ahead into the world of sourdough bread. To become a truly skilled baker, you must learn how to control sourdough and not let the sourdough control you! Unravel the complex world of wild yeast and bacteria as you learn how to start your own sourdough starter, adjust the feeding schedule to maximize the quality of the bread and take your own version of the starter home. Experiment with different styles of starters and fermentation to achieve the flavors and characteristics you desire. The extensive hands-on portion of this class includes Sourdough Breads made with liquid and stiff starters, Olive Bread, Raisin Bread, Ciabatta with a poolish, and many other favorites. On the last day, you will mix a batch of sourdough by hand using the starter you created on the first day of class. If you are serious about becoming a better baker, this is a class that you do not want to miss! We encourage you to take Artisan I before enrolling in Artisan II unless you already have a thorough understanding of baking fundamentals. **Artisan I and Artisan II sell out quickly, so please be sure to register early!**

Advanced Artisan Breads is designed for experienced bakers interested in refining their skills and deepening their overall knowledge to become even better at their craft. During this illuminating workshop for those who love their profession, you will learn about and practice a variety of interesting breads using advanced methods. You will experiment with ways to fit new breads into an existing product line with fresh techniques such as sourdough to make sweet breads and miche using high ash flour and 230% (!) starter. Whole grain breads will be produced using whole grain starters and no white flour. You will work with difficult flours such as rye and spelt. Retarding techniques will be demonstrated with Baguettes and Ciabatta—retarded before shaping—and Whole Wheat—retarded after shaping. Because this more advanced class is not designed for beginning bakers, students need to have taken Artisan I and Artisan II or have extensive experience and a thorough understanding of the baking process, including science and terminology. Experienced bakers will be inspired by the newfound understanding and marketable skills they take away from this seminar!

VISIT US ONLINE AT WWW.SFBI FOR MORE INFORMATION AND UPDATES

Pastry I: Cake Bases, Creams and Assembly	Pastry II: Exploring Creams, Mousses and Glazes	Pastry III: Advanced Cakes and Pastries
<p>2008 Schedule: March 3 - March 7 June 9 - June 13</p>	<p>2008 Schedule: March 10 - March 14 June 16 - June 20</p>	<p>2008 Schedule: June 23 - June 27</p>

In this introductory class, students will learn the formulas, techniques, and processes that are the foundation on which both modern and classic desserts are built. Through lecture, demonstration, and hands-on participation, you will learn about ingredient functionality, cake mixing methods, pastry doughs and batters, creams and icing preparation, and layer cake assembly. Students will make a variety of base products such as Angel Food Cake, Chiffon Cake, Genoise, Devil's Food Cake, Japonais, and Paté a Choux. The cake and pastry bases will then be finished with a variety of creams and icings such as pastry cream, fruit curd, Italian butter cream and fondant. Special emphasis will be placed on learning the procedures for making cake and pastry bases, proper creams and icing preparation, and assembling and icing layer cakes. Some of the finished products will include Chocolate Hazelnut Cake, Lemon Curd Cake, Black Forest Cake, Napoleon Cake, Éclairs, and Paris-Brest.

In Pastry II students will explore in-depth the techniques and processes that make up the desserts and pastries which are found in many of today's pastry shops. Cake mixing will continue with sponge cakes including Roulade (Jelly Roll) and Almond Sponge Cake. These versatile cakes will be used to finish several of the desserts using Crème Anglaise, Pastry Cream, Diplomat Cream, Bavarian Cream, Mousseline Cream, and Crèmeux. In addition, students will also learn the fundamental principles for creating light fruit mousse cakes and rich chocolate mousse cakes. Several mediums for finishing cakes such as Italian butter cream, various chocolate glazes, ganache, fruit glazes, mirror glazes and marzipan will also be implemented. Some of the final products produced in Pastry II include Opera Cake, Baba Savarin, Crèmeux Tarts, Bavarian Cakes, Fraisier Cake, Charlotte Russe, as well as Fruit and Chocolate Mousse Cakes.

This class is designed for professionals in the industry or students who have completed Pastry I and Pastry II and are interested in learning more about product composition, advanced mousse preparation, chocolate and advanced finishing techniques. Students will learn how to add flavor and flair to their products by creating infused creams, frozen inserts, textured cake bases and seasonal fruit preparations that can complement the natural flavors and textures of any dessert. Expanding on the formulas and processes learned in Pastry I and Pastry II, students will produce dessert offerings that reflect today's pastry trends. Special emphasis will be placed on understanding the balance between flavor, texture, and visual elements to create eye catching and flavorful desserts. Through demonstration and hands-on participation, students will learn how to temper and work with chocolate in order to create sophisticated garnishes to highlight any pastry or dessert.

2008 BREAD AND PASTRY PROFESSIONAL TRAINING: MAY 28 - OCTOBER 1
Apply by May 1, 2008. Read more about the Professional Training Program on pages 8 and 9.

Viennoiserie (Breakfast Pastry)	New! Viennoiserie II (Breakfast Pastry)	Whole Grain Breads and Specialty Flours <i>with Guest Instructor, Didier Rosada</i>	New! Breads of the World <i>with Guest Instructor, Didier Rosada</i>
2008 Schedule February 11 - February 15 December 8 - December 12	2008 Schedule May 19 - May 23 October 27 - October 31	2008 Schedule February 18 - February 22	2008 Schedule: April 28 - May 2 August 25 - August 29
Viennoiserie is the term used to describe sweet yeasted dough—laminated or non-laminated. The interest in laminated dough such as Croissant, Danish and Brioche is rising considerably and the quality of Viennoiserie in America is finally starting to catch up to the quality of well-crafted artisan breads. Through lecture, demonstration and hands-on production, students will learn about ingredient functions, dough mixing technology, laminating technology, the preparation of fillings and make-up and baking processes. Students will learn to add visual appeal to their pastries using glazes, fresh fruits, nuts and highlights of powdered sugar. Serious bakers and pastry enthusiasts alike will gain knowledge about various fermentation techniques as a way to accommodate production, build flavor and add shelf-life. Non-laminated dough will include items such as Pan d' Oro, Pannetone, Stollen and Brioche.	In Viennoiserie II, students will build upon the knowledge learned in Viennoiserie I and make a variety of sweet and savory pastries from both laminated and nonlaminated dough. During this hands-on workshop, students will make classic regional specialties such as Colomba di Pasqua, Gibassier, and Kouing Aman, as well as more contemporary doughs, including Laminated Brioche, Baked Donuts, and Inverted Puff Pastry. Students will also work on an assortment of miniature pastries using both croissant and Danish dough. Throughout the class, instruction focuses on presentation and building flavor through the use of different fermentation techniques and fillings. This exciting new class features a high level of hands-on learning. Prerequisite: Viennoiserie I.	During this intensive, hands-on workshop, students will learn how to bake with whole grains and specialty flours. Technical characteristics of specialty flours such as buckwheat, spelt, and semolina will be covered, along with precautions to take when using them. A variety of breads will be baked each day, including Flax Seed Bread and Pear-Buckwheat Bread. Students will learn how to consistently work with whole grain breads in a bakery environment to satisfy the growing customer demand for these products. The class will discover whole grain yeasted preferments and how to work with sprouted wheat. In addition, each student will build a sourdough culture using whole grain flours to be used in final dough by the end of the week. Beginners and experienced bakers alike will be inspired as they learn an array of new breads and different shapes.	Discover the unique flavors of breads that are baked around the world during this adventurous class with Guest Instructor Didier Rosada. Didier will guide the class on a tour of interesting products from a variety of countries, including Germany's heavy Heidebrot Bread; coconut-filled Filipino Bread; pineapple-flavored Hawaiian bread; and Mexican Conchas. Sweet or crusty, sourdough or yeast-leavened, these international breads adapt well to a production environment and will be a great complement to your existing products.
Fundamentals of Pastry	Baking with a Wood Fired Oven (Four a Bois)	Holiday Pastries	
2008 Schedule: February 4 - February 8 May 5 - May 9 November 3 - November 7	2008 Schedule May 19 - May 23 August 4 - August 8	2008 Schedule: October 20 - October 24	
Learn the fundamental formulas and processes for creating today's most popular and appealing pastries as we cover the mixing and baking of a number of products—from quick breads, to cookies, to puff pastry. Students will learn to make Financiers, Madeleines, Muffins, Pound Cake, an assortment of Cookies, Brownies, Pies, Coffee Cakes, and more. Savory items will also be explored as a way to build a diverse product line by using a few base pastry formulas such as Pate a Choux and Puff Pastry. The main focal points of this class are the understanding of ingredient functions and the mixing, handling, and baking guidelines for the pastry doughs and batters covered. Students will obtain the knowledge and skill necessary to produce, manipulate, and troubleshoot a wide variety of baked goods.	Don't miss this rare chance to experience baking the way it was done in days past! You will learn about the large selection of products that are well-suited to being baked in a wood fired oven, including breads and sweet and savory items such as pizza and rustic tarts. Instruction will also include the fundamentals of designing and building a wood-fired oven. Most of this class will be hands-on, but some products will be demonstration only. Please note: <i>Due to the size limitations of the wood fired oven, a sampling of each product will be baked in the wood-fired oven; the remainder will be baked in the gas fired deck oven.</i>	Holidays are steeped in tradition and associated with warm memories. The pastries and desserts we identify with are modern day reminders of a forgotten art. In this class, you will finally learn the time honored secrets and techniques for producing an array of holiday breads, cookies, cakes and tarts that are rich in culture, tradition and flavor. A wide variety of specialty items will be covered, including Stollen, Pannetone, Buche de Noel, Holiday Mousse Cakes, and seasonal cookies, pies and tarts. Through lecture, demonstration, and hands-on participation, students will learn the formulas and processes for a wide variety of items. Discover why these beautiful desserts and pastries are holiday favorites and introduce your customers or family to a wealth of traditional and exciting flavors.	

how to register

- Download a registration form online at www.sfbj.com or call 650.589.5784 to register over the phone.
- Tuition for all classes is \$980; tuition includes daily lunch. Sign up for 2 classes within a 12 month period and receive a 10% discount on the second class: total price is \$1,862.
- A 50% deposit is required to reserve your space in class payable by check, cash or credit card (MasterCard, VISA, American Express). The remaining amount is due on the first day of class.

quick class facts

- All courses run from Monday-Friday.
- Courses begin at 8:30am on Monday and 8:00am for the rest of the week. Classes end at approximately 4:00pm each day.
- Acceptable attire is a white chef's coat or white shirt and checked pants. Hat optional. Wear comfortable, non-skid, closed-toe shoes.
- Bring a notebook, writing utensils and a calculator to class.
- As a courtesy to our instructors and fellow students, mobile phones must be shut off or left on "vibrate" mode during class.

bread & pastry professional training

realize your potential as a bread baker, pastry chef, or bakery owner.



Our Bread & Pastry Professional Training Program fully prepares students passionate about bread and pastry for a rewarding career in the baking industry. The San Francisco Baking Institute

recognizes that not every student has the time and budget available for 12-18 months of training. At the same time, students want to be sure they receive the very best education to ensure success in the future.

We designed our progressive program to meet these specific needs—developing a highly concentrated, focused curriculum with an exceptional level of hands-on practice and deliberately small classes. *See more about what distinguishes our program from others on page 9.*

The San Francisco Baking Institute is a world-renowned leader in artisan bread and pastry education for professionals, educators and enthusiasts. We train many of the world's most accomplished bakers

and pastry chefs and consult to the world's best bakeries. Learn more about our Professional Training Program and download an application package at www.sfbicom or call us at 650.589.5784.

The 2008 Session begins on May 28, 2008 and ends on October 1, 2008.

Application Deadline: Thursday, May 1, 2008.



Join us For a Baking Adventure In Paris!

Train with SFBI in France! We now make our training

in France available to anyone who is interested in joining us on this extraordinary baking and pastry adventure. Even if you are not enrolled in our Bread & Pastry Professional Training Program, you can join SFBI in France and take part in training at *L' Ecole Ferrandi* in Paris, France. You receive SFBI's preferential rate for non-students (excluding airfare and hotel). The 2008 details of the trip are currently being finalized. (We are observing the fluctuating euro before we publish 2008 pricing.) Call us for updates, or visit us soon at www.sfbicom.

optional training in paris

It is hard to imagine two better places to train for a career in the food industry than San Francisco and France. Here at SFBI, we have designed our Bread & Pastry Professional Training Program to immerse our students in the food culture of both the U.S. and Europe. You will train at our spacious, state-of-the-art facility in South San Francisco, just a few minutes from downtown San Francisco, and train at *L' Ecole Ferrandi*, in the heart of Paris.

Package for Bread & Pastry Professional Training Program Students:

This is a once in a lifetime experience—the chance to enrich your baking and pastry knowledge with professional training at

L' Ecole Ferrandi in Paris, France, and field trips in Paris with SFBI instructors. A special section focuses on Pierre Herme techniques for macarons.

Please visit www.sfbicom for important details about travel and lodging, including 2008 rates.

*Important Note: The cost of the trip to France is not included in SFBI's tuition for the Bread & Pastry Professional Training Program—it is an optional part of your training. The SFBI preferential rate for Bread & Pastry Professional Training Program students for training at the *L' Ecole Ferrandi*, plus the cost of the hotel (if booked with SFBI) are billed separately from the tuition. Travel arrangements and airfare are not included and are the responsibility of the student.*

bread & pastry professional training

sponsor an employee and save on consulting fees

Help sponsor one of your top employees for our Bread & Pastry Professional Training Program.

The San Francisco Baking Institute provides students with an invaluable education that will help them become a reliable and adaptable leader in your business.

SFBI's unique benefits include:

Hands-on Training

Our curriculum provides an exceptionally high level of hands-on practice and instruction. This helps our students *master*—instead of briefly review—concepts and techniques.

Individual Attention

We commit to small class sizes, with a maximum of 12 students to allow for personalized instruction.

Intensive Learning

Our full-day, 18-week curriculum teaches students production-based processes, which provides them with a greater depth of experience than is available from longer-term, half-day programs.

Advanced Equipment

Our spacious classrooms and technologically advanced equipment create an environment that is similar to a typical modern bakery. This helps ease the transition from the classroom to a professional environment.

Real-World Scale

Our program design and the scale of our facility enable students to bake in high volume, developing valuable production skills in both bread and pastry.

Save on Consulting Fees

Businesses that sponsor employees for the Bread & Pastry Professional Program will receive discounted SFBI consulting services, including one year of free

off-site business expansion guidance and a fifty-percent discount on limited on-site consulting services.*

Please contact us to learn more about sponsoring an employee for our Bread & Pastry Professional Training Program. Call (650) 589-5784 or email contact@sfbi.com.

“This program has been one of the best experiences of my life. I have really loved being at SFBI and have been inspired to work in the baking industry.”

—Josh Grunig

“I have learned so much from SFBI ... The instruction is brilliant and the facilities are very clean, neat, well organized and well managed. The people are so nice and kind—they treated the students like family. I didn't want to leave!”

—Nicola Wilson



*This offer excludes travel expenses. Consulting services must be used before December 31, 2008.

baker's tip: storing sprouted grains



Miyuki Togi
Assistant Baking & Pastry
Instructor

The sprouting and grinding of grains is a time-consuming and labor-intensive process.

When producing a large volume, the sprouted, ground grains can be stored in the freezer for up to one month with good results. The grains can be portioned, formed into blocks, wrapped tightly in plastic wrap, and then placed in the freezer.

rinsing—they quickly start to build an undesirable odor and will likely cause problems if included in a dough.

When using refrigerated or thawed grains, be sure to control your dough temperature by using warm water or by pulling the grains from the refrigerator ahead of time, since the cold grains share a large mass of the dough.

—Miyuki Togi

Just before you are ready to use, thaw in the refrigerator overnight. Sprouted and ground grain should only be held in the refrigerator for up to 24 hours. This is because the enzymes and bacteria on the grains are still active even after



new classes this spring!



Breads of the World with Didier Rosada
April 28 - May 2; August 25 - 29

During this five day hands-on class with Didier Rosada, students will discover the distinctive flavors of breads baked around the world.

This adventure in international taste and technique includes Germany's heavy Heidebrot Bread, coconut-

filled bread from the Philippines, pineapple-flavored Hawaiian bread, and the increasingly popular Mexican Conchas. Sweet and crusty, sourdough-and yeast-leavened, the international breads covered in this workshop are easy to realize in a production environment and are a wonderfully imaginative complement to any existing product line. Bring the world home to your bakery with this inspiring class led by an engaging and talented guide!



Viennoiserie II (Breakfast Pastry)
May 19 - 23; October 27 - 31

In Viennoiserie II, students will build upon the knowledge learned in Viennoiserie I and make a variety of sweet and savory pastries from both laminated and nonlaminated dough. During this hands-on workshop, students will make classic regional specialties such as

Colomba di Pasqua, Gibassier, and Kouing Aman, as well as more contemporary doughs, including Laminated Brioche, Baked Donuts, and Inverted Puff Pastry. Students will also work on an assortment of miniature pastries using both croissant and Danish dough. Throughout the class, instruction focuses on presentation and building flavor through the use of different fermentation techniques and fillings. This exciting new class features a high level of hands-on learning. *Prerequisite: Viennoiserie I.*

"There is no love sincerer than the love of food." —George Bernard Shaw, Irish playwright (1856-1950)

recipe of the season: 100% sprouted spelt

Making the bread:

- Scale all ingredients.
- Add the sprouted grain, levain, salt, yeast, and raisin juice. Withhold the water.
- Mix on 1st speed of a spiral mixer. After 2-3 minutes, slowly add water to achieve the desired dough consistency. Remember that the grain has absorbed a tremendous amount of water during the sprouting process and it will not take much additional water to achieve a medium soft consistency.
- Once the desired dough consistency is achieved, begin 2nd speed for the dough development. The dough will look as if it will never come together ... be patient. The dough development will take time—probably 5 minutes or more. Be cautious while mixing in 2nd speed—spelt grains or spelt flour can over-develop quickly.
- Allow to ferment in bulk for 2 hours, giving the dough a punch and fold after an hour.
- Divide and shape the dough and allow to ferment in a loaf pan mold. Spelt is a relatively weak flour and needs a form to help during final proof.
- Final proof is approximately 1 to 1 ½ hours.
- Bake at 425° F with steam for 40-45 minutes.
- After baking, take out of pans immediately and allow to cool on a wire rack.

LEVAIN

Ingredients	Baker's %	Kilogram	U.S. decimal	Lbs. and Oz.	
Whole Wheat	100.00	0.205	0.452	0	7-2/8
Water	70.00	0.144	0.316	0	5-1/8
Whole Wheat Starter	10.00	0.021	0.045	0	6/8
Total	180.00	0.369	0.814	0	13

Process, Levain

- Mix all ingredients until well-incorporated with D.D.T. of 70°F.
- Allow to ferment 12 hours at room temperature (65-70° F).

FINAL DOUGH

Ingredients	Baker's %	Kilogram	U.S. decimal	Lbs. and Oz.	
Sprouted Spelt	100.00	3.691	8.137	8	2-1/4
Water	6.48	0.239	0.527	0	8-3/8
Yeast (dry instant)	0.80	0.030	0.065	0	1
Salt	2.12	0.078	0.172	0	2-3/4
Malt	0.50	0.018	0.041	0	5/8
Raisin juice	3.00	0.111	0.244	0	3-7/8
Levain	10.00	0.369	0.814	0	13
Total	122.90	4.536	10.000	10	0

Process, Final dough

- Mix: Improved mix (medium consistency).
- D.D.T.: 75-78°F.
- First fermentation: 2 hours with one fold.
- Shaping: Loaf pan.
- Final proof: 1 hour to 1 hour 30 minutes at 80°F at 65% humidity.
- Steam: 2 seconds.
- Bake: Deck oven at 425°F for 40-45 minutes.

Notes

- Hydration may vary with the quality and moisture content of the flour.
- Time and temperature will vary from oven to oven and with the weight of the loaves.

Sprouting Method:

The grain chosen for our bread is spelt. In this example of sprouting, the grain is:

—**Submersed in water for 48 hours at a constant 70°F.** If the temperature lowers, the length of time for sprouting increases; if the temperature increases, the sprouting time is decreased.

—**Rinsed once a day.** Drain all of the water; rinse the grain thoroughly at least twice; and refill the water level to cover the grain.

—**Aerated 3-4 times a day.** To aerate the grain, simply put your hand in the container and toss the grain thoroughly, making sure that all of the grain has been agitated. It is best to choose a large enough container to allow the grain to be fully submersed and to absorb and swell during the process. If 1.000 Kg of grain is to be sprouted, approximately 0.500 Kg of water will be absorbed. Depending on the grain itself, (i.e., variety, quality, size), the grain will absorb according to its own potential. The spelt tested for our formula absorbed between 45-50% of its own weight in water. 1.000 Kg of dry spelt grain weighed 1.483 Kg after the sprouting process.

Once the grain begins to sprout, the white endosperm will start to show at the tip of the grain. For the bread in this formula, this is when the grain is sprouted enough to benefit from the process and not adversely affect the flavor of the final product. At this point, a very thorough rinsing of the grain is necessary, so as to avoid adding a fermented alcoholic flavor to the bread.

After a thorough rinsing, the grain is ground wet through a meat grinder dye. (If a Hobart or vertical type mixer has an attachment for a grinder, the motor will be sufficiently strong to process the grain. A Kitchen Aid-type home mixer will likely not have enough power to run the grain through the grinder.) Slowly run the grain through the grinder. The grain will come through the dye in long, broken strands, much like ground beef. Gather and refrigerate until needed. If kept for long periods of time, freeze until needed, being sure to fully thaw when ready to mix the dough. If not fully thawed, the mixer will likely not be strong enough to mix the sprouted grain and may break the mixer.

photo by Frank Wing



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