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what's rising

San Francisco Baking Institute Newsletter Spring 2009

The Baker Has a Sweet Job: A Sugar Overview

by Kate Good and Shari Call

A sugar beet is not a sweet rhythm that jives to your soul. Sugar beets, along with sugar cane, provide nearly 100% of the world's sucrose—a category of sugar that includes most of the varieties commonly used in baking.

Before the cultivation of sugar cane and sugar beets, wild honey served as the primary sweetener, its use dating back more than 10,000 years. The first known use of unrefined “raw” sugar, *gur*, was in India before 550 BCE,¹ but it was not until more than 1000 years later, around 1100 AD, that it was introduced to the Europeans. The first known sugar processing facility was opened by Arabs around 1000 AD on the island of Crete.²



Initially only apothecaries used sugar in medicine, but around 1200, a French druggist coated the first almond with sugar and started an ongoing culinary romance.

Sugar was considered a luxury until 1700, when consumption began to dramatically climb with an increased supply from European colonies. In 1493, Christopher Columbus brought sugar cane to what is now Haiti and the Dominican Republic. By 1550, sugar was produced in significant quantities in the Spanish and Portuguese-occupied Caribbean islands, West African coasts, Brazil, and Mexico. In the 1600's English, French and Dutch colonies also began producing sugar. One of the negative points in sugar's history is its close tie with slavery. Up to 2/3 of the twenty million enslaved Africans in the Americas worked on sugar plantations.³

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SFBI's Retail Store: Thorough Bread and Pastry

by Michel Suas, SFBI Founder and President

Last spring, SFBI opened a retail store—Thorough Bread and Pastry—in San Francisco. The idea of a retail location to expand the educational experience of our students had long been on my mind; I was just waiting for the right place and time. The opportunity happened suddenly when a location on Market Street in San Francisco's Castro district became available. We will soon be making some exciting changes to the store, including the addition of an oven so our customers can enjoy products baked on the premises.

Before I signed the lease, I asked our staff what they thought. The team was thrilled and wanted to go for it. I was very fortunate to have an excellent team to help me put this idea in action.

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THIS NEWSLETTER IS STOPPING. ACT NOW!

In our ongoing effort to be environmentally friendly, we will start emailing our newsletters. Please email newsletter@sfbi.com to ensure that you keep receiving our newsletter. Be sure to include your first name, last name, and email address.



The Baker Has a Sweet Job: A Sugar Overview

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The San Francisco Baking Institute (SFBI) is a baking and pastry arts school for professionals, educators, and enthusiasts.

Our mission is to cultivate and promote the art and appreciation of artisan-baked breads and pastries.

The San Francisco Baking Institute (SFBI) is a world-renowned leader in artisan bread and pastry education. SFBI's global alumni base includes thousands of professionals and enthusiasts. We also consult to top domestic and international bakeries. Experts praise us for elevating the baking craft and raising the standard of bread and pastry education. Critics hail our book, *Advanced Bread and Pastry*, as the authoritative textbook in the field.

SFBI offers a unique and invaluable educational experience. We're the only school in the United States dedicated exclusively to artisan baking. Our faculty and staff are experts in their field as professionals, consultants, and educators. Students receive an extraordinary amount of hands-on, "real-world" experience with the latest baking equipment and technology, along with an understanding of artisan baking techniques and values. Select graduates of our Professional Training Program are given the opportunity to learn about all aspects of retail bakery production through internships at Thorough Bread and Pastry.

SFBI hosts the selection and training for Baking Team USA, who compete in the World Cup of Baking.



General Levels of Sugar Refinement



As the outcry against slavery grew in the 18th century, the West Indian sugar industry began to decline. Now, the Caribbean and West Indies are minor sugar cane producers whereas India and Brazil have become major producers, contributing roughly half of the world's cane sugar supply.

Another minor cause of the West Indian cane sugar industry decline was that, in 1747, Andreas Marggraf, a Prussian scientist, discovered that the sucrose

and taste to sucrose produced from sugar beets. The level of refinement is directly correlated with the purity of the sucrose produced. A number of popular sugars are partially refined – the greater the refinement, the lower the molasses and moisture content. (*See chart of General Levels of Sugar Refinement, above, and the refinement process on page five.*)

Brown sugar is brown because it contains molasses. Occasionally, the sugar refinement process is arrested when the

Forms of White Sugar: Names and Dimensions (*information from Harold McGee, p 673*)²

Large Grain Sugars: 1-2 mm	Standard Granulated Table Sugar: 0.3-0.5 mm	Fine Granulated Sugars: 0.1-0.3 mm	Powdered Sugars: 0.01-0.1 mm
Coarse Sanding Pearl	Fruit Castor	Baker's-Special Superfine/ Ultrafine	Confectioner's Powdered Fondant Icing

crystals isolated from the juice of the white beet were identical to those in sugar cane. This discovery prompted an increase in sugar beet production in countries with cooler climates. In 1812, the first working sugar beet factory was developed. Currently, sugar beets from Europe and North America contribute 20-30% of the world's sucrose supply, with sugar cane contributing most of the remaining 70-80%.

Rustic or Refined?

The end result of the sugar refinement process is table sugar, which is 99.95% pure sucrose sugar. Sucrose produced from sugar cane is identical in sweetness

appropriate amount of molasses has been removed. More commonly, molasses are added back into fully refined sugar.⁴

Some white sugars, primarily sold in the areas where sugar cane is grown, are chemically whitened; these sugars are not pure sucrose. Common names for these sugars include: *mill white, plantation white, crystal, superior, and blanco directo.*

Is it Fine Enough?

Sucrose is processed into varying levels of granulation, depending on how the final sugar product will be used. Granulation commonly ranges from very coarse to extremely fine.

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Retail Store, cont.

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Two very talented interns, Kate Good and Shari Call, were just finishing their six month internship with SFBI and eager to help. A marvelous assistant instructor, Miyuki Togi, needed more challenges, and Erin Bailey, our remarkable person in charge of developing SFBI's recognition in the public, was also at the ready. My wife, Evelyne, and daughter, Julie-Marie, were very encouraging and thrilled by the idea of SFBI's new retail venture. After we opened, intern Claire Evans joined the group as a baker for the store.

This amazing team took on our new project with so much care and personal dedication that I all I had to do was watch them succeed while I focused on other projects important to our school. Watching a group of people put so much effort and personal pride into starting a business made me realize anew how a group effort can accomplish so much and also be a lot of fun. Everyone played a role, including my daughter, who came up with the name *Thorough Bread and Pastry* and designed the store's logo.

Thorough Bread and Pastry's full line of products includes six types of breads: Baguettes, Ciabatta, Multigrain, Semolina and Sourdough, offered in loaves and mini breads. We selected these products to cover the wide array of flavors, crumb textures, and crusts in different varieties of bread.

Our breakfast products include Croissants, Danish, Scones, Coffee Cake, Bostock and more. For pastry, we offer individual-sized Eclairs, Caramel Chocolate Tarts, Baba au Rhum, and Lemon Tarts, to name just a few, as well as larger cakes such as Blackberry-Lemon Mousse and Opera. For lunch, we offer soups and sandwiches with our bread. Sandwiches are made to order to keep the bread at its best quality. Our next step is to stay open on weekend evenings to serve plated desserts that we will pair with unusual and satisfying wines chosen by our friend and certified sommelier, Raj Dev.

Why did SFBI open a retail store? Our goal is to extend the educational experience for our interns and professional students. Our main objective is to give students an actual bakery experience under the umbrella of SFBI's teaching philosophy. Running the store teaches students to manage their time, prioritize ideas, create organizational systems, and produce a consistent line of beautifully-finished products. We selected all aspects of bread and pastry for the store menu, including plated desserts, to give students the option to select the focus of their main career interests, from retail stores to restaurants and hotels.

All of the people who work at Thorough Bread and Pastry are involved in the business and responsible for results. The books will be open to anyone who wishes to see the food cost, labor, rent, liabilities, etc., so students are more prepared to run a business or open one themselves.



Michel and Evelyne's daughter, Julie Marie Suas, named the retail location and designed the logo, above.

Working in the store gives students a hands-on understanding of an owner's or manager's daily responsibilities and challenges.

Thorough Bread and Pastry is something I've wanted to do for a long time. As usual, we did it "on the run," with little notice, and just a few emails and meetings. The only thing I had to do was trust my team and give them freedom to act. They delivered what I was expecting. *Thank you.* This is one thing I can now remove from my "to do" list for education.

On another subject...Brian Wood is moving on to a new venture in the baking/food industry. Brian left SFBI the first week of February. He spent five years with us, first as an intern, and then as a pastry instructor. Brian brought a lot to SFBI. He added new components to our classes and he was quite involved in the creation of our book, *Advanced Bread and Pastry*. He left his mark with us and we will miss him. We all wish him good luck in his new endeavor. ■

—Michel Suas



Michel Suas SFBI President and Founder

Michel Suas is internationally recognized as an industry expert and thought leader, and is a strong advocate of using education to advance the appreciation and craft of artisan baking. The Bread Bakers' Guild of America awarded Michel their Golden Baguette in recognition of his enormous contributions to the Guild and the artisan baking industry. The Bread Project named Michel an honorary life member in recognition of his guidance and support.

A native of France, Michel started baking when he was fourteen. In France, Michel trained under several renowned chefs and won two silver medals as a Certified Pastry Chef and Certified Culinary Chef in the national CAP exam. At the age of 21, Michel was named head pastry chef at Barrier's restaurant – at the time it was one of just twelve French restaurants honored with three stars by the Michelin guide. After moving to the United States, Michel founded both the San Francisco Baking Institute and TMB Baking, a top national bakery design consultancy and equipment distributor. Together, SFBI and TMB Baking provide the baking industry with the highest level of education, consulting, and equipment. These services have helped many of the world's best-known bakeries develop operational efficiency and quality production.

Powdered sugar, also known as confectioners' sugar, is normal sucrose that has been ground to a powder. Confectioners' sugar is labeled by the fineness of the grind, which is indicated by a number following an "X"—the higher the number, the finer the grind. 10X is the grind commonly found in the grocery store and in small bakeries; many high-volume bakeries use powdered sugars with coarser grinds to precisely control their product outcomes. When using confectioners' sugar, a raw starchy taste is sometimes detected. This is a result of the cornstarch that is often added to the sugar to help absorb moisture and prevent caking.⁵

Sugar—What is it Good For?

In addition to its decorative uses, sugar plays an important role in both bread baking and pastry applications. Sugar acts as a flavoring, a colorant, a tenderizer, a bulking agent, a structuring agent, and a preservative.

Flavor

Simply put, sugar adds sweetness to breads and pastries. The level of perceived sweetness per volume increases with increasingly fine levels of granulation.

Alternates to sucrose provide dramatically different levels of sweetness. The flavor also changes with the type of sugar used. White granulated sugars have a neutral, sweet flavor while brown sugar tastes like mild molasses. Lighter brown sugars have a mild flavor that is often described as butterscotch, while darker brown sugars have a stronger molasses flavor. Many bakers choose their brown sugar based on the desired flavor profile of the final product.

Sugar's flavor profile changes further when heated. When sugar starts to caramelize, it takes on a, well, caramel flavor. As the caramel continues to heat, the flavor develops in richness and intensity. Even when slightly burnt, caramel produces a rich and complex flavor, but be careful when heating caramel because if it is overheated it becomes unusable—it creates a bitter taste and acrid smell that permeates the kitchen.

Colorant

When caramelized, sugar creates brown tones in bread and pastry. This is evident in products ranging from golden-brown loaves of bread to medium-brown chocolate chip cookies. As the amount of sugar and intensity of caramelization increases, so does the depth of the product's color.

Tenderizer

In bread baking, sugar acts as a tenderizer. Water is necessary for gluten formation, protein coagulation, and starch gelatinization, which form the structure of dough. Sugar is *hygroscopic*, which means that it attracts and retains water that might otherwise assist those functions. The resulting dough is less structured and more tender.

Use caution if adjusting sugar levels in your dough—too much sugar could result in inadequate structural formation. When the amount of sugar in a dough is less than 12% of the flour weight, it can still be incorporated at the beginning of the mix. However, if the sugar is more than 12%, it should be added slowly at the end of the mix to allow the gluten to develop first.⁶

Whereas sugar acts as a tenderizer in bread dough by interfering with structure builders, in non-yeasted items such as cakes and cookies, it also acts a tenderizer when using the creaming method. When creaming sugar with a fat, the sharp edges of the sugar crystal "cut" the fat, creating air pockets. The more the fat is creamed, the more the cookie will spread. Sugars with a smaller crystal size will cause the cookie to spread with less mixing. Conversely, sugars with a larger crystal size will need more mixing time to produce more spread. If sugar granules of a smaller size are used in the dough at the same weight as sugar of a larger granule, the smaller granule will be dispersed at a higher concentration. Because there are more granules, they are positioned closer together in the dough. This prevents the gluten and starch in the flour from forming strong bonds, which results in a more tender cookie.

Bulking Agent

Sugar provides bulk to confections including fondants, ice creams, frostings, and glazes. Because it is relatively inexpensive, producers will often use sugar as a bulking agent in their goods.

Structuring Agent

Sugar dissolves in eggs, and the resulting syrup keeps the air bubbles in egg foams from collapsing; this maintains the structure and volume of egg foams, while providing a nice satiny sheen. As a structuring agent, sugar is helpful in egg foams for meringues, cakes, and cookies.

Preservative

At the right concentration, sugar's hygroscopic nature acts as a preservative. At low levels, sugars provide food for microorganisms, but at high levels, they actually prevent their growth. This is especially useful in the making of jams, jellies, candies, confections, and preserved fruits.

Highly Processed Syrups and Powders

An invert sugar is a sugar which contains equal amounts of fructose and glucose, in their separate forms. An invert sugar is created by breaking a sucrose solution down into the simpler sugar molecules fructose and glucose; usually the solution is treated with an enzyme or heated with an acid to break the bond between the fructose and glucose molecules. One naturally occurring invert sugar is honey. Some examples of manufactured invert sugars are *Trimoline*, *Nulomoline*, and *Freshvert*. Invert sugars play an important role in baking and confections by increasing shelf life, delaying sugar crystallization, and lowering the freezing point of water.

Increases Shelf Life

Invert sugars help baked goods retain their moisture, keeping them softer longer and therefore extending the shelf life.

Delays Sugar Crystallization

Invert sugars contain two sugar molecules, which delays their crystallization. When a small amount of an invert sugar is added to icings, fondants, and confections, the invert sugar will prevent sugar crystallization.

The resulting icings, fondants, and confections will be softer, creamier, and shinier.

Lowers Freezing Point and Delays Ice Crystallization

The fructose and glucose molecules in invert sugars lower the freezing point of water, and therefore help prevent ice crystals from forming in frozen desserts. Frozen desserts made with invert sugars will be softer to scoop, cut, and eat directly from the freezer.

Key Points When Using Inverted Sugars

Invert sugars themselves have a shorter shelf life, are messier to use, are more expensive, and brown faster than sucrose. When using invert sugars in baked goods, the oven temperature should be lowered about 25° F to prevent excessive browning. Also, no more than 25% of the sucrose in a formula should be replaced with invert sugars; otherwise the resulting baked goods could be too dark, dense, gummy, and/or too sweet.⁷

Corn Syrup

Even though corn syrup is not an inverted sugar, it retains similar properties to invert sugar.⁸ Corn syrup is also known as *glucose corn syrup*, or simply *glucose*. High-fructose corn syrup is much closer in composition to, and less expensive than, invert sugar, making it a good substitute. High-fructose corn syrup contains approximately equal parts fructose and glucose.

Corn syrup has a thicker consistency than sucrose syrups because of the long carbohydrate chains derived from starch granules. When used in baked goods it: helps prevent other sugars from crystallizing; minimizes ice crystals in frozen products; imparts a thick, chewy texture to food; and prevents moisture loss, which extends the shelf life of a baked good, but it is less sweet than sucrose. For these reasons it is a useful sweetener for products such as pecan pie, which has a high sugar content. The corn syrup adds body without making the filling too sweet.

“Natural” or Lightly-processed Sugars

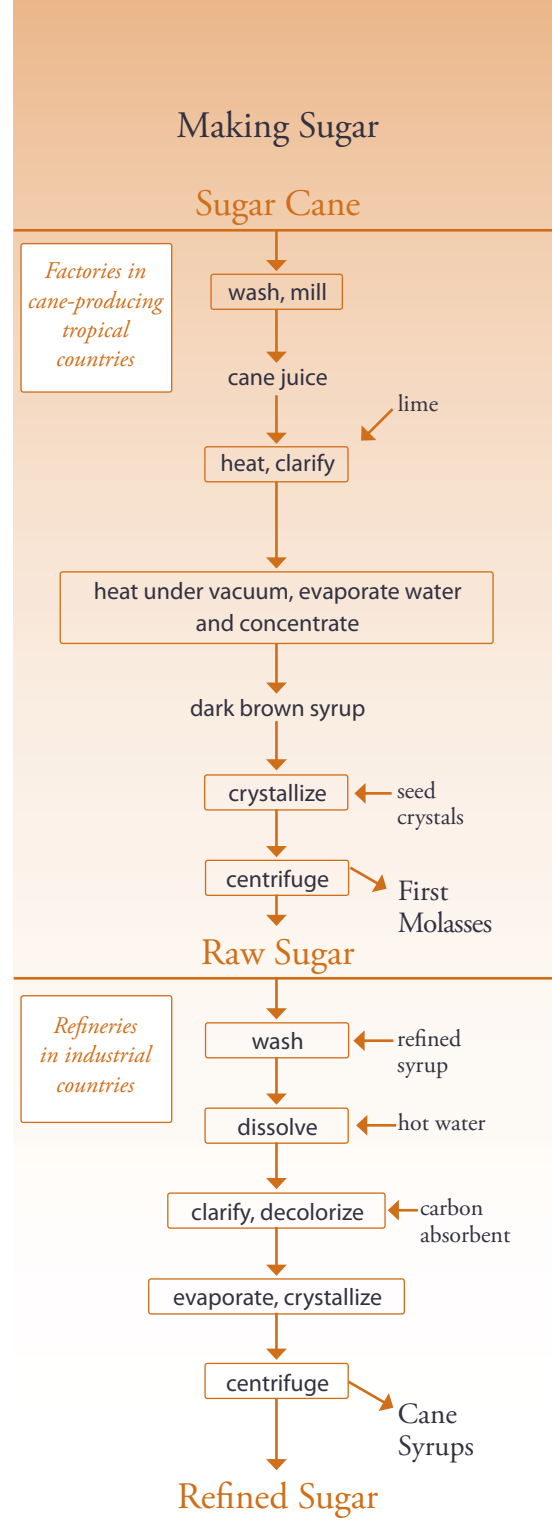
“Natural” sugars are very lightly refined and are derived from a myriad of sources including the sap from maple trees, birch trees, sorghum stalks, rice, cacti, and various fruits. Natural sugars are often used for a particular taste profile or dietary preference. Some sugars, such as barley malt syrup, are slowly digested and therefore gentler on blood sugar levels than other sweeteners. Because the “natural” sugars widely vary in their intensity of sweetness, viscosity, and/or crystal size, care must be taken when substituting these sugars for sucrose in baked goods. Creaming times, amounts used, and the quantity of liquid in a formula may need to be adjusted in order to create an “ideal” product with these different sugars. These sugars are often prohibitively expensive, and therefore not practical for use outside of the home or fine dining.

A Sugar by Any Other Name Would Taste As Sweet

There are several alternatives to using sucrose, invert sugars, or other “natural” sugars as a sweetener. Alternative sweeteners are primarily used for health-related concerns, such as diabetes and weight loss. Nonnutritive sweeteners taste sweet but are essentially noncaloric because they are such high-intensity sweeteners, that they are used in small enough amounts to make the calories basically nonexistent, or because some, such as sucralose, are not absorbed by the body or what is absorbed is not metabolized. These nonnutritive sweeteners can also be called high-intensity sweeteners and are used in much smaller quantities than sucrose. A few that are approved for use in the United States are *saccharin*, *aspartame*, and *sucralose*.⁹

Alternative sweeteners can be derived from natural substances, such as *stevia*, but in general, they are synthetically produced in a lab. Each alternative sweetener has its own set of guidelines in how it should best be used.

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Reproduced from *On Food and Cooking*, by Harold McGee, Page 672

Monthly Schedule

January 2009

Artisan I: January 12-16

Artisan II: January 19-23

New! Wedding Cakes: January 19-21

February 2009

Fundamentals of Pastry: February 2-6

Full-time Professional Training Program:

February 2 - June 5

Pastry I: February 9-13

Pastry II: February 16-20

Pastry III: February 23-27

March 2009

Viennoiserie I: March 2-6

New! Gelato, Ice Cream, and Sorbet: March 9-11

Artisan I: March 16-20

Artisan II: March 23-27

Full-time Professional Training Program:

February 2 - June 5

April 2009

Artisan I: April 6-10

Artisan II: April 13-17

Whole Grain Breads: April 20-24

Full-time Professional Training Program:

February 2 - June 5

May 2009

Artisan I: May 4-8

Breads of the World: May 11-15

New! Special Dietary Needs: May 18-22

Full-time Professional Training Program:

February 2 - June 5

June 2009

Artisan I: June 15-19

Viennoiserie I: June 15-19

Artisan II: June 22-26

Full-time Professional Training Program:

February 2 - June 5

2009 Workshop Schedule

5-day Workshops

Artisan I: Baking Fundamentals

Learn the details of mixing, fermenting, shaping, and baking bread in this essential introductory course. Work with the traditional Baguette, Rye, Whole Wheat, Multigrain, Egg, and Pan Breads to gain a strong foundation in bread baking. The course covers baker's math, ingredient selection and function, how mixing affects fermentation, and other bread baking fundamentals. Both enthusiasts and professionals gain a deep understanding of the baking process.

Artisan II: Mastering Sourdough

Artisan II builds on the skills learned in Artisan I. Study the intricacies of sourdough and learn how various starters and fermentation techniques affect flavor and appearance. Create your own wild yeast starter, and learn how to apply a feeding schedule to maximize the quality of bread. Make sourdough breads with liquid and stiff starters, Olive Bread, Raisin Bread, Ciabatta with a poolish, and many other favorites. Students leave this course with a strong knowledge of sourdough—an essential skill for any baker.

Artisan III: Advanced Breads

Think out of the bread box...this course challenges traditional assumptions and explores innovative bread-making techniques. Work with a variety of flours such as rye and spelt, make miche using high ash flour and 230% (!) starter, and experiment with different retarding techniques. Even seasoned bakers are inspired by the knowledge and marketable skills gained from this workshop.

Breads of the World

Discover the unique flavors and textures of breads baked around the world. Create exotic breads, including Germany's Heigebrot Bread, Hawaiian Pineapple Bread, and Mexican Conchas. The vast array of breads covered in this course will help you explore your creativity and grow your business in an expanding market.

Fundamentals of Pastry

Learn the fundamental formulas and processes for creating today's most popular pastries. Practice the mixing and baking of pastries, including quick breads, cookies, and puff pastry. Gain knowledge and techniques to successfully produce and troubleshoot a wide variety of baked goods.

German Breads

German breads appeal to an increasing number of customers with dietary restrictions, as well as people who seek interesting breads with pronounced flavors and textures. Join us for this exciting seminar to learn how to bake spectacular German breads. Learn how to make Lye Breads, Sourdough Rye, Whole Grain Spelt Bread, Bavarian Pretzels, Kaiser Rolls, 100% Rye Bread, and even traditional Pumpernickel—which bakes for 36 hours!

Pastry I: Cake Bases, Creams, and Assembly

In this course, learn the formulas, techniques, and processes that are the foundation of both modern and classic pastries. Gain an understanding of ingredient functionality, cake mixing methods, pastry doughs and batters, creams and icing preparation, and layer cake assembly. Make a variety of pastries, including Chocolate Hazelnut Cake, Lemon Curd Cake, Black Forest Cake, Napoleon Cake, Éclairs and Paris-Brest.

Pastry II: Creams, Mousses, and Glazes

Pastry II builds on the skills learned in Pastry I. Gain an in-depth understanding of creams and the cakes they complement. The class covers techniques to finish decadent and beautiful desserts using creams, mousses, glazes, and ganache. Leave this course with your creations including Opera Cake, Baba Savarin, Cremeux Tarts, Bavarian Cakes, Fraisier Cake, Charlotte Russe, as well as Fruit and Chocolate Mousse Cakes.

Pastry III: Advanced Cakes and Pastries

Moving beyond Pastry II, learn complex techniques to create more intricate cakes and pastries in this advanced course. Use infused creams, frozen inserts, and tempered chocolate garnishes to create avant-garde pastries with cutting-edge design techniques. The intricate and unique formulas you learn in this class will be an indispensable asset to any restaurant or bakery.

New! Special Dietary Needs

The market for baked goods for people with special dietary needs is growing. This course shows illustrates how to bake for specific dietary needs, including vegan, diabetic, sugar-free, and gluten-free. In this course, we pay particular attention to ingredients and techniques that produce delicious flavors with enjoyable textures. *(continued, next page)*



Products covered included breads, pastries, and frozen desserts. *Please note: SFBI is not a gluten-free environment. We have a small amount of flour in the air, which may harm people with gluten allergies or intolerance – do not register for this class if ambient flour may hurt you. People with gluten allergies or intolerance should not eat products made during the workshop, but should apply the knowledge they learn in a gluten-free environment.*

Viennoiserie I: Breakfast Pastry

Learn how to use laminated and non-laminated doughs to create popular breakfast pastries, such as Croissant, Danish, and Brioche. Study ingredient functions, dough mixing, laminating, filling preparation, and baking processes. Perfect breakfast pastry is a benchmark of any successful baker or bakery.

Viennoiserie II

Building on the skills covered in Viennoiserie I, learn how to make advanced laminated and non-laminated pastries. Create traditional, international, and contemporary doughs including Laminated Brioche, Baked Donuts, Inverted Puff Pastry, Colomba di Pasqua, Gibassier, and Kouing Aman. The course covers complex formulas that enable students to create breakfast pastries that stand above the crowd.

Whole Grain Breads and Specialty Flours

In this intensive, hands-on workshop, learn how to produce consistently great breads using whole grains, sprouted wheat, and specialty flours, such as spelt, buckwheat, and semolina. Sixty-four percent of Americans say they are trying to eat more whole grains—a growing demand that makes this class invaluable to the modern baker.

3-day Workshops

New! Gelato, Ice Cream, and Sorbet

Learn all aspects of gelato, ice cream, and sorbet production, including formula development, production processes, and equipment selection. Create balanced formulas using classic and innovative ingredients. This course is ideal for restaurateurs who want to make frozen desserts a component of their dessert repertoire, entrepreneurs who want to start their own ice cream business, or enthusiasts who want to delight their family and friends.

New! Wedding and Custom Cakes

Heighten your skills to create memorable custom cakes for weddings and special events. Employ diverse methods of cake and icing preparation; understand contemporary and traditional design techniques; and develop piping and decorating skills to craft spectacular custom cakes.

Holiday Pastries

Time-honored secrets and techniques for producing an array of holiday pastries – rich in culture, tradition, and flavor – are revealed in this 3-day class. Cover a wide variety of specialty items, including Stollen, Pannetone, Bûche de Noël, holiday Mousse Cakes, and seasonal Cookies, Pies, and Tarts. Introduce your customers or friends to a wealth of traditional treats.

Wood Fired Oven

This rare opportunity to bake unique and flavorful food in our hand-crafted, wood fired oven introduces you to an ancient craft with recently renewed popularity. The course covers a large selection of products that are well-suited for a wood fired oven, including breads, pizzas, and rustic tarts.

2-day Workshops

New! Holiday Pastry with Kids

Spend a fun weekend creating memories and treats to share with family and friends. Produce a variety of holiday cookies and pastries, ranging from cookies to cakes to breads. We will provide gift wrap and packaging. *Each child, ages 10-14, must be accompanied by an adult. Responsible children, ages 15 or older, may attend alone.*

New! Holiday Pies and Tarts

Learn how to create an array of pies and tarts—just in time for the holiday season. This course covers a number of techniques to make classic pie crusts and tart shells. Produce both traditional and contemporary fillings, from pumpkin purée to pears poached in caramel. Practice preparing, rolling, baking, filling, and finishing pie crusts and tart shells to make stunning and delicious pastries for giving or serving.

July 2009

Artisan I: July 6-10
Fundamentals of Pastry: July 6-10
Artisan II: July 13-17
Pastry I: July 13-17
Pastry II: July 20-24
Wood Fired Oven: July 20-22

August 2009

Pastry I: August 3-7
Pastry II: August 10-14
Artisan I: August 10-14
Artisan II: August 17-21
Artisan III: Advanced Breads: August 24-28

September 2009

German Breads: September 7-11
Part-time Professional Training Program: September 14, 2009 - March 19, 2010
Viennoiserie I: September 21-25
Viennoiserie II: September 28 - October 2

October 2009

Fundamentals of Pastry: October 12-16
New! Holiday Pies: October 17-18
Viennoiserie I: October 19-23
Pastry III: October 26-30
Part-time Professional Training Program: September 14, 2009 - March 19, 2010

November 2009

Holiday Pastries: November 4-6
New! Holiday Pies: November 14-15
Artisan I: November 16-20
Part-time Professional Training Program: September 14, 2009 - March 19, 2010

December 2009

New! Holiday Pastry for Kids: December 12-13
Part-time Professional Training Program: September 14, 2009 - March 19, 2010

New workshops coming soon!

Join our email list and be the first to know about our new workshops and special events!





Why Study at SFBI?

“The quality of education that SFBI offers is more significant and relevant to our natural and artisan baking industry than any other culinary institute or school that I am aware of. SFBI may not offer you a neckerchief with your diploma, but the school will extend a lifelong invitation and commitment to furthering your personal and professional development. Whether you are a home baker working hard to perfect the baguette in your electric oven using trays of melting ice cubes and pizza stones, or the plant manager trying to make your baguette line mimic the hand shaped baguette, SFBI has something to offer you.

SFBI has a knack for collecting some of the most passionate and talented instructors, and I always look forward to hearing about my bakers' experiences when they return from a class.

We want to work even more with SFBI to focus on specific training objectives that are critical to the mission of our Whole Foods Market bakeries: traditional artisan baking techniques and formulations, baking with whole and ancient grains, baking for special diets, keeping the quality intact as the volume grows, etc.

I have known SFBI and Michel for well over a decade, and I have never met a school or a man that has more dedication and commitment to our national and global baker. Michel and SFBI have done more for the advancement of our craft than anything or anyone that I am aware of.”

—Andy Clark, Whole Foods Market, Colorado Bakehouse Facility Team Leader

Gracias y adios

by Brian Wood

I still remember my excitement when I first learned about SFBI. I was living in Seattle and was making organic chocolates in Seattle for William Leaman at the Essential Baking Company. William is well known for helping his employees learn and grow. When he told me about the possibility of an internship at SFBI, I was grateful and I knew that it was what I wanted.

Before I knew it I was driving south on a rainy Friday in a loaded sedan. There was just one problem: I had never confirmed my employment with Michel. According to Didier, however, I had the job and could start the following Monday. I breathed a sigh of relief when I talked to Michel passing through Ashland, Oregon.

California was just on the horizon and I now had the official OK.

Having been at SFBI for over five years, I have come to know many of the students closely. I value the friendships we have formed and the opportunities we had of working and learning together. Every class is unique in its composition of students and I am always amazed by the strong connections people make and the development of students' skills in just a week at the Institute.

Michel always says SFBI is like a big family and this is very true. I see SFBI as being an extension of the Suas family. (Suas Family Baking Institute?) Michel, thank you for your overwhelming support from day

one and for your trust and faith in your employees to do a good job. Evelyne, your warmth and kindness continue to make this school the pleasant place it is to be. Julie Marie, it was always a pleasure to see you at SFBI and I appreciate how you can always make people laugh. So former students and former coworkers...keep up the baking and the good work. Remember to always ask questions. Realize that we are all always learning and that if we are not there is something wrong. If you haven't been to SFBI in a while, get back there soon and check out some of the new and exciting classes. How better can you spend a week of your time? ■

About SFBI Workshops

Summer workshops are beginning to fill – register early!

We are excited about our 2009 workshop schedule and hope you will join us for one of our classes this year. In response to countless requests, we added additional week-long workshops to our schedule. We also added new, shorter workshops.

Upcoming New Workshops

- **Special Dietary Needs:** *Learn to bake for vegan, gluten-free, and diabetic diets*
- **Holiday Pastries:** *Make the world merrier!*
- **Holiday Pies and Tarts:** *Delight your customers, friends, and relatives.*
- **Holiday Pastries with Kids:** *We'll teach your kids how to bake!*

Please see pages six and seven for the complete workshop schedule.

How to Register

1. Complete our registration form. You may download the form at www.sfbi.com, or request that we send one to you.

2. Submit your completed registration form with a 50% deposit to reserve your space in class. You may mail, email, or fax your form to us. (Students submitting a registration form without a 50% deposit will not be enrolled, but will be placed on the class waiting list. Once a class reaches maximum enrollment, space will no longer be available to those on the waiting list.)



Petra folds a short mix dough.

3. Once we receive your completed registration form and payment, we will contact you to confirm your space in the class.

Workshop Tuition*

- 1-Day Workshop Tuition: \$198
- 2-Day Workshop Tuition: \$398
- 3-Day Workshop Tuition \$598
- 4-Day Workshop Tuition \$798
- 5-Day Workshop Tuition \$998

* If you have already taken one class at SFBI this calendar year, subtract 5% from the total tuition.

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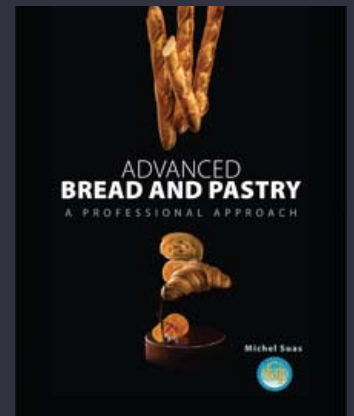
“ When I met Michel Suas, he was importing bakery equipment in order to finance his dream of establishing a baking school. In the 20 years since that time SFBI has gone from being a gleam in the eye of its creator to being one of the best and most hospitable places to learn all aspects of artisanal bread and pastry baking. SFBI has truly become an important national resource for America’s bakers and pastry chefs. ”

– Steve Sullivan, Founder of Acme Bread Company

Our Book

The authoritative text book in the field.

Advanced Bread and Pastry: A Professional Approach is a comprehensive professional manual for bread and pastry. *Advanced Bread and Pastry* provides indispensable instruction in an approachable format. Techniques and key concepts are applied in real-world situations to help today’s instructor and baker master new products and emerging trends in the baking industry. *Advanced Bread and Pastry* offers the baker and pastry chef a strong foundation of knowledge and a solid framework to continue to develop professionally.



Clean out your bookshelves. For any baker, at any level—from a home cook to the head chef of a three-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

Baker's Tip:

Caramel – A Familiar Ingredient with Unlimited Possibilities

by Frank Sally, Baking & Pastry Instructor

Caramel is something that almost every baker has had some experience with. Its most popular applications include sauces and candies, but caramel can be used for much more. To enhance the flavor profile of a product, consider replacing refined sugar with dried caramelized sugar. Add interesting alcohols or aromatics to traditional caramel to create intoxicating tastes. Or, use different types of sugar, such as brown sugar, honey, muscovado, or date to develop interesting flavor profiles.

Dry Caramel “Tart Tatin”

Poach apples *sous-vide* in caramelized sugar and aromatics to create a tart tatin-like flavor. Peel the apples and use a melon baller to create spheres. Squeeze half a lemon over the spheres, coat, and reserve. Make a dry caramel with sugar weighed out to 10% the weight of your apple spheres. Cook caramel as dark as possible without burning it. Pour onto a sheet pan lined with parchment or a silpat. After the caramel cools, grind it to a fine powder. Place it with the apples, a vanilla bean, ½ stick of cinnamon, and a small amount of butter into a vacuum-sealed bag. Poach *sous-vide* at about 200°F until apples are just cooked through. Drain the apples and reserve the liquid. Reduce the liquid to a thick sauce and glaze the spheres. Season with salt and lemon juice to taste.

Tea-infused Caramel Marquise

A more modern application for caramel is to make a caramel sauce with two parts cream infused with tea, one part sugar, and 0.3% carrageenan (to the weight of the entire mixture). To stabilize your

sauce with carrageenan, you must mix the carrageenan with a small amount of sugar and disperse it into a small amount of cold cream. After your sauce is made, pour the carrageenan mixture into the sauce and bring to a boil, then quickly pour it through a fine strainer into a prepared pan. Place another piece of plastic wrap on the surface to prevent a skin from forming.

Date Caramel

Dates can be used to make a sauce resembling caramel. This sauce relies solely on the natural sugars contained in the dates, so you may want to use orange zest or cardamom to accent its earthy and complex flavor. Place 300 grams of pitted dates into a pot and cover with one liter of cold water. Cook on a very low flame until the dates are completely broken down—this can take a few hours. Strain the dates and reserve the liquid. Clarify the liquid (see below), then reduce until you have the consistency of a thick sauce. Season with salt and lemon juice. If desired, reduce the sauce until caramelization occurs.

Clarify the liquid as follows. First, allow the liquid to cool. Then whisk into it four egg whites for every liter of stock. Place the mixture over medium heat and continue stirring until hot.

Once the mixture reaches about 170°F, stop stirring and turn heat to low; a clarification raft will form on the surface of the stock. Do not allow your stock to boil or the raft will break apart and pollute your clarified liquid. About thirty minutes after your raft is completely formed, remove your pot from the heat and use a ladle to remove the liquid from the pot, straining it through a coffee filter. Pour your clarified liquid into a sauce pot and reduce. ■



Frank Sally
Baking & Pastry Instructor

Frank Sally is a Baking and Pastry Instructor at SFBI. His primary role is to develop and teach a variety of bread and pastry classes. Frank is also closely involved in other SFBI activities. Frank has always wanted to teach baking, so he jumped at the opportunity to join SFBI in October 2008. Prior to his work at SFBI, Frank worked as Pastry Chef of The Restaurant at Meadowood in St. Helena, CA. Frank has worked in a number of bakeries, restaurants, and hotels in the Bay Area, including Campton Place and Montclair Baking. Frank graduated from the California Culinary Academy Baking and Pastry Arts program in 2003.

Frank's interest in food began when he was fifteen years old and living in Boston—he made ice cream for a small neighborhood shop throughout his high school and college years. After graduating from Hamilton College with a BA in Spanish, Frank moved to South America to teach English and coach basketball. Upon returning to the United States, Frank taught high school Spanish and coached a football team at Riordian High School.

Creamy Caramel*

Ingredients	Baker's %	Kilogram	Test
Heavy Cream	29.70	0.215	1 3/4 oz
Half and Half	29.70	0.215	1 3/4 oz
Sugar	100.00	0.725	5 3/4 oz
Salt	3.70	0.027	1/4 oz
Glucose**	112.80	0.818	1/2 oz
Vanilla Bean	Each	2	1/2 bean
Total	275.90	2.000	1 lb

* From *Advanced Bread and Pastry*, page 808

** Corn syrup can be substituted for glucose.

Process

- Bring all of the ingredients to a boil in a stainless steel or copper pot.
- Stir constantly and cook to the desired temperature. (See below.)
- After the bubbles have subsided, pour the caramel into arranged metal bars on top of a silicone mat to a depth of 1/2 inch (1 cm).
- When it is set, cut to the desired size, then wrap or enrobe with chocolate.

Final Temperature	Texture
250°F/121°C	Soft
255°F/124°C	Chewy
266°F/130°C	Hard

Note

The resulting texture of the caramels will be determined by the maximum temperature reached in cooking. Humidity will also have an effect. When working in a humid environment, it is advisable to add a few degrees to the chosen temperature.

The Baker Has a Sweet Job

continued from page five

If the substance is heat stable, it can be used in baking.

Alternative sweeteners generally cannot be substituted one-to-one for sucrose, so specific precautions should be taken in regards to working with each alternative sweetener.

Final Thought

Sugar—what is it good for? Well, actually something. Is it highly processed? Sometimes. Is it bad for you? Maybe in high doses. But can you honestly say that you've really lived if you haven't gotten sick on cotton candy and do you really know where the edge of your soul is if you haven't pondered the deep complexities of salted caramel? You would still exist—still breathe—without apple pie, chocolate chip cookies, crème brûlée, and Belgian sugar waffles, but really... isn't it so much sweeter knowing sugar? As bakers, understanding sugar and its applications is our job. As dreamers, we'll drag our sorry butts out of bed at 4:00 am just to try to figure out how to make butterscotch pudding. So maybe now you'll wanna re-read those technical parts of this article and dream on... dream on. ■

Interesting Facts About Sugar

Sugar gets its English name from the romance languages, French (*sucré*), Italian (*zucchero*), and Spanish (*azúcar*), who in turn adopted the name from the Arabic and Persian word *shaker*, which was derived from Sanskrit.

For information about individual sweeteners and their uses, please visit the resources section of our website at www.sfbf.com.

Endnotes

- 1 Figoni, 121; 2 McGee, 673; 3 Figoni, 120;
- 4 McGee, 660-661 or 655; 5 Suas, 1010; 6 Suas, 62; 7 Suas, 402; 8 Bennion and Schule, 269; 9 Bennion and Schule, 270;
- 10 Bennion and Schule, 271;
- 11 Bennion and Schule, 273; 12 Bennion and Schule, 273

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SFBI's Bread & Pastry Professional Training Program and a former intern at SFBI.



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This and many of the photographs inside by Frank Wing



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