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# what's rising

San Francisco Baking Institute Newsletter Fall 2009

## Exploring Ancient Grains

by Safa Hamzé, Assistant Instructor

Long before wheat dominated the world of leavened bread baking, cultures were discovering and domesticating wild grasses and plants for survival. Domestication and cultivation of these grains offered the once nomadic hunter gatherer societies the opportunity to transition into an agrarian-based civilization. Grains could be stored to provide a more regular source of food throughout the year. At first grains were cooked whole into porridges. Some porridges were also cooked on hot stones, creating the first flat breads.

The evolution of grains occurred almost simultaneously in many independent civilizations around the world. As civilization became more stationary and relied on agriculture for more of its diet, higher crop yields were needed. When yield increased, more cultures were exposed to the spreading influences of Western and European cultures and diets.



Leavened breads in loaf form became more and more desirable as we moved into an industrialized civilization. To the credit of plant breeders and their cross-hybridization for specific traits, modern wheat meets the demands of bakers, millers, and farmers. Modern bread flour has risen to the top.

### Modern Wheat vs. Ancient Grains

The selection of modern wheat (*Triticum aestivum*) as the dominant grain and flour used in leavened breads today has overshadowed many other grains, which did not receive attention for a variety of reasons. Some grains produced low yields or required high maintenance in the fields, making them less profitable and harder to process. Others did not provide the necessary gluten structure for leavened breads.

*continued on page four*

## The Ins and Outs of Internships

by Michel Suas, SFBI Founder and President

Work with us to create a strong intern-stage program!

**Intern:** an advanced student or graduate usually in a professional field gaining supervised practical experience (*Merriam-Webster*)

**Stage:** (translation)

- a. a period of practical study and demonstrations of skill required of job candidates in certain professions
- b. a period during which a person takes a temporary position in a business or takes classes in that person's field (*Larousse*)

Both words are used to define people who want to learn more or gain experience in their chosen field. For a long time, the term was only used in medicine; it referred to the young doctor who was on call, doing the "dirty work" for the professor. Now we see more interns in all fields.

*continued on page two*

## THIS IS OUR LAST PRINTED NEWSLETTER. ACT NOW!

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



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.



## Internships, cont.

*continued from page one*

Since we are in baking and pastry, let's talk about what we should expect from an intern and what an intern should expect from the bakeries and restaurants who agree to work with interns.

First, an intern's objective is to develop his or her career by getting experience, building a resume, and cultivating references. In exchange, interns are willing to work long, hard hours for little or no pay. Interns are individuals who want to grab knowledge at any cost or sacrifice—they are the best type of worker: devoted and full of passion. What better can we find?

Because of the enthusiasm of interns, a lot of owners and managers are scared they will not be able to repay interns with enough knowledge and experience, or promise a better future. What we should all realize is that what we take for granted—what we do everyday—is new to a lot of people. They will be very grateful for the exposure, even if they may not use the specific lessons in the future. Spending time in your shop will help interns learn to make their own choices in style, recipes, focus, and everything else related to their career; this is learning!

The best way to approach an internship is for both parties to initially agree on the length of the internship and the internship's goals. SFBI's interns commit for six months. So far, this commitment has been fulfilled by all but one of our interns. (The one felt she was not learning anything and left after two days, complaining, "I only made baguettes on the first day!") We now have around four interns in rotation all of the time, and we constantly develop our program so interns are equipped to work in or run a bakery when they leave...if they do leave. From our most recent interns, we have four full-time employees who have taken very important positions in SFBI, and one who opened a successful bakery after finishing

her internship and spending a year as an employee with SFBI and Thorough Bread and Pastry.

Good external internship candidates for SFBI are people who study at a culinary program at a city college or a dedicated culinary school. These people have already invested in their career, they know the pros and cons of the field, they understand how to follow directions, and they understand why we set goals for the quality they are trying to reach with their products. It is important to hire people who have a good understanding of education's value and accept that it takes time to learn rather than becoming a big shot baker right away.

Don't integrate interns as part of the staff or depend on them entirely; if you do, the time will come where no one will apply to replace internship vacancies. For a six-month internship, set a fixed schedule for the interns at each of your stations for four to five weeks. For example, the first month could be bread, then viennoiserie, then cake, then store service. During the last two months of the internship, depending of the level of the intern, you can release a permanent employee or yourself to spend time creating new products or finishing something you wouldn't otherwise have time to do.

Interns bring energy to your company and team by breaking routines and asking questions that lead employees to focus on reviewing, teaching, and perhaps improving the production process. Teams make connections and network with people who are trying very hard to be what they want to be. It is best to teach – don't leave interns to work by themselves at first. Instead, make sure you coach them to learn speed, organization, and methods. Don't abuse an intern's physical tolerance. At SFBI, interns have a long list of tasks but we always make sure they don't stay too long, and only work five days for the internship.

## Internships, cont.

*continued from page two*

To help them financially, if they want to work at the bakery over the weekend or for the school, we pay them an additional hourly wage.

Try to find from the start why an intern wants to come to your bakery. Do they want to learn bread, or cake, or something else? Make sure an intern's last month is concentrated on their primary goal so they can leave with a feeling of accomplishment and skill, rather than adding one more reference without any proof of skill. Remember, through our interns we always can see whether or not we were a good teacher.

Don't expect everyone to be a star. We need all levels of bakers, and at least half of a good-quality worker comes from a person who shows the will and desire required by an internship. To find a good intern, connect with local city colleges or culinary school (making a point to meet a teacher who will help you hand pick the best candidate), or work with another bakery to exchange internship leads. Education helps contribute constant growth to a bakery's success: young bakers push new challenges and keep customers satisfied with consistent quality.

A good movement started about 20 years ago with many bakers across the United States working together to develop the industry. I feel we are losing the focus of real education, which has nothing to do with training race horses for competition, especially when the horses entering the race don't even know how to drink water. We need to stay focused with real education that teaches the basics and we need to have open arms for people who just want to be a baker or pastry chef.

If you need help starting an internship program inside your bakery, let me know! Who knows, if enough bakeries are interested, we could start a great collaborative apprenticeship program! We need only a few bakeries to start a valid exchange network, starting with the U.S. and perhaps later Europe and the rest of the world.

I am certain that European, even French, bakeries would be more than happy to receive our bakers and pastry chefs for short time periods. Yes, this is another of my crazy ideas, but you know I will get there some day. We're already in motion!

P.S. We have more women than men applying for and winning our internships. I look forward to seeing women take a greater role at all levels of the industry. ■

—Michel Suas

If you would like to collaborate on internships with SFBI, please email me at [michel@sfbi.com](mailto:michel@sfbi.com).



### Professional Internships

Professional internships are available at Thorough Bread and Pastry. We started this bakery and café to give select graduates of our Bread & Pastry Professional Training Program experience in all aspects of production for a retail bakery.

**Thorough Bread and Pastry has been named San Francisco's Best New Bakery by SF Weekly.**

Thorough Bread and Pastry

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### 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.*

# Exploring Ancient Grains, cont.

continued from page one

In more recent years, crops have been hybridized to facilitate easier mechanization of the process at every stage of the cycle from the farmer (sowing, fertilizing, herbicide, pesticide, irrigation, harvesting and increasing the yield) to mill (kernel size and hardness, protein and moisture content, consistency), to the baker (protein and ash content, flavor, consistency).

Where once there were numerous types of grains to choose from, today corn, wheat, and rice dominate the agricultural landscape. With the exception of corn and rice, other non-wheat grains were not “lost,” rather they became less widely cultivated and are therefore less widely available. However, they continue as staples of some subsistence farming communities around the world, communities that are constrained by geographic, economic, or environmental limitations. These cultures, on a small scale, plant, harvest and consume these crops and have never “lost” these grains.

We are now firmly planted in a world of modern wheat. However, consumer interest in “Ancient Grains” is growing. Bakers are seeing three emerging areas of consumer demand:

- Baked goods made with more whole grains
- Gluten-free products
- Breads with a unique, authentic flavor profile.

By incorporating ancient grains, bakers can begin to meet each of these consumer needs. The demand for more whole grains is part of the growing awareness of diet and nutrition in our culture. For a variety of reasons, these specialty grains are typically processed whole. Little or no separation of the bran, germ, and endosperm (starch body) occurs in the milling process. Grain size plays a major role in the whole grain milling process.

These ancient grains range in shape and size from less than 1mm to 7mm in diameter. Grain hardness and composition also play a role in the difficulty of separating the kernel into its various components. For all these reasons, most flours made with ancient grains are whole grain flours.

Ancient grains derived from the wheat family *Triticum* (Emmer, Einkorn, Spelt) seem to be, in some cases, easier to digest for those with wheat or gluten sensitivities. Furthermore, grains from outside the wheat family are typically gluten-free (pseudo-cereals and ancient grasses). This allows bakers to create a new line of products for consumers who are allergic or intolerant to wheat and/or gluten. As a group, ancient grains have been exposed to less genetic manipulation, (through cross hybridization and genetic engineering) allowing the grains to preserve more of their traditional characteristics. Products made with these grains give the baker a chance to experiment with new flavor profiles that will bring a tremendous diversity to production lines.

The ancient grains covered in this article fall into three categories: Ancestral Wheat, Pseudo-Cereals, and Ancient Grasses.

## Ancestral Wheat: Spelt, Einkorn, and Emmer

Ancestors of today’s modern wheat, flours milled from Ancestral Wheat contain the proteins necessary to make gluten. These grains are all members of the *Triticum* species, and today’s modern wheat is a direct descendent of these pre-historic grains. These grains were typically cross bred with other grasses to facilitate free threshing (the separation of the grain from the husk), higher yields per acre, and lower field maintenance. In today’s marketplace, only Spelt is still widely available. Einkorn and Emmer are harder to source and significantly more expensive.

However, the same troubles (low yield, tight fitting husk, longer maturation) that once were the downfall of Ancestral Wheat might be their saviors in years to come. Varieties of wheat with tight fitting husk tend to be more resistant to fungus and disease, making these grains appealing to wheat breeders and farmers hoping to avoid crop failure.

The fact that these ingredients are directly related to wheat makes them easy to introduce into existing baking formulas. They have some levels of functional gluten and will have some effects on the dough systems depending on the level of inclusion. Inclusion rates can range from 1-100% of the T.F.W. (Total Flour Weight), however, these strains of wheat do not produce the volume of the finished product due to the ratio of gliadins and glutenins. Fermentation times and tolerances, volume and crumb structure will vary depending on inclusion rates. Spelt, Einkorn, and Emmer offer a taste of wheat flours past. With some functional gluten forming properties present, ancestral wheats are a good first step into the world of ancient grains.

## Precautions when using Pseudo-Cereals and Ancient Grasses

As we begin to work with non-glutinous flours (pseudo-cereals and ancient grasses), we must become more aware of the source of the flours. There are a variety of mills offering the same flours with different milling processes and different particle sizes, resulting in significantly different flour handling properties. For example, the rate of water absorption for the same flour varies greatly from mill to mill. Water absorption also varies significantly from grain to grain. The pseudo-cereals tend to absorb and hold significantly more

moisture, acting more like a paste, than the ancient grass based flours, which tend to remain gritty in dough systems.

The fact that these flours are gluten-free makes their inclusion rates critical. The minimum percent inclusion rate to achieve a noticeable flavor enhancement is to replace 10% of the TFW in your existing formula. This is easily added with minimal interference of the gluten structure being developed by the dough. As you approach a 15% inclusion rate, the interference becomes more noticeable. The dough will become more fragile and will require modified mixing and handling. Inclusion rates above 15% are possible, but require more attention at all stages. As you approach inclusion rates greater than 50%, it is important to understand the limitations of the gluten structures within these doughs.

We must then look back to the traditional uses of these grains and learn from the past. Typically, these grains were used to make flatbreads. Flatbreads do not require internal structure and it is possible to make flat breads with high inclusion rates (+50% TFW).

The method of inclusion is also an important decision. While dry inclusions are easier to facilitate, they do not offer as much flavor to the final dough as pre-fermenting the flour. Traditional pre-ferments should be used as a basis for flavor development. The most advantageous preferment is one that uses high hydration such as poolish or liquid starters. This high hydration pre-ferment allows these special grains time to be in contact with an abundant amount of water, allowing the starches to hydrate more fully.

Depending on the finished product, it may even be necessary to pre-gelatinize some or all these flours by par-cooking with hot water to partially swell the starches prior to the final mixing and insure full hydration during the bake. Grains such as millet, sorghum and teff do not absorb or hold water well at room temperature, and can greatly benefit from a pre-gelatinization technique.

Whether using dry or pre-gelatinized flour, these grains also greatly benefit from pre-fermentation, which allows the full flavor of the grain to shine. The flavor profiles of each grain are unique and pleasing. Acidifying your specialty flours through a sourdough preferment magnifies and maximizes the true essence of the grain. Creating an ancient grain starter is a fairly simple way to extrapolate these unique flavors. This can be done quickly through the manipulation of an already existing sourdough culture. With any culture you already have, you can seed a new ancient starter. Using equal parts specialty flour and water, add 40% existing Sourdough Seed and mix until incorporated. Allow to mature at room temperature for 12 hours. Repeat this feeding every 12 hours. Within one full day's feeding, the starter will have transformed into a new and unique culture ready for use. Mature cultures can be used as "wild yeast" sourdough.

With the application of new sourdoughs, the artisan baker can begin to create new and unique formulas from specialty flours, with a variety of new flavor profiles.

#### Pseudo-Cereals: Buckwheat, Amaranth and Quinoa

Buckwheat, Amaranth, and Quinoa are broadleaf plants. However, their seeds can be processed as true cereal grains. In general, these pseudo-cereals have more amino acids, making them a better nutritional source of complete proteins. As mentioned before, pseudo-cereals do not contain any gluten, because they are not related to wheat in any way. Therefore, most of the traditional uses tend to be either leavened or unleavened flatbreads. The pseudo-cereal family of seeds typically absorbs and holds hydration well, which allows the final products to retain moisture after the bake.

#### Ancient Grasses: Millet, Sorghum and Teff

These grasses are not related to wheat, so they contain no gluten. Ancient grasses tend to be poor retainers of hydration and thus benefit the most from long contact with water and/or pre-gelatinization

through par cooking. In dough systems, they can create unique dough handling characteristics. It is important to insure that there is enough water in your dough to swell these tougher starches fully. Doughs with these grains can be very sticky. It is important to anticipate this characteristic and use an appropriate amount of flour to release this dough at all stages of fermentation (i.e., bulk, divide/pre-shape, final proof). Boards, baskets, or linens must be floured appropriately to insure easy removal.

#### Conclusion

Ancient grains offer an opportunity to explore, expand and create new products with unique flavor profiles. As a group they offer a wide range of applications, from lean breads to pastry, both sweet and savory. Whether you choose to use the Ancestral Wheats, Pseudo-Cereals or the Ancient Grasses, ancient grains will open up a whole new world of possibilities. From the home baker to the professional, these grains are an opportunity to create and lead in new flavors and new techniques. Ancient grains are also at the center of the up and coming Gluten-free Baking interests. ■

Learn more about ancient grain characteristics on page 11.

SFBI has scheduled a special class: Baking with Ancient Grains, from June 28 - July 2. Register now!



# Monthly Schedule

## January

(9/14/09-3/19/10): **Professional Training Program**  
1/11-1/15: **Just added! Artisan Breads I**  
1/18-1/22: **Artisan Breads I**  
1/25-1/29: **Artisan Breads II**

## February

(9/14/09-3/19/10): **Professional Training Program**  
2/1-2/5: **Gluten-free Bread and Pastry**  
2/8-2/12: **Whole Grains and Specialty Flours**

## March

(9/14/09-3/19/10): **Professional Training Program**  
3/1-3/5: **Artisan Breads I**  
3/8-3/12: **Artisan Breads II**  
3/22-3/26: **Just added! Artisan Breads I**  
3/29-4/2: **Viennoiserie I**

## April

(4/12/10-8/13/10): **Professional Training Program**  
4/7-4/9: **Wedding and Custom Cakes**  
4/12-4/16: **New! Pastry Arts: Exploring Ingredients and Techniques**  
4/13-4/17: **Study in France**  
4/19-4/23: **New! Pastry Arts: Versatility of Tarts, Pies, Puff, and Choux**  
4/26-4/30: **New! Pastry Arts: Cake Bases, Creams, and Composition**

## May

(4/12/10-8/13/10): **Professional Training Program**  
5/3-5/7: **New! Pastry Arts: Mousse Cake Methods and Design**  
5/10-5/11: **Gelato, Ice Cream, and Sorbet**  
5/17-5/21: **New! Pastry Arts: Chocolate, Confections, and Petit Fours**  
5/24-5/28: **New! Pastry Arts: Exploring Ingredients and Techniques**

## June

(4/12/10-8/13/10): **Professional Training Program**  
6/2-6/4: **Wood Fired Oven Baking**  
6/7-6/11: **Artisan Breads I**  
6/14-6/18: **Artisan Breads II**  
6/21-6/25: **Whole Grains and Specialty Flours**  
6/28-7/2: **Baking with Ancient Grains**

## July

(4/12/10-8/13/10): **Professional Training Program**  
7/12-7/16: **Artisan Breads I**  
7/19-7/23: **Artisan Breads II**  
7/26-7/30: **Artisan Breads III**

# 2010 Workshop Schedule

## 5-day Workshops

### Artisan Breads 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 Breads 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 Breads 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.

### Spanish Language: Artisan Breads I and II

We have combined our popular Artisan I and Artisan II classes for this workshop, which will be taught in Spanish!

### Baking with Ancient Grains

In addition to their appealing history, ancient grains are healthy, interesting, and (when used properly) wonderfully flavorful. As these grains must be treated differently than the flours we use regularly, we focus on techniques to achieve distinctive and gratifying flavors and textures in bread and pastry. A wide range of delicious breads and pastries will be covered, including artisan and pan breads as well as

a variety of pastries, including cookies, pies, muffins, and puff. Ironically, our ancient grains workshop is essential for anyone who wants to be on the cutting edge of contemporary baking.

### 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.

### 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!

### Gluten-free Bread and Pastry

Baking for specific dietary needs, including vegan, diabetic, gluten-free, and sugar-free, is an area of the industry that is rapidly advancing. In this course, we pay particular attention to ingredients and techniques that produce delicious flavors with enjoyable textures. Products covered include breads, pastries, and frozen desserts.

### Whole Grains & Specialty Flours

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.

### Pastry Arts: Exploring Ingredients and Techniques

Learn how to understand and control the pastry making process instead of just using recipes! Essential for students who want to create instead of follow, this class focuses on ingredient functionalities, mixing methods, and fundamental pastry techniques. Learn how flours, sugars, fats, eggs, dairy products, and leavening agents affect the final product. Practice a variety of mixing methods that will help you achieve the results you want.



## Pastry Arts: Versatility of Tarts, Pies, Puff, and Choux

Create a sensational array of pastries, ranging from the rustic to refined, sweet to savory, and simple to complex. See how subtle variations in mixing techniques create dramatically different doughs, learn how to decide which types of dough best meet your needs and how to use them, and prepare pastries with different doughs, fillings, and finishes to internalize the lessons.

## Pastry Arts: Cake Bases, Creams, and Composition

Made properly, layer cakes can be incredibly delicate or decadent and extraordinarily beautiful. Learn a variety of cake mixing methods, creams, and fillings, as well as how to troubleshoot problems. Study cake composition, assembly, and design and practice decorative piping skills as you make your own delicious cakes.

## Pastry Arts: Mousse Cake Methods and Design

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.

## Pastry Arts: Chocolate, Confections, and Petits Fours

This workshop focuses on the practice and application of tempering chocolate, the preparation of candies and confections, and the delicate process of making petits fours. Products covered include: hand-rolled, dipped, and molded chocolates; marshmallows; pâtes de fruits; brittle; and petits fours made of various creams, mousses, tuiles, and glazes with varying flavor and texture profiles. Thrill your customers and friends with exquisite pastries!

## New workshops coming soon!

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

## Viennoiserie I: Croissants, Danish, and Brioche

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.

## Viennoiserie II: Advanced Laminated and Enriched Doughs

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.

## Spanish Language: Viennoiserie I

We are now offering Viennoiserie I with Spanish language instruction!

## 3-day Workshops

### Wood Fired Oven Baking

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.

### 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.

## August

(4/12/10-8/13/10): **Professional Training Program**

8/2-8/6: **German Breads**

8/16-8/20: **New! Spanish Language Artisan Breads: Artisan I and II**

8/23-8/27: **New! Spanish Language Viennoiserie I**

8/23-8/27: **Breads of the World**

8/30-9/3: **Viennoiserie I**

8/30-9/3: **Artisan Breads I**

## September

(9/20/10-2/4/11): **Professional Training Program**

9/6-9/10: **Artisan Breads II**

9/8-9/10: **Wedding and Custom Cakes**

9/13-9/17: **New! Pastry Arts: Exploring Ingredients and Techniques**

9/13-9/17: **Whole Grains and Specialty Flours**

9/20-9/24: **New! Pastry Arts: Cake Bases, Creams, and Composition**

9/27-10/1: **New! Pastry Arts: Mousse Cake Methods and Design**

## October

(9/20/10-2/4/11): **Professional Training Program**

10/4-10/8: **New! Pastry Arts: Exploring**

**Ingredients and Techniques**

10/11-10/15: **Viennoiserie I**

10/18-10/22: **Viennoiserie II**

10/25-10/27: **New! Working with Chocolate**

## November

(9/20/10-2/4/11): **Professional Training Program**

11/8-11/12: **Artisan Breads I**

11/15-11/19: **Artisan Breads II**

## December

(9/20/10-2/4/11): **Professional Training Program**

12/6-12/10: **Artisan Breads I**

12/13-12/17: **Artisan Breads II**

## New! Weekend Workshops

1/16-1/17: **Focus on Puff Pastry**

2/6-2/7: **Focus on Tarts**

2/6-2/7: **Baguettes at Home**

2/20-2/21: **Focus on French Macaroons**

3/6-3/7: **Sourdough Bread at Home**

6/26-6/27: **Sourdough Bread at Home**

7/31-8/1: **Baguettes at Home**

10/23-10/24: **Plated Desserts at Home**

10/23-10/24: **Sourdough Bread at Home**

11/13-11/14: **Viennoiserie at Home**

11/13-11/14: **Holiday Pies and Tarts**

12/4-12/5: **Specialty Breads at Home**

12/4-12/5: **Holiday Pastries**





## Announcing Our Exciting New Approach to Pastry Education!

Learn how to control the pastry making process instead of just following recipes!

We designed our 5-day pastry workshops to teach our students how to control the pastry making process instead of just following recipes. Now, SFBI's entire curriculum—bread and pastry—balances rigor and flexibility, enabling us to provide unparalleled training in fundamental skills. We expose students to the theory and practice of bread and pastry, teaching about techniques, ingredients, tools, and how to adapt to different production environments.

SFBI has long been known as the place serious bakers and baking educators study. Our students are industry leaders who work closely with us to develop workshops that help them meet the needs of their customers and employees. The new curriculum covers the same breadth of material as our previous classes, but the structure allows us to focus on each subject in even more depth.

Though we strongly recommend that students begin studying pastry with *Exploring Ingredients and Techniques*, we designed our pastry workshops to be taken in almost any order. *Chocolate, Confections, and Petits Fours* is the only course that requires a prerequisite—students must have taken *Exploring Ingredients and Techniques* and one other 5-day pastry workshop prior to taking the class.

The following chart illustrates how the new curriculum evolved. Every workshop has been updated to provide greater breadth and depth on each topic covered.

### Former Workshops

Fundamentals of Pastry →

Pastry I: Cake Bases, Creams, and Assembly →

Pastry II: Creams, Mousses, and Glazes →

Pastry III: Advanced Cakes and Pastries →

### Current Workshops

Pastry Arts: Exploring Ingredients and Techniques

Pastry Arts: Tarts, Pies, Puff, and Choux\*

Pastry Arts: Cake Bases, Creams, and Composition

Pastry Arts: Mousse Cake Methods and Design

Pastry Arts: Chocolate, Confections, and Petits Fours\*

*\*New workshop*

Please see the 2010 course calendar on pages six and seven to read the descriptions for our pastry courses, as well as to check out our list of new weekend pastry workshops.

## Join Us For a Baking Adventure in Paris!

Five Days of Training at the École Supérieure de Cuisine Française-Ferrandi

We invite you to join the San Francisco Baking Institute for a week of bread and pastry training at the *École Supérieure de Cuisine Française-Ferrandi* in Paris, France. This class will fill quickly – reserve now! All classes will be taught in English.

**When:** April 13-17

**Tuition:** \$1,745 (excluding airfare and hotel)

**Reserve now!** Call Laura at 650.589.5784 or email: [laura@sfbi.com](mailto:laura@sfbi.com)



## About SFBI Workshops

### How to Register

1. Complete our registration form. You may download the form at [www.sfbi.com](http://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.)
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.



## Holiday Gift Ideas and Savings

Looking for imaginative gift ideas? here are a few ways to share the spirit of the season:

- *The gift that gives back.* Give an SFBI gift certificate to someone special and be rewarded with freshly baked treats!
- *Twice as nice.* Register two people for the same workshop and save 10% off the tuition. To be eligible, classes must start before March 30, 2010 and the two students must be enrolled in the same class.\*
- *An autographed book.* Give a signed copy of *Advanced Bread and Pastry* to your employees or the budding baker in your family. Orders received by December 9th should easily make it to the recipient by December 24th. (Rush orders can be accommodated until December 16th. Call us for details!)
- *Bon Voyage!* Treat someone special to a once-in-a-lifetime trip to study bread and pastry in Paris. (More information on page eight; details online at [www.sfbi.com](http://www.sfbi.com))

\* The 10% discount will be applied to the final tuition payment, not the deposit. This offer will not extend to registrations cancelled or deferred by students. All other registration rules apply.

“ 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: Whole Grains in Pastry – Healthy with Great Taste

by Juliette Lelchuk, Baking and Pastry Instructor

For many, the thought of whole grains once conjured images of drab, dry, leaden loaves of bread or gritty mystery muffins. Fortunately this is changing, as research continues to show that a diet rich in whole grains is beneficial and people demand healthier yet flavorful choices at the bakery and at home. Grains are gaining mainstream popularity, and a wide variety of products and recipes are being created to meet the demand. The best news? Not only are whole grains good for our health, but when treated properly they can provide the same pleasing textures we associate with traditional recipes, or they can produce subtle or robust new flavors.

### Hide and Sneak

One popular approach to incorporating whole grains is to “sneak” them into favorite recipes. This allows us to reap the fiber and nutritional benefits while still enjoying a familiar product. These moist, tender **Blueberry Muffins** are the perfect way to convert any whole grain skeptic!

### Highlight and Excite

Another approach is to emphasize the positive qualities of a particular grain. This approach appeals to those who enjoy the unique flavors and textures available outside of the world of refined wheat flour. The pie dough in this **Teff Apple Pie** incorporates a moderate amount of teff flour, which provides a deliciously nutty backdrop for the sweet and tart apples. ■

## Teff Pie Dough

Ingredients	Baker's %	Kilogram
Pastry Flour	50.00	0.139
Teff Flour	50.00	0.139
Sugar	5.00	0.014
Salt	2.00	0.006
Butter	70.00	0.194
Cold Water	30.00	0.083
<b>Total</b>	<b>207.00</b>	<b>0.575</b>

Adapted from *Advanced Bread and Pastry*

*Yield:* One double crust pie, or two single crust pies

### Process for Mixing by Machine

Adapted from *Advanced Bread and Pastry*

- In the bowl of a mixer fitted with the paddle attachment, combine the flour, salt, and sugar.
- Dice the cold butter into 1 inch (2.5 cm) cubes and toss them in the flour mixture.
- Mix on a medium speed until the desired consistency is reached (coarse meal for mealy, hazelnut sized for flaky)
- Add the water, reserving some, and mix until dough forms.
- Add more liquid, if needed.
- Transfer the dough to a parchment-lined sheet pan and cover with plastic.
- Place in the refrigerator for at least four hours before using.

## Apple Pie

Ingredients	Baker's %	Kilogram
Apples, peeled, sliced	100.00	0.716
Lemon juice	1.46	0.010
Sugar	20.00	0.143
Cornstarch	2.40	0.017
Salt	0.15	0.001
Cinnamon	0.15	0.001
Nutmeg	0.05	<0.001
Raisins, soaked	6.10	0.044
Butter	2.44	0.017
<b>Total</b>	<b>132.75</b>	<b>0.950</b>

Adapted from *Advanced Bread and Pastry*

### Mise en Place

1. Roll out the pie dough and line the pie pans with the bottom crust.
2. Reserve in the refrigerator until the filling is prepared.

### Process, Apple Filling

1. Peel, core, and slice the apples.
2. Combine the apple slices and lemon juice in a large mixing bowl.
3. Mix together with the sugar, cornstarch, salt, and spices.
4. Add the the apples and toss until mixed.
5. Fold in the drained, soaked raisins.

### Assembly and Baking

1. Fill the pie shells. Dot the top of the filling with butter. Create vents in the top dough and secure to the bottom dough with a decorative border.
2. Brush with an egg wash or cream wash and sprinkle with granulated sugar.
3. Bake at 385° in a convection oven for about 40 to 45 minutes.

Find a recipe for Blueberry Muffins using whole grains at [www.sfb.com](http://www.sfb.com).



### Juliette Lelchuk Baking & Pastry Instructor

Juliette Lelchuk first came to SFBI in 2004, as a student in the Bread & Pastry Professional Training Program. Shortly after completing the program, she demonstrated artisan bread production at the International Baking Industry Exposition. She then returned to her hometown of Minneapolis and took a position as head baker and pastry assistant at the critically-acclaimed restaurant Auriga, with whom she participated in a feature in *Art Culinaire* (Issue 79). In 2006, Juliette completed additional training at L'Ecole Lenôtre, near Paris. She then returned to Auriga as Pastry Chef until it closed its doors in early 2007. Immediately after, Juliette returned to SFBI to assist with the final phases of testing and photo shoot production for SFBI's book *Advanced Bread and Pastry: a Professional Approach*. Juliette developed an early passion for food and cooking as a child, and began her first kitchen job immediately upon turning 18. She has worked in a number of restaurants in the Twin Cities, including Porter and Frye, Bewitched Deli, and The Grand Café.

# Ancient Grain Varieties



## Ancestral Wheat

### Einkorn (*Triticum monococcum*)

**Grain and Flour:** One of the earliest cultivated wheat strains. Not widely cultivated now due to low yield. Grown in small pockets around the world, specifically in Europe. Creates very extensible dough. Along with the difficulty of removing the tight fitting husk from the kernel, low crop yields led growers to choose other strains.

**Traditional uses:** Porridge in southern France.

**Flavor Profile:** Slight nutty flavor from higher carotenoids.

**Dough Characteristics:** Doughs tend to be very extensible and lower in overall volume.

**Baked Product:** Lower volume, denser loaf bread, yellow-tinted crumb.

### Emmer (*Triticum dicoccum*)

**Grain and Flour:** One of the earliest cultivated wheat strains. Some believe that durum wheat was a mutation of emmer. The durum's mutation was a free-threshing grain, making it easier to process. Since then emmer has become increasingly less cultivated.

**Traditional uses:** In Ethiopia, emmer is known as *aja*. It is baked as a special bread called *kita*, or crushed and cooked with milk or water as a porridge called *genfo*.

**Flavor Profile:** Slight nutty flavor from higher carotenoids.

**Dough Characteristics:** Doughs tend to be very extensible and lower in overall volume.

**Baked Product:** Lower volume, denser loaf bread, yellow-tinted crumb.

### Spelt (*Triticum spelta*)

**Grain and Flour:** Was probably abandoned only because other wheat strains were easier to grow and thresh. Has a close fitting husk making it harder to thresh, while also more tolerant to fungus and insects. The removal of the close fitting husk is overcome today by modern processes and machinery.

**Traditional uses:** Known as *dinkel* in Germany.

**Flavor Profile:** Has a higher concentration of minerals and vitamins. Nutty taste of finished products.

**Dough Characteristics:** Denser, slightly tacky

**Baked Product:** Heavier, tighter crumb structure

## Pseudo-Cereals

### Buckwheat (*Gluten-free*)

**Grain and Flour:** Whole seed has a triangular shape 5-7mm in size. Milled with hull, results in darker bluish-gray flour with dark bran specs. Milled without hull, results in a grayish-hued flour.

**Traditional uses:** Noodles in Japan (*soba*), Buckwheat Crepe in France (*Breton Galette*), Traditional West Virginia Buckwheat Cakes. In Southeastern France, whole groats are used in porridges.

**Flavor Profile:** Light peppery flavor. Can be overwhelming in higher percentages. Flavor more pronounced if flour is pre-fermented.

**Dough Characteristics:** Some elasticity is present in buckwheat but no substantial strength. Dough can become brittle as percentage of buckwheat is increased. Dough can become bluish-gray if using whole buckwheat flour.

**Baked Product:** Can lose crust quickly if using whole buckwheat flour, due to higher moisture retention of the bran. Crust and crumb color are darker in relation to type and quantity of buckwheat flour used.

### Amaranth (*Gluten-free*)

**Grain and Flour:** Round seed is 1-3mm in diameter. Flour is creamy white color. High water absorption.

**Traditional uses:** Staple grain of the Aztecs, Incas and pre-Columbian cultures. Used in religious ceremonies. Comes from an edible plant, used for ornamental purposes and dyes. Varieties grown for popping. Toasted seeds mixed with honey or molasses and chocolate are found in Mexico (*alegria*) and India (*ladoo*). Also used in Indian flatbreads (*roti/chapatti*).

**Flavor Profile:** Neutral to slight lactic flavor.

**Dough Characteristics:** Paste-like consistency and noticeable particles within the dough.

**Baked Product:** Creamy and moist crumb textures. Retains moisture very well. Tends to lose crust quickly. No affect on crumb color. Crust can color quickly.

### Quinoa (*Gluten-free*)

**Grain and Flour:** Round seeds 3-5mm in diameter. Flour is creamy white color. High water absorption.

**Traditional uses:** Sacred plant known to the Incas as "mother grain" (*chisaya mama*). Plant leaf is edible. Has grown in the Andes for more than 5,000 years. Often prepared as a rice substitute.

**Flavor Profile:** A unique legume flavor best suited to lean dough with savory applications.

**Dough Characteristics:** Paste-like consistency and noticeable particles within the dough.

**Baked Product:** Crust can color quickly. Retains moisture well. Can lose crust quickly.

## Ancient Grasses

### Sorghum (*Gluten-free*)

**Grain and Flour:** Round grain 5-7mm in diameter. Bluish-gray flour. Poor water absorption.

**Traditional uses:** Used in various cultures in flatbread applications. Many different strains found throughout the world. Used to make dark sugar syrups. Mainly in use as a bio-fuel and animal feed.

**Flavor Profile:** Lightly sweet flavor in finished products.

**Dough Characteristics:** Sandy, gritty texture noticeable in the dough. Dough will appear to weep free water unabsorbed by the sorghum. Can stick to banneton and couche.

**Baked Product:** Bluish-gray crumb. Darker crust coloration. Light sweet flavor.

### Millet (*Gluten-free*)

**Grain and Flour:** Round grain 3-5 mm in diameter. Variety of types are grown. Yellow flour. Poor water absorption.

**Traditional uses:** Descended from West African grasses. Uses include flatbreads, porridges, beers and spirits. Unfermented flatbread in India (*roti, kiswa*), traditional weaning food in Niger (*ogi*), Stiff Porridge in Northern Sahel (*tob*). In the U.S., primary use is bird seed.

**Flavor Profile:** Slight nutty flavor. Different varieties can be a bit bitter.

**Dough Characteristics:** Sandy, gritty texture noticeable in the dough. Dough will appear to weep free water unabsorbed by the millet. Can stick to banneton and couche.

**Baked Product:** Yellow crumb and golden brown crust.

### Teff (*Gluten-free*)

**Grain and Flour:** Oblong grains less than 1mm in diameter. Comes in dark and light varieties.

**Traditional uses:** Originated in northeastern Africa. Staple crop of Ethiopian and Eritrean diets. Ethiopian flatbread (*injera*) made with sourdough from teff.

**Flavor Profile:** Sweet molasses-like flavor in final products. Deeply colored crust will have hints of coffee and chocolate.

**Dough Characteristics:** Dough can become reddish-brown if using dark teff. Slightly gritty texture. Dough becomes very extensible in a short period of time. Has a strong propensity to stick and adhere to banneton and couche. Advise using a blend of bran, rice flour and rye flour as a barrier between dough and mold.

**Baked Product:** Rich brown crumb color. Crust will darken deeply without burning.

Want to try something new? Find several recipes using ancient grains at [www.sfbf.com](http://www.sfbf.com)



### Safa Hamzé Assistant Instructor

Safa Hamzé works as a teacher and consultant with SFBI, and as a baker for Thorough Bread and Pastry. Prior to working at SFBI, Safa had an eight-year career as a math and science teacher for grades 6-12. As a teacher, Safa would often relate his lessons to food; he spent his weekend mornings baking and his free time visiting bakeries and studying how bakers work. After realizing that he wanted a physical connection to his work, something more tangible, Safa took a break from teaching and worked in a small bakery in Kansas. Safa first came to SFBI as a student in Artisan I and Artisan II. His experience in those workshops inspired him to attend SFBI's Bread & Pastry Professional Training Program. After studying at SFBI, Safa joined our team as an intern and he was quickly promoted to assistant instructor. Safa chose to become a baker because he likes the amazing feeling that comes from making food for others—to share with people such a basic need as bread is truly a rewarding feeling. This is what he wants to bring to his community.



This and many of the photographs inside by Frank Wing

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## What's Rising This Season

- Exploring Ancient Grains
- Founder's Letter: The Ins and Outs of Internship
- 2010 Course Schedule
- New Pastry Workshops
- Baker's Tip: Whole Grains in Pastry
- And much more!

## YOU WILL NOT RECEIVE A PRINTED NEWSLETTER AGAIN. ACT NOW!

In our ongoing effort to be environmentally friendly, we will start emailing our newsletters. Please email us at [newsletter@sfbf.com](mailto:newsletter@sfbf.com) to ensure that you keep receiving our newsletter. Be sure to include your first name, last name, and email address.



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Serving professionals, educators, and enthusiasts.