

Artisan Breads

January 24, 2004

The Bread-Making Process



Measure



Mix



Ferment



Punch



Scale



Round



Bench



Pan



Proof



Bake



Cool



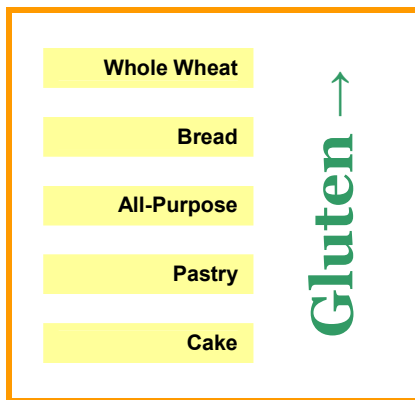
Store

For more information visit <http://mysecretchef.info/learn>

The Function of Ingredients

Ingredient	Structure	Softness	Moisture	Drying
Flour	X			X
Eggs	X		X	
Sugar		X		
Fat		X		
Leaveners		X		
Water			X	
Milk			X	
Syrups			X	
Liquid Sugar			X	
Starches				X
Cocoa				X
Milk Solids				X

Levels in Varying Flours



Average Conversions

Ingredient	Volume	Weight*
Bread Flour	1 cup	5 ½
All Purpose Flour	1 cup	5
Eggs	1 XL	2
Sugar	1 cup	7
Water	1 cup	8
Milk	1 cup	8
Yeast	2 ¼ t	¼

*Weight in ounces

Weights & Measures

This...	...equals this!
1 tablespoon	= 3 teaspoons
1 tablespoon	= 1/2 ounce
1 cup	= 8 ounces
1 pint	= 2 cups
1 quart	= 2 pints
1 quart	= 32 ounces
1 gallon	= 4 quarts
1 gallon	= 128 ounces
1 pound	= 16 ounces