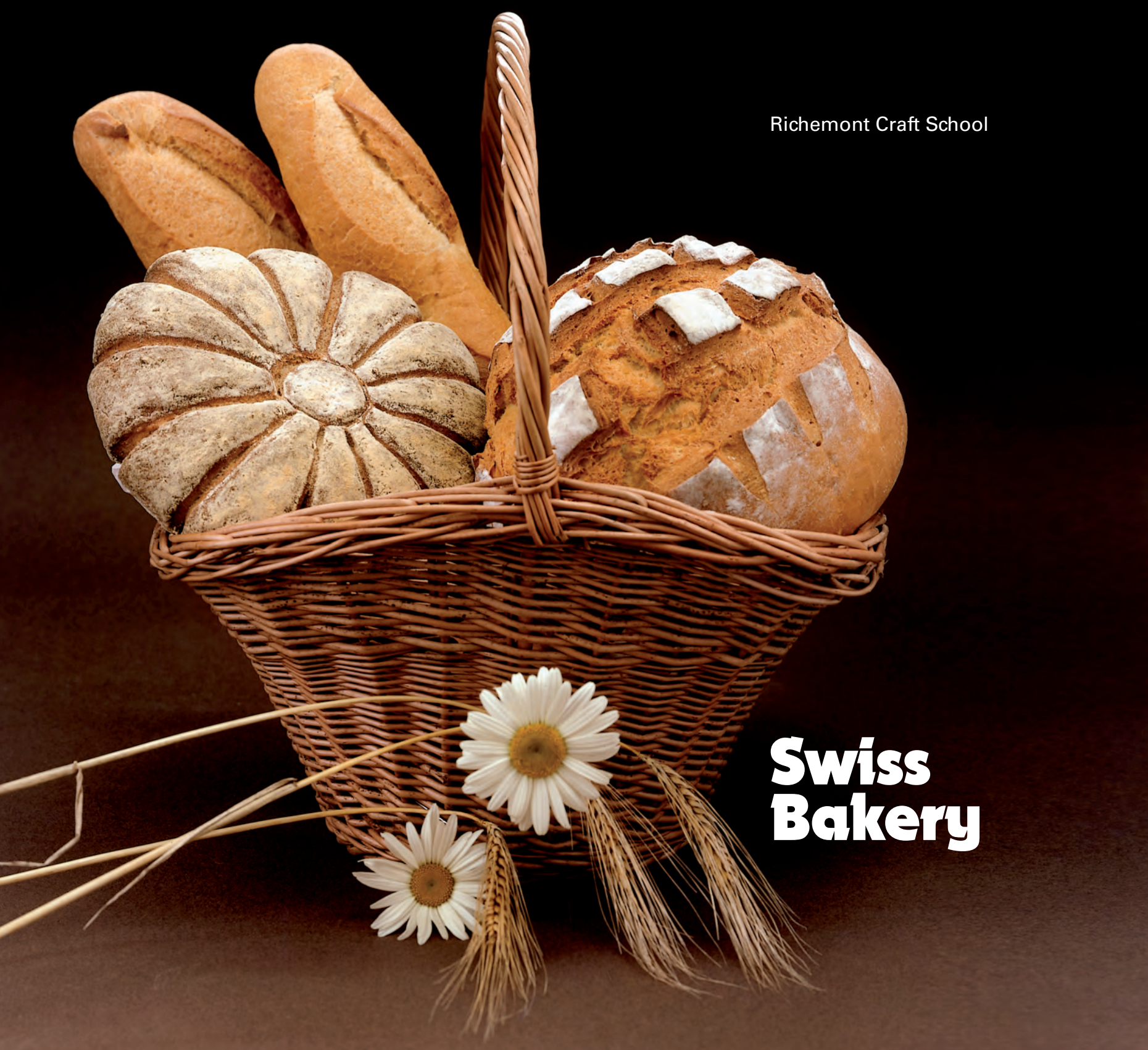
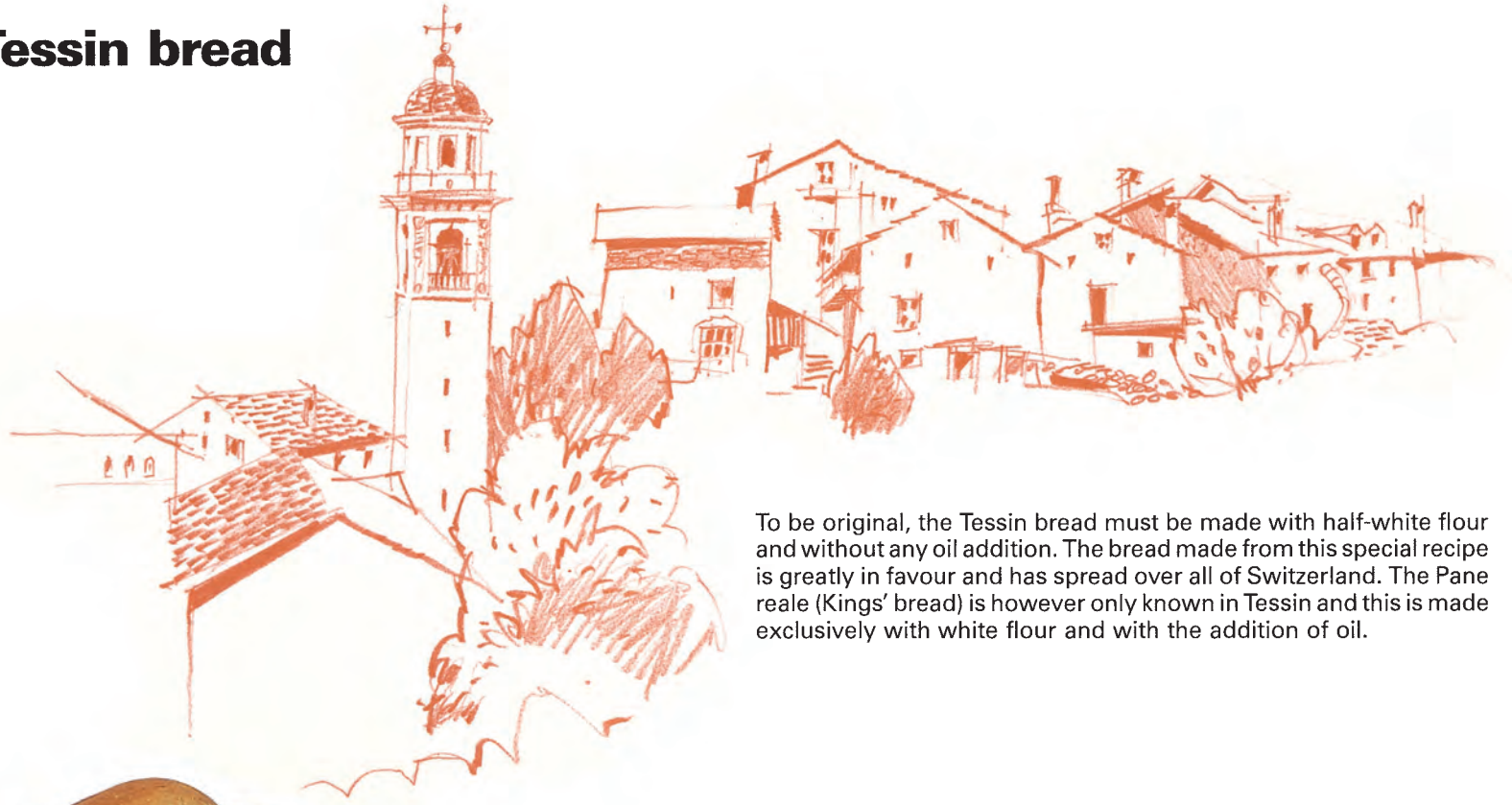
Richemont Craft School



Swiss Bakery


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VITI
RIETE
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DEL TICINO

Tessin bread



To be original, the Tessin bread must be made with half-white flour and without any oil addition. The bread made from this special recipe is greatly in favour and has spread over all of Switzerland. The Pane reale (Kings' bread) is however only known in Tessin and this is made exclusively with white flour and with the addition of oil.



Dough

3,000 kg water
0,240 kg yeast
0,150 kg Levit
0,060 kg malt
0,120 kg salt
0,300 kg oil
6,000 to
6,600 kg white flour

Method

Work the ingredients to a dough, adding the oil only at the end. Dough temperature approx. 22°C.
Allow to ferment for 30 to 40 minutes.

Working off

Hand up pieces of the desired weight (60 to 100 g) and then mould out slightly finger shaped. Place six together on a cloth and allow to finish proving. When it is at full proof cut through the middle and bake in a moderately hot oven.
Tessin bread should be well baked out and crusty, but still have a light colour.

Rustico bread

Dough

3000 g cold water
1100 g coarse whole wheat meal
1100 g coarse whole rye meal, fine to medium

Mix together and allow to stand for 10 to 12 hours.

200 g yeast
150 g Levit
120 g salt
2300 g half-white flour

Dough temperature 22 to 24°C.

Method

Knead the ingredients well with the soaked grain meal. Bulk fermentation approx. 60 minutes.

Working off

Hand up the dough pieces lightly and eventually mould tightly into round pieces. Well dust the top surface with half-white or rye flour, lightly press out flat and place on boards. After three quarter proof cut through the pieces with a torten divider, right to the base and place on the oven sets. After a short proof dock the middle and place in a pre-steamed medium hot oven. When the loaves are set bake out fully with an open damper.



Gupf bread

Dough

3000 g water
150 g yeast
150 g Levit
450 g skimmed milk powder
120 g salt
2700 g half-white flour
1500 g whole wheat flour
150 g oil

Dough temperature 22 to 24°C.

Method

Break down the yeast, Levit and skimmed milk powder in the water and then knead well with the flour. Add the oil and finally the salt.
Bulk fermentation 60 to 90 minutes.

Linseed bread

Working off

Weigh off the pieces and hand up round. After a short recovery, mould up again tightly. Turn the top surface in flour and place onto cloths with the closure underneath. After a proof of approx. 20 minutes completely press a ring through the piece. After a further proof of 5 to 10 minutes, lightly dock the centre, put in the oven with plenty of steam and bake out very thoroughly.



Dough

2800 g cold water
140 g yeast
120 g Levit
100 g salt
1100 g dark flour
1100 g whole wheat flour
1100 g coarse whole rye meal
500 g linseed

Dough temperature 22 to 24°C.

Method

Break down the yeast and Levit in cold water and then knead well with the flours. After three quarters of the kneading time add the salt and finally the linseed. Bulk fermentation time 60 to 75 minutes.

Working off

Hand up the pieces lightly, then mould out long shapes and place in dusted baskets or directly onto sets. After a very good proof dock lightly and place in a steamed oven. Bake in a moderate heat and bake out the linseed bread with an open damper.



Production and fermentation

In order to achieve a faultless, finely presented plait, the creation of the recipe and the care of the fermentation is of outstanding importance. The best results are achieved with a short and cool fermentation period. The longer a dough lies, the more difficult it will be to work off, and the less will be the volume. The cooler the dough the less will be the possibility of it skinning as it is worked off. This again will influence the proof for the better. In order to give a better flavour to the plait, it is recommended that it be made with a sponge and dough process, or with an additive such as Levit. The use of overnight, direct fermentation has not found favour in connection with the appearance of the plait, and the flavour.

The ingredients

These not only have a qualitative influence on the plaits, but also on their appearance. The ingredients in the following recipes are carefully balanced out., i.e. more butter and eggs do not give any improvement. An egg additive gives a softer crumb structure and refines the crust. This will be smoother and have a much more satin gloss. The assumption that the plait will be drier is not true, but with the finer structure and the larger volume, it will dry out more quickly. An addition of 20 to 30 g sugar per liter will keep the plait fresh for a longer time.

The production and handling of the dough

It is important to create the dough first, without the addition of egg or butter. These ingredients should only be added after the dough has actually been created in order to make as short and smooth a dough as possible. Plait doughs are very good to handle. The kneading time can vary according to the type of machine to be used. A normal dough mixer will take 15 to 20 mintues, a fast mixer not longer than 10 to 15 minutes.

Working off the plaits

A good, even working of the strands is of the greatest importance to the shape and appearance of the plait. With plaiting care must be taken that the individual strands are all equally tightly and evenly moulded as possible in plaiting. In this way the plait will get an even break. Before baking, brush twice with egg with a short pause between each. To get the important break, the correct individual proof is vital. It should be kept rather on the shorter side. During this time the plait should be covered with a plastic sheet. Leaving the pieces out for a short time before baking will also help with the breaking evenly.

Baking

The correct temperature of the oven has a lot to do with a good appearance. If the oven is too cool then the loaf will run out flatter with a strong rip in the top surface. Too hot an oven will cause it to break at the sides while it will remain blind on top. Plaited loaves need to be baked off at approx. 20 to 30°C below the baking temperature for bread, and if possible always on the oven bottom. The dough acids which form during the fermentation, create an oxidation on a baking sheet, which can carry marks over to the plait during baking, and can give it an unappetising flavour. This is not quite so much the case with aluminium or chrome-steel baking sheets. If it is not possible to avoid baking on a normal baking sheet, then the plait should be removed onto boards as soon as they are baked off, and left there to cool.

Recipe

Butter zopf

1 000 g milk (approx. 20° C)
50 g Levit
100 g yeast
40 g salt
20 g malt
100 g eggs
300 g butter
1 800 g white flour

Whole wheat butter zopf

1 000 g water
60 g yeast
50 g Levit
10 g malt
30 g salt
50 g eggs
500 g butter
1 700 g whole wheat flour extra fine

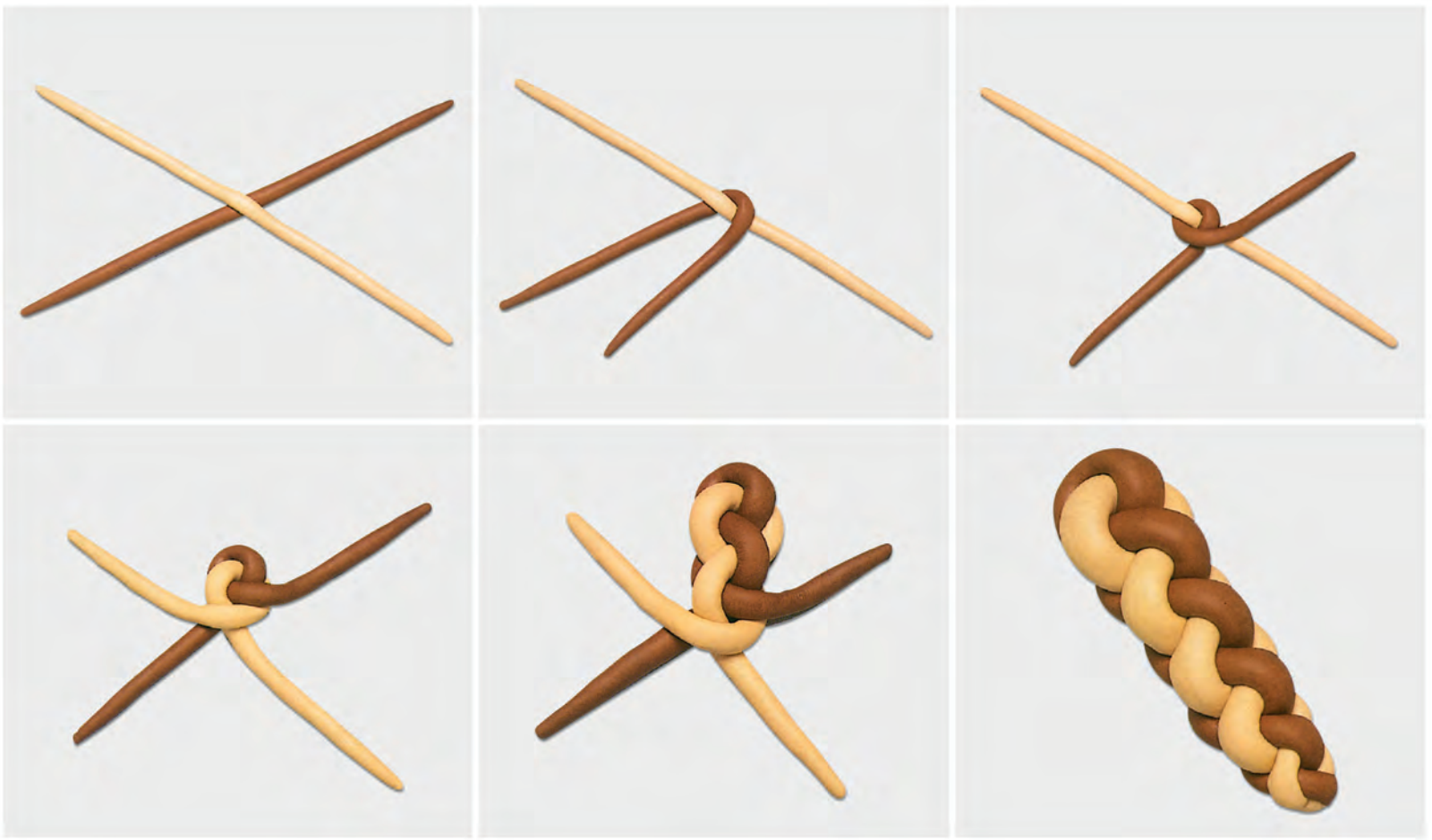


Plait of two strands, plaited high

This is the most used plait. Its method of plaiting is the same everywhere. Its shape however is often different. In the Canton of Berne the plait is broad and blunt. In Central Swiss it is made broad and flat. The East Swiss people however like a longer, thinly woven plait.

Place two evenly rolled out strands across each other. One gets hold of the two ends of the bottom strand and pulls them over the second strand in that the strand ends lie over the left side of the right end and over the second strand. With the second strand one moves it with the right part over the left part of the first strand, and with the left part also over the right part of the first, as over its own strand. Then follows the move with the first, and then the second strand, until the plait is plaited to its end.





Animals from zopf dough



Flatten out zopf dough to about 10 mm thick, place on lightly dusted sheets and allow to stand for about 60 minutes in the deep freeze. Before working off, turn the pieces over so that a smooth surface is available for use. Put cardboard stencils on top and cut out the animal figures with a sharp knife. The pieces to be used for decoration are cut from the dough which has been flattened out to 5 mm thick. Put in place, brush with egg, allow to prove and brush again before baking. One may choose to cut decorations with scissors or a knife and it is then baked in a mild oven without steam.

Party-bread, party-rolls and bread figures

Dough

5 500 g water
300 g yeast
300 g Levit
200 g salt
300 g fat
5 000 g dark flour
2 000 g rye flour, half white
2 000 g coarse whole rye meal (fine)
1 500 g whole wheat flour

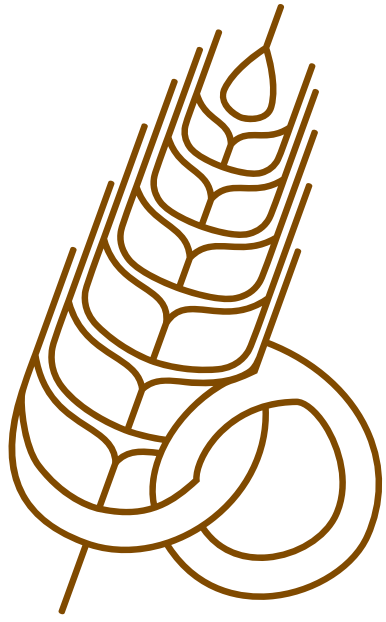
Method

Mix all of the ingredients, with the exception of the fat and salt, to a dough. The kneading time in a spiral mixer will be about 14 minutes in the first gear. Add the fat when half mixed and the salt at the end of the mixing time. Allow to ferment in bulk for 40 to 60 minutes.

Working off

Work off pieces of dough of the desired size and mould round or long, quite tightly. Decorate with letters, figures or any other desired inscriptions. Finely dust the top with flour and allow to prove in the bakery, uncovered, for an hour. Dock well before baking so that there are no blisters or holes in the top surface. Baking temperature, according to size, 220 to 230°C.





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