



Fond du Lac Public Library

India – Chapati & Paratha Presented 1/17/2017 by Varsha Pathare

Chapati

Ingredients

1 cup chapati flour (see note, below)

¼ tsp salt

1 tablespoon oil

⅓ to ½ cup water

Ghee (see note, below)

Directions

1. In a large bowl, mix together flour, salt and oil. Add 1/3 cup water, mix well, and knead until soft dough forms, adding more water if required.
2. Add a little bit of oil to the bowl to coat the dough. Cover and let the dough rest for 10-15 minutes.
3. Knead the dough again before dividing the dough into 5 parts.
4. Form one part into a ball and roll out into a circle about 8 inches in diameter, using flour as needed. Repeat for the remaining portions of dough.
5. Heat griddle on high heat. When the griddle is hot, carefully put the rolled chapati one at a time on the griddle. Rotate the chapati to make sure it is cooking evenly.
6. After about 30 seconds to one minute, the chapati should begin to puff up. Using a spatula, carefully check the underside. When brown spots appear, flip and cook for another 30 seconds to one minute, frequently rotating the chapati and gently pressing down with the spatula. Flip again and let the chapati cook completely.
7. Take off the heat and brush with ghee. Serve warm.

Paratha

Ingredients

2 cups all-purpose flour

½ teaspoon salt

2 tablespoons oil

¾ cup water

Ghee (see note, below)

Directions

1. In a large bowl, mix together flour, salt and oil. Add water, mix well and knead until soft dough forms.
2. Add a little bit of oil to the bowl to coat the dough, cover and let the dough rest for 10-15 minutes.
3. Melt ghee and set aside.
4. Knead the dough again and divide into 4 parts, rolling each to form a ball.
5. Roll one ball into a circle about 6 inches in diameter, using flour as needed. Brush melted ghee to the top of the circle. Sprinkle a light dusting of flour uniformly on the surface. Fold the circle in half and apply ghee and flour as before.
6. Fold the half circle again to make a triangle. Roll out evenly using flour as required into a triangle about 8 to 9 inches across. Repeat for the remaining portions of dough.
7. Heat a griddle on high. Carefully put the paratha on the griddle and rotate the paratha to make sure it is evenly cooking. After about one minute, the paratha should begin to puff up. Using a spatula, carefully check the underside. When brown spots appear, flip and cook for another minute, frequently rotating the paratha and gently pressing down with the spatula.
8. Spread some ghee on the top, flip over and apply ghee to the other side as well before taking paratha off the heat. Serve warm.

Ingredients & substitutions

Chapati flour

Chapati flour is finely ground whole wheat flour. The husks are removed, so the flour is more fine than typical whole wheat flour found at the supermarket. Chapati flours are usually labeled “chapati flour” or “chapati atta” or sometimes just “atta” (atta means flour). In this area, you can purchase chapati flour in Appleton at Indian Grocery, 2333 W. Wisconsin Ave., or in Milwaukee at Best Food Store, 3405 S. 13th St., or Indian Groceries & Spices, 10633 W North Ave. Chapati flour can be used in most baking, substituting for whole wheat flour or all-purpose flour.

If you cannot get chapati flour, you can sift together all-purpose flour and whole wheat flour in a 3:1 ratio (3/4 cup all-purpose flour plus 1/4 cup whole wheat flour to make 1 cup). This will estimate the consistency of chapati flour, although it may be a little tougher.

Ghee

Ghee is clarified butter, which means the butter has simmered over low heat until all the moisture has evaporated and the milk solids have separated. The milk solids sink to the bottom of the pan and what is left over is pure golden, liquid butter. Ghee is an ideal fat for frying because its smoke point is 482 °F, well above most vegetable oils. In this area, you can purchase ghee in the natural food section at Festival Foods.

You can make ghee at home. Here’s a recipe that makes 2 cups:

Ghee

Ingredients

1 pound of unsalted butter

Equipment: A medium-sized saucepan, wire mesh strainer, cheesecloth, spoon, 16-ounce or larger measuring cup and a clean jar for storage

Instructions

1. Cut the butter into cubes and place in the saucepan.
2. Heat the butter over medium heat until completely melted. Reduce to a simmer.

3. Cook for about 10-15 minutes (this will vary based on how hot your stove is). During this time, the butter will go through several stages. It will foam, then bubble, then seem to almost stop bubbling and then foam again. When the second foam occurs, the ghee is done. At this point, the melted butter should be bright gold in color and there should be reddish brown pieces of milk solids at the bottom of the pan.
4. Let cool slightly for 2-3 minutes and then slowly pour through the wire mesh strainer lined with several layers of cheesecloth. Pour the ghee into a clean jar. Discard the solids.

Ghee will last up to a month at room temperature and longer in the fridge. Use as a cooking oil for stir-frying, to top sweet potatoes or melted on steamed/roasted vegetables. Ghee has a much stronger flavor than butter.

Ireland – Soda bread

Presented 2/21/2017 by Susan Ringer and Terri Fleming

In Ireland, "plain" soda bread comes in two colors, brown and white, and two main types: cake (aka, loaf) and farl (see below). People in the south of Ireland tend to make cake: people in Northern Ireland seem to like farl, though both kinds appear in both North and South, sometimes under wildly differing names.

If the bread contains raisins, currants, caraway seed, egg, sugar or *anything* in addition to flour, buttermilk (or sour milk), salt and baking soda, it's not traditional and authentic soda bread. Breads with added dried fruit are called Spotted Dog.

Soda bread is said to have become so prominent in Ireland because the native wheat, a soft, low-gluten variety, is particularly well-suited to the soda bread technique. And it made use of a common kitchen byproduct in the era before refrigeration: milk that had turned sour.

Traditional White Soda Bread

Makes 1 large loaf

Ingredients:

4 cups flour
1 teaspoon salt
1 teaspoon baking soda
1½ to 1¾ cups buttermilk (or sour milk)

1. Preheat oven to 450 degrees.
2. Sieve the dry ingredients. Make a well in the center. Pour most of the milk in at once. Using one hand, stir in a full circle to mix in the flour from the sides of the bowl, adding more buttermilk if necessary. The dough should be soft-ish, not too wet and sticky. When it all comes together, turn the dough out on a floured board and knead lightly for a second, just enough to tidy it up.
3. Pat the dough into a round about 2 inches deep and cut a cross on it to let the fairies out! Let the cuts go over the sides of the bread to make sure of this.
4. Bake at 450 degrees for 15 minutes, then turn down the oven to 400 degrees for a further 20 to 30 minutes until cooked. If in doubt, tap the bread bottom; it should sound hollow.
5. Cool on a wire rack or on the windowsill in the time-honored way.
6. If you prefer a softer crust, wrap a clean tea towel around the loaf while it cools.

Source: *Irish Traditional Cooking* by Darina Allen

Spotted Dog (aka Tea Cake, Railway Cake or Sweet Cake)

Makes 1 large loaf

Ingredients:

4 cups unbleached all-purpose white flour
2 tablespoons sugar
1 teaspoon salt
1 teaspoon baking soda
4 tablespoons (½ stick) cold unsalted butter, cut into ½-inch dice
1¾ cups buttermilk
1 large egg
¾ cup currants (or raisins or golden raisins, or a mix)
1 teaspoon orange zest (optional)

1. Preheat oven to 375 degrees. Line a sheet pan with parchment paper or silpat.
2. Sift flour, sugar, salt and baking soda into the bowl of an electric mixer fitted with the paddle attachment. Add diced butter and mix on low speed just until butter is mixed into the flour.
3. Measure buttermilk in a large measuring cup. Add egg and orange zest, if using, and mix with a fork. With mixer on low speed, slowly add the buttermilk-egg mixture to the flour mixture. Combine currants (or raisins) with 1 tablespoon flour and mix into the dough. The dough will be very soft.
4. Dump the dough on a well-floured board and knead just enough to tidy it up, making a round loaf about 2 inches thick. Place on prepared sheet and cut a ¾-inch-deep X into the top with a serrated knife.
5. Bake 45 to 55 minutes or until cooked through. To test, tap the bottom: if it's cooked, it will sound hollow. Cool on baking rack. Serve warm with butter.

Source: Adapted from *Irish Traditional Cooking* by Darina Allen

Spotted Dog variations/additions:

American: Add 2 teaspoons caraway seeds to the flour after sifting

Golden: Substitute about 1 cup of fine-ground cornmeal for 1 cup of the flour

Candied peel: Add 2 ounces mixed candied peel

Farls: On the stovetop, preheat a heavy skillet on low- to medium-low heat. Prepare dough as above through step 3. On a floured surface, divide dough in half. Working half at a time, with floured hands, knead just enough to shape into a round loaf. Flatten to ½-inch thick with hands or roller. Cut into fourths. Sprinkle flour on dry, hot skillet and cook four pieces at a time, 6-8 minutes each side. They will rise while cooking. Makes 8 farls.

Glossary, trivia, ingredients & substitutions

Bastible: Heavy iron pot with three legs, a flat base and a concave lid. It was used in traditional/old Irish kitchens to bake bread over an open fire. The bastible is held over the fire by a pronged stick called a gaulog. Hot coals were scooped onto the lid to bake from above and below. The word bastible is said to be a bastardization of the name Barnstaple, the town in Devon, England, where the pots were manufactured.



Buttermilk/sour milk: Sour milk can be substituted in equal measure for buttermilk. Two methods of making sour milk: Darina Allen's: Mix 2 cups whole milk with 1 tablespoon fresh lemon juice. Let sit at room temperature 15 minutes. Stir and use. Store extras in the fridge for up to two days. Another method: Mix 1 tablespoon + 2 teaspoons vinegar with 1 2/3 cup milk. Let sit 5 minutes before using. Makes enough for one loaf.

Cake bread or cake: A traditional Irish term for soda bread

Cross: Why cut a cross on the top? There are practical reasons. Slashing the dough lets the dough stretch and expand while baking, and it lets heat penetrate the thickest part of the dough. It also makes it easy to cut into four portions when done. Folklore says the cross "lets the fairies out" or "lets the demons out" and protects the household.

Farl or soda farl (pronounced far-el): The Northern way. Dough is rolled out and cooked on a dry griddle. Traditionally, farls were the quickest way to make soda bread for unexpected guests who drop by for a bit of craic (good fun).

Irish butter: Irish butter and many other European-style butters have higher butterfat content than American butters. They're creamier, have a smoother mouthfeel and sometimes even a slightly cheesy taste.

Raisins, currants and golden raisins/sultanas: Raisins and golden raisins (aka sultanas) are very similar and can be interchanged in recipes; both are from vine-grown grapes of different varieties. Most "currants" sold in the US are dried Zante grapes; they're much smaller than raisins. True currants actually are small berries grown on bushes in the Middle East; they're hard to find in standard US supermarkets.

Soda: Baking soda was introduced in Ireland in the first half of the 19th century, freeing cooks with quick (non-yeast) breads, which became a staple of every Irish household.

Israel – Challah

Presented 3/21/2017 by Dusty Krikau

Challah

Makes 2 loaves

In a small, non-metal bowl, combine then set aside:

- 2¼ teaspoons yeast (one packet)
- 2 Tablespoons sugar
- ½ cup warm water (about 120-130 degrees)

In a liquid measuring cup, whisk until combined:

- 1 cup warm water
- ¼ cup vegetable or olive oil
- 2 eggs

In a large bowl, combine and set aside:

- 5 cups bread flour
- 1 teaspoon kosher salt

Also needed:

1 additional cup of bread flour

Olive oil

1 egg

Additional kosher salt, for topping

(Optional) Savory spice blend: 1 teaspoon basil, ½ teaspoon each oregano & marjoram, ¼ teaspoon sage, dash of celery seed

(Or, also optional) Sweet add-ins: 1 teaspoon cinnamon, ½ teaspoon sugar, dash of nutmeg, 1-2 chopped baking apples, honey and chopped pecans

Directions:

- Preheat oven to 375 degrees F. Prepare a large (at least 10 inches x 15 inches) baking sheet with silicon mat or parchment.
- If making savory option, stir all savory additions into dry mixture and proceed with recipe. If making sweet option, stir cinnamon, sugar and nutmeg into dry ingredients and proceed with recipe.
- Make a small hollow in the dry ingredients. Add all wet ingredients (yeast mix and water-oil-egg mix). Use a wooden spoon or Danish whisk to combine until all flour has been incorporated. Add up to one additional cup of flour until mixture is dry enough to knead. Dump the contents of the bowl onto flour-dusted counter and knead until all the flour has been incorporated, adding 1/8 cup of flour at a time if too wet. Final result should be similar to a slightly sticky Play-doh.
- Drizzle a small amount of olive oil in a mixing bowl and swirl dough in bowl to coat all sides with oil. Cover with a clean towel. Let rise till doubled in size, approximately 1 hour.
- Remove dough from bowl and cut into equally sized pieces based on number of strands preferred for braiding (see below). Roll pieces into long strands about an inch in diameter. If dough becomes stiff and difficult to stretch, let it rest, covered with a tea towel, for 10-20 minutes. This allows the gluten to relax and will make the dough more pliable.
- If making sweet bread, flatten strands on counter and place chopped apples (and nuts, if using) in the middle of the strand, drizzle lightly with honey, and roll dough around filling. Continue with recipe.

Three-strand braiding

Cut dough into 6 equal-sized pieces; 3 per loaf

Directions: Lay two strands on counter in an X and the third strand straight through the middle of the X. Braid from middle to one end. Pinch and tuck end under the loaf. Then braid from middle to other end, pinching and tucking end under the loaf.

Repeat with other loaf.

Four-strand braiding

Cut dough into 4 equal-sized pieces; 2 per loaf

Directions: Bend each strand in half and lay on counter, overlapping strands at their bends. Beginning from either the left or the right, cross one strand over, under and over the other strands or vice versa (under, over, under). Continue weaving, always starting from the same side. Pinch and tuck end under the loaf.

Repeat with other loaf.

Six-strand braiding

Requires 6 equal-sized pieces; 3 per loaf

Bend each strand in half and lay on counter, overlapping strands at their bends. Beginning from either the left or the right, cross one strand over, under, over, under and over the other strands or vice versa (under, over, under, over, under). Continue weaving always starting from the same side. Pinch and tuck end under the loaf.

Repeat with other loaf.

- Lift and place completed braids on prepared baking sheet, equally spaced apart.
- Let rest for 20 minutes to an hour. If you're in a rush, you can skip this resting stage.
- Beat 1 egg in a small bowl and brush onto each loaf. Sprinkle with kosher salt for a pretzel-like appearance.
- Bake at 375 degrees for about 35 minutes. To check for doneness, lift loaf and thump on the bottom; it should sound hollow and feel slightly stiff to the touch. If it's still bendy, put it back in for a couple more minutes.
- Let bread cool to finish baking.

Challah is intended to be torn, but works great sliced and made into French toast.

Storage:

First option: Eat it all.

Second option: Eat as much as you like and then let the loaf sit out to stale a bit. This will help the crust stay firm. We usually leave it out after dinner and then put it away when we go to bed that night. We store it in an empty sandwich-bread bag or plastic grocery bag. Tie or twist-tie it closed. Storing in plastic keeps the bread soft, but plastic traps moisture, which makes the staling step important. Without some drying time, you'd end up with soggy bread. Never store bread in plastic when the loaf is still warm.

Additional notes:

- What we refer to as "challah" is the loaf; however, in Jewish law, challah is a reference to the command, or "mitzvah," to remove a small portion of dough and offer it to G-d by Temple priests. (Numbers 15:20) Since the destruction of the Temple makes this impossible, the mitzvah is remembered by removing 1/24th of the loaf during kneading and ceremonially burning it in the oven. When baking with less than 8 cups of flour, the separating and burning are not required.
- Challah is prepared in different shapes for different Jewish holidays.
- Sweet challah is usually reserved for Rosh Hashanah as a celebration of the sweet New Year.

Mexico – Tortillas

Presented 4/18/2017 by Pedro Arellano



Notes about the tortilla recipe:

- Ingredient measurements are provided both by cups and by weight
- Measuring flour: Precision is necessary if you want the mixing to be easy. If you don't mind adjusting the liquid and using the force to feel when the dough is correct, then don't worry too much about how you measure. For everyone else, be precise.
- If you measure by cups, aerate the flour with a big spoon and then use the spoon to scoop flour into your measuring cup. Do not tap or shake the cup to level it. Level the cup with a knife. Measured in this manner you will have 4.5 ounces in your cup versus 5.5 ounces if you scoop the cup directly into the flour and shake the excess off. That scoop method translates to nearly 1 extra cup of flour, which would have a big effect on the texture.
- Fat: I prefer lard. You may also use shortening or a mixture of the two. I do not recommend liquid oil. Coconut oil works, but it makes a rather cakey tortilla. It will take longer to work the dough with the coconut oil, but it will come around.
- For help in learning how to roll the tortillas, watch the video, “How to make AUTHENTIC Flour Tortillas” posted by Meat & Potatoes, Recipes and More on YouTube (<https://www.youtube.com/watch?v=tTB-TgDFZ5c> the link is posted on the library’s home page). The presenter does pretty much everything almost exactly as my mom does it. The woman is imprecise about measuring. Use my quantities or try hers if you want. She’s super legit.
- Supplies needed: large bowl, measuring cups and spoons, liquid measuring cup, skillet or griddle and rolling pin.

Flour Tortillas

Ingredients by cups:

3½ cups all-purpose flour

2¼ teaspoons salt

1¾ teaspoons baking powder

¼ cup fat of your choice (see note, above)

9 ounces plus 1 teaspoon warm water

Ingredients by weight:

454 grams (1 pound) all-purpose flour

16 grams salt

5 grams baking powder

56 grams fat of your choice (see note, above)

264 grams warm water

Directions:

1. Mix the flour, salt and baking powder well with your hands until completely mixed.
2. Add the fat to the flour mixture. Cover the fat with the flour mixture and then squeeze/pinch the fat into the flour mixture until it is completely incorporated. The mixture will look like slightly damp sand.
3. Add the warm water to the mixture and blend by hand until the water is completely absorbed into the flour mixture. It will be quite sticky at first and you will likely think you used too much water. Have patience, the flour will absorb the water (assuming you measured correctly).
4. Divide into 14 balls of dough. Create a cup with your hand and rub the dough balls into your counter in a circular motion. You will need to be firm with the dough in order to get it to make a ball.
5. Roll the dough out into circles (if you can't make a circle, that's OK; Wisconsin-shaped tortillas also taste great).
6. Cook on a dry griddle at medium-high heat; the griddle should be between 350-400 degrees. It should take 20-30 second each side to achieve the nice light brown spots on the tortillas; see photo.



Pedro's Simple Mexican Rice (aka Arroz Sencillo al estilo de Jiménez Coahuila)

Ingredients:

2 cups long grain white rice
2 to 3 Tablespoons lard
½ to 1 medium onion, diced
1 to 2 cloves garlic, finely minced
1 quart unsalted chicken stock
24 grams (or 4 teaspoons) chicken base (see note, below)
2 Tablespoons tomato paste (or 1 8 oz. can plain tomato sauce)
Freshly ground Tellicherry pepper to taste
Salt to taste

Directions:

1. Heat lard in a skillet over medium-high heat.
2. Add dry rice and cook until toasty, fragrant and lightly browned.
3. Add diced onions and cook until the onions are well-coated with the fat and fragrant, 2 to 3 minutes.
4. Add finely minced garlic and cook briefly until fragrant, taking care not to burn the garlic, 1 to 2 minutes.
5. Add the tomato of your choice and chicken stock. Add freshly ground black pepper, taste, and add salt to your taste.

6. Cook on medium high heat until the rice comes to the top of the water. Cover and turn down to low until the rice is fully evaporated, about 10-15 minutes.

Recipe notes:

- Instead of chicken stock and base, my Mom used 4 cups of water plus 4 chicken bouillon cubes. I prefer the chicken base.
- Using a rice cooker that seals and locks (like the Aroma brand) makes this recipe foolproof. If you have such a rice cooker then, follow steps 1 through 4 as written then follow steps 5 and 6 in the rice cooker's cooking vessel.

Pedro's Mom's Uber-Simple Mexican Beans

This simple recipe is the one I grew up with; it couldn't be easier.

Ingredients:

2 pounds beans (I grew up with pintos)
2 whole garlic cloves
2 level Tablespoons kosher salt
12 to 16 cups water

Directions:

1. Pick through the beans for rocks and clumps of dirt. (Do not skip this step: I've cleaned hundreds of bags and can count on one hand the times I haven't picked something out.)
2. Rinse the beans well in a colander
3. Add the beans to a pot with the rest of the ingredients and cook until the beans are completely tender, 3 to 4 hours.

Recipe note: My mother always soaks her beans overnight. I don't. Rick Bayless, my cooking hero, doesn't: he finds no difference. I skip it. My Mom considers this to be heresy. There are many little old Mexican grandmas who agree with my Mom. They would gasp at my recommendation. Do what you will.

Mexican Beans variations:

1. Use chicken stock or beef stock instead of plain water.
2. Add half an onion or a whole onion, halved
3. Add a ham bone
4. Add a good grip of diced bacon
5. Add some chicken thighs into the beans right from the start. They will impart flavor into the beans. It's awesome.
6. Add a couple of pork chops into the broth right from the start. Also awesome.
7. Cilantro is always nice
8. The spice epazote is traditional in some parts of Mexico. They say it helps with the gas.

Serving suggestions:

- One of our favorite ways to eat beans is with diced raw onions, diced cilantro and diced jalapeños or a simple hot salsa and, of course, fresh tortillas.
- Use the simple beans as a base for tostadas.
- For something different, find a recipe for Enfrijoladas. They are like enchiladas, but with refried beans.
- Search for Cotija cheese (Queso Cotija) at your Mexican grocer or ethnic section of your grocery store. It is a very buttery, crumbly cheese for sprinkling over the top.

Pedro's Frijoles Borrachos (Drunk Beans)

If you substitute water for the beer, this recipe becomes Frijoles Charros (Cowboy Beans). Serve these beans as a side dish to your favorite Mexican entrée or serve as the main dish with corn tortillas and crumbled Cotija cheese.

Ingredients:

2 pounds pinto beans
16 cups cold water
1 can of beer of your choice
16 servings of ham or chicken soup base (see note, below)
2 medium onions: 1 halved, 1 diced
2 small bunches of cilantro: 1 whole, 1 chopped fine
2 to 4 jalapeños: 1 to 2 halved lengthwise, 1-2 finely diced (see note, below)
2 to 4 whole garlic cloves
2 Tablespoons tomato paste (optional; it adds body and color)
Ground pepper to taste
Salt to taste, if needed

Directions:

1. Pick through the beans for rocks and clumps of dirt.
2. Rinse the beans well in a colander
3. Add the beans to a large pot and add water, ham bone, halved onion, cilantro bunch, halved jalapeños, garlic cloves and pepper to taste.
4. Bring to a simmer. Do not let it boil.
5. As it comes to a simmer, add your base and optional tomato paste.
6. Cook for 2 to 3 hours or until the beans are almost soft enough to eat. Remove the halved onion, whole cilantro, halved jalapeños and garlic cloves.
7. Add diced onion, chopped cilantro and diced jalapeños.
8. Taste for salt; it's not likely to need it.
9. Cook 1 hour or until the beans are completely soft.

Recipe notes:

- I use Tone's brand soup bases. Most bases are 6 grams per teaspoon, which makes 1 cup stock. For this recipe, you would use 96 grams, which is 16 teaspoons or 3.4 ounces, of Tone's chicken base.
- To reduce the heat in this recipe, slice the jalapeños lengthwise and remove all seeds and membranes while rinsing under cold water. Or substitute 1 bell pepper, divided, for the jalapeños

Italy – Pizza crusts

Presented 5/16/2017 by Shelley Armstrong and Sarah Newton

Two librarians face off with their favorite pizza crust recipes.

Shelley Armstrong describes her recipe as great tasting, easy to make and adaptable to thick or thin crusts. She bakes her crust on a regular pizza pan, not on a stone or steel.

Pizza Crust a la Shelley

Ingredients:

- 1 envelope active dry yeast
- 1½ teaspoons sugar
- ¾ cup warm water (about 110-120 degrees)
- ½ teaspoon salt
- 2 to 2¼ cups all-purpose flour
- 1 Tablespoon vegetable shortening or spray

Directions:

1. Preheat oven to 400 degrees. Lightly grease pan or use parchment.
2. Sprinkle yeast and sugar over warm water in mixing bowl. Let stand 2 minutes.
3. Add salt and 1 cup flour to the water mixture and mix by hand or mixer using the dough hook.
4. Gradually add another 1 cup flour to form a stiff dough.
5. Turn out and knead for 3 to 5 minutes or in a mixer using a dough hook.
6. Spray or grease large bowl. Add dough and turn once to coat the top with grease.
7. Cover and let rise in a warm place until doubled, 30 minutes to an hour. Punch down and let rest for 10 minutes.
8. Press dough into pan, add toppings and bake 20-30 minutes, depending on thickness.

Rustic Pizza Crust a la Sarah

This recipe comes from a *Great British Bake-Off* runner-up. It's become my standard. It makes two medium-sized pizzas, but it's easily adjustable to scaling up or down.

Ingredients

- 300 grams bread flour (about 2¼ cups)
- ½ teaspoon salt
- 1 Tablespoon rapid-rise yeast (if using packets of yeast, just under a packet and a half)
- 1 teaspoon sugar
- 190 ml water (about halfway between ¾ and 1 cup)
- 1 Tablespoon olive oil, plus more to grease bowl

Semolina, cornmeal or all-purpose flour for dusting
Sauce and toppings of your choice

Directions

1. Arrange dry ingredients in a large bowl by mounding flour in center, sprinkling salt and sugar on opposite sides of the flour mound. Pour yeast over the sugar (salt can retard or kill yeast).
2. Add water and the 1 Tablespoon olive oil to the dry ingredients. Mix by hand until the flour comes away from the bowl. It should look dry and crumbly.
3. Dust clean countertop with flour. Tip the dough onto the counter and knead 5-10 minutes until all the dry ingredients are combined and the dough becomes a stretchy ball.
4. Your dough is ready to rise when it passes the windowpane test (see below).
5. Coat bowl or container with olive oil, place dough in bowl/container and cover with a clean tea towel or plastic wrap. Let rise until double, up to 1 hour, depending on room temperature. Dough is ready if when you poke it with a finger, the indent stays.
6. Punch down and cut dough in half.
7. Lay two pieces of parchment on a flat cookie sheet (no rims) or pizza peel. Sprinkle parchment with bit of semolina or cornmeal; this will give your crust a nice crunch when it is baked.
8. Preheat oven to 475 degrees.
9. On clean countertop dusted with flour, using a rolling pin or by hand, shape dough into two thin rounds, the thinner the better but sturdy enough to support toppings.
10. Lay dough on the parchment and let rest for 10 minutes.
11. Add toppings of choice.
12. Using the baking sheet or peel, slide pizzas into the oven with the parchment flat on the oven rack.
13. Bake 10 minutes, checking at 7 minutes or so. You'll want the dough a pretty golden brown and your cheese bubbling and darkening.

Notes:

- These pizzas bake quickly. If your toppings include fresh vegetables, dice them small and/or sauté them first to ensure even cooking.
- If using fresh spinach as a topping, arrange the leaves in a thin layer between the sauce and the cheese. They need the moisture of the sauce to cook.

Va-Va-Va Voom Pizza Crust a la Sarah

This recipe uses myriad herbs, a bit of spice and some tasty sharp cheeses to create a flavorful base for your pizza. It's easy to customize and change up. Makes one large or two smaller pizzas.

Ingredients for basic crust

2 cups all-purpose flour, plus more for dusting
1 cup tepid water
1 packet yeast
2 Tablespoons olive oil, plus more for the bowl
Pinch of sugar

Pinch of salt

Flavorful add-ins (optional)

⅔ cup grated mozzarella and parmesan cheeses, combined

1-2 teaspoons dried basil

1-2 teaspoons dried oregano

1-2 teaspoons dried thyme

Garlic powder, to taste

Pinch red pepper flakes



Directions

1. Mix yeast and tepid water and let sit for 5 minutes at room temperature. The mixture should be slightly bubbly and cloudy. If no activity is present, yeast is no longer viable.
2. Mix flour, sugar and salt in a large bowl. Add water-yeast mixture and oil. Give it a quick stir. Before the dough forms, add herbs and cheeses of your choice. Mix by hand until it forms a ball. Dump the dough onto a floured work surface and knead for five minutes or so until a smooth, stretchy ball forms and dough passes the windowpane test (see below).
3. Coat large bowl or other large container with oil. Roll dough around in the bowl/container to coat. Cover and let rise until double. This dough takes longer to rise because it has more ingredients weighing down the dough. Be patient, and you'll be rewarded.
4. While dough is rising, select baking method:
 - a. Baked in a pan results in a soft, focaccia-like crust. Grease pan with olive oil, butter or spray.
 - b. Baked on a pizza stone creates a crisp bottom, especially if dough includes cheese. If using a pizza stone, preheat stone in the oven for at least 20 minutes (cold stones can crack if placed into a hot oven).
 - c. Or use my preferred method: Bake on parchment directly on oven rack.
5. Preheat oven to 475.
6. Once doubled, turn out dough on floured work surface. Divide if making two pizzas. Roll dough with a rolling pin and let rest for a few minutes.
7. Add toppings of your choice.
8. Bake for 7 minutes and check. Total baking time will depend on thickness of the crust and amount of toppings, but generally takes 10-15 minutes. Look for golden brown crust.

Note:

- This dough comes together easier than some recipes because it's a wetter dough. The addition of the cheese to the dough also keeps it slacker when baking.

Windowpane test:

Cut off a small piece of dough. Pinch two edges and pull them apart slightly. If the dough immediately tears, you haven't kneaded the dough enough. If the dough stretches, and light can come through the stretched dough, it's ready to rise.

Ethiopia – Injera

Presented 6/20/2017 by Varsha Pathare

Ethiopian Injera is a flat, airy, slightly fermented round bread that is an accompaniment to Ethiopian food. Made of teff, it is slightly spongy in texture and pliable. The proper way of making injera is a two- to three-day process.

Teff is an ancient grain that originated in Ethiopia and Eritrea between 400BC -100BC. It's similar to millet and quinoa, but much finer. Teff is the world's smallest grains; they're about the size of a poppy seed and range in color from white to red to dark brown. Teff is gluten free, full of nutrients, high in protein and comes packed with a great combination of eight essential amino acids. It has high amount of calcium (1 cup of cooked teff offers about the same amount of calcium as ½ cup of cooked spinach), manganese, phosphorous, iron, copper, aluminum, barium, thiamin and vitamin C (which is not normally found in grains). The iron from teff is easily absorbed. Teff contains resistant starches and has a relatively low glycemic index, which can help diabetics regulate sugar levels. It's low in sodium and saturated fat.

Traditionally, injera serve the function of a plate and spoon. After they're cooked they're stacked and served with stews and vegetables on top of them. You break a piece of injera and use it to scoop the meat or vegetable. After you're finished, you can eat your "plate," the bottommost injera that has soaked up all the sauces.



Ethiopian Injera (with teff flour; gluten free)

Makes about 6 injera, depending on size of pan

Ingredients:

- 1½ cups teff flour
- 2 cups warm water
- ½ teaspoon baking powder
- ¼ teaspoon salt
- Oil for pan

Special equipment:

- Nonstick skillet with a lid



Directions:

1. Place teff flour in a large glass bowl, add water and stir well. Cover with a cheesecloth or loose-weave towel and let it sit for 1 day or 24 hours in a warm place. Do not stir the batter, just let it be.

2. After 24 hours, the batter should look fermented. Every batch looks a bit different but it should look somewhat like the photo above.
3. Heat a large nonstick skillet on medium hot and coat very lightly with oil.
4. Stir baking powder and salt into the batter. Your batter will deflate when you stir it.
5. Pour enough batter in the skillet to cover the entire bottom evenly and cover with a lid. It is important to trap the moisture in the pan or the injera will crack.
6. After about 2 to 3 minutes, check the bread. You should see the top dry out and edges dry. Traditionally, the injera is not flipped, but I flip it and let cook for about a minute on the other side.
7. Remove from heat, place on a plate and repeat until you use up all the batter.

Injera (with wheat flour)

Makes about 6-8 injera, depending on size of pan

Ingredients:

2 cups self-rising flour
½ cup whole wheat flour
½ teaspoon baking powder
1½ cups (10 ounces) club soda
2 cups water
Oil for pan

Special equipment:

Nonstick skillet with lid

Directions:

1. Combine flours and baking powder in a bowl. Add club soda plus about 2 cups water. Mix into a smooth, thin batter.
2. Heat a large nonstick skillet on medium-high and coat lightly with oil.
3. Pour enough batter to cover the entire bottom of the skillet evenly. Cover the skillet and let cook.
4. After 1-2 minutes, lift lid and check. You should see the top dry out and edges dry. Traditional injera is not flipped, but I flip it and let it cook for about a minute on the other side. I do this to make sure it is cooked thoroughly.
5. Remove from heat, place on a plate with parchment or waxed paper between injera to prevent sticking. Repeat until you use up all the batter.

Interested in exploring Ethiopian cuisine? Try these WI restaurants:

Buraka, 1210 Williamson St, Madison, WI 53703, www.buraka-madison.com

Alem Ethiopian Village, 307 E Wisconsin Ave, Milwaukee, WI 53202, www.alem-ethiopianvillage.com

Ethiopian Cottage Restaurant, 1824 N Farwell Ave, Milwaukee, WI 53202, www.ethiopiancottagerest.com

England – Cornish saffron bread

Presented 7/18/2017 by Catherine Block

Although saffron threads may seem tiny, a little bit goes a long way. Use sparingly for flavor that's delicate and not overpowering. This quick-bread recipe is from Susan Pellowe's *Saffron & Currants: A Cornish Heritage Cookbook*.

Saffron Tea Bread

Makes 8 servings

Ingredients:

¼ teaspoon saffron threads
¼ cup hot water, plus ½ cup water (divided)
2 cups flour
2 teaspoons baking powder
1 teaspoon salt
¼ teaspoon baking soda
½ teaspoon lemon zest
½ cup solid vegetable shortening
¾ cup sugar
2 eggs
2 teaspoons lemon juice
½ cup dried currants

Directions:

1. Add saffron to ¼ cup hot water and allow to steep for 30 minutes.
2. Preheat oven to 350 degrees.
3. In a medium-size bowl, stir together flour, baking powder and salt. Set aside.
4. In a large bowl, blend baking soda and lemon zest with shortening. Beat in sugar and the eggs, one at a time. Combine lemon juice with remaining ½ cup water and add the saffron-infused water.
5. Mix liquid into shortening batter alternately with the flour (ending with flour). Beat with an electric mixer 30 seconds after everything has been combined and stir in the currants.
6. Grease a 9-by-5-inch loaf pan with vegetable oil spray and add batter. Bake in preheated oven 60 minutes or until top is golden brown and a toothpick inserted into center comes out clean.
7. Cool in pan 10 minutes before carefully removing. Finish cooling on a wire rack.

Did you know? Facts about saffron

1. Saffron threads are the dried stigmas of the *Crocus sativus* flower.
2. Human cultivation and use of saffron reaches back more than 3,500 years and spans many cultures, continents and civilizations. Saffron has remained among the world's most costly substances



throughout history. With its bitter taste, hay-like fragrance and slight metallic notes, saffron has been used as a seasoning, fragrance, dye and medicine.

3. It takes 4,500 flowers to make just one ounce of saffron because there are only three strands of saffron in each flower. Every saffron thread has to be hand-picked.
4. Unlike our Midwestern crocus, *Crocus sativus* flowers in mid-October. After blossoming at dawn, flowers quickly wilt as the day passes, so harvesting is a speedy affair.
5. Saffron can cost up to \$315 per ounce (for the very best kind): roughly \$5,000 a pound. Luckily, you only need a few strands to flavor an entire meal. Actually, if you use too many strands you risk getting a bitter flavor.
6. Almost all saffron today grows in a belt bounded by the Mediterranean in the west and mountainous Kashmir in the east. All other continents except Antarctica produce smaller amounts. Iran is the world's leading producer.
7. Saffron's strength is in its color. Its principal chemical compound, crocin, is measured in a lab and ranges from 110 to 250-plus; the higher the number the better. Crocin is responsible for the aroma, flavor and color. Generally, a pure-red saffron is going to measure highest on the scale.
8. Saffron has a long shelf life: over two years when stored in a cool, dark place.
9. Watch out for fakery. Not even the highest price will guarantee the best quality. Here are three red flags that indicate fakery through dyeing: long red threads, very uniform red color and streaks of yellow across the thread, which happens when one thread is covered by another causing an uneven dyeing process.

Germany – Pretzel

Presented 8/15/2017 by Anoush Cowles

Soft Pretzels

(Makes 12 pretzels)

Ingredients:

2 cup lukewarm water
1 Tablespoon plus 1 teaspoon
brown sugar
2 Tablespoons softened butter
2 Tablespoons active dry yeast
6 cups all-purpose flour
1 Tablespoon salt
2 quarts water
½ cup baking soda
1 egg, beaten
Coarse salt (or large-crystal salt)



Directions:

1. In a large mixing bowl, add the first 6 ingredients – water, sugar, butter, yeast, flour and salt – in that order.
2. If using a stand mixer, use the dough hook attachment to gently mix and knead the ingredients into a soft dough, 8-10 minutes. If mixing by hand, bring the ingredients together with a wooden spoon until loosely mixed and then turn out onto a clean surface and knead by hand for 8-10 minutes, or until the dough is smooth, pliable and soft (but not sticky). If not using dough immediately, refrigerate up to 2 hours.
3. Divide the dough into 12 equal portions and let rest for 5-10 minutes.
4. While dough is resting, preheat the oven to 400 degrees.
5. In a large pan, warm the 2 quarts of water. Cover 3 to 4 cookie sheets with parchment paper. Place a small bowl of water close at hand.
6. After dough has rested, roll each piece of dough into a rope 24 to 36 inches long. The rope should be about finger-thick with tapered ends. If the dough resists and springs back, let it rest a few minutes. If the dough is too soft to roll comfortably, dip your fingers in the water bowl and dampen your palms; this will aid you in rolling out the dough.
7. After each rope is rolled, immediately twist each into the classic pretzel formation. Place each pretzel on parchment-covered cookie sheet.
8. To shape pretzels: lay the rope in an arch and bring the two ends together. Twist the ends twice. Pull the twisted ends up and lay the ends over the sides of the arch. With your finger dip into the water bowl, and add a bit of water where the dough overlaps to help it keep its shape in the next step.
9. After you have shaped all 12 pretzels, add the baking soda to the pan of hot water. It will bubble up but subside. Gently drop 1-2 pretzels at a time into the baking soda bath for 10-15 seconds. Remove them with two slotted spatulas. Place on parchment-lined cookie sheet.

10. After all the pretzels have been dipped, you may want to gently reshape them and stretch them out a bit. Brush them with a beaten egg wash and sprinkle lightly with coarse salt. Don't overdo the salt.
11. Bake at 400 degrees for 15-17 minutes or until golden brown. Let cool a bit before eating.
12. Serve with softened butter, beer cheese spread (recipe below) or mustard.
13. These are best eaten the same day. To reheat, bake at 350 degrees for about 5 minutes.

Beer Cheese Spread

Ingredients:

- 8 ounces sharp Cheddar cheese or other sharp cheese, cubed (do not use pre-shredded cheese)
- 1 teaspoon Worcestershire sauce
- 1 teaspoon brown mustard
- 2 Tablespoon softened butter
- ½ cup beer of your choice (plus extra if needed)

Directions:

1. In a food processor, pulse the cheese until finely chopped.
2. Add the remaining ingredients and blend until smooth.
3. Serve immediately or store in refrigerator.
4. Note: If not serving immediately, you may want to add a bit more beer because the spread will firm up in the fridge.

U.S. – Sourdough

Presented 9/19/2017 by David Demezas

Sourdough bread is the oldest-known type of leavened bread, dating back to ancient Egypt. French bakers brought the sourdough technique with them to California during the Gold Rush, and prospectors took it along to Alaska when following the trail to gold.

First, the starter

Sourdough starter (also known as mother culture, sourdough mother or chef) is composed of naturally-occurring yeast and bacteria that inhabit the flour and are floating in the air around us. These yeast and bacteria are responsible for creating the carbon dioxide that causes the bread to rise and the flavor compounds that give the bread its distinctive taste and aroma.

Notes:

- For making sourdough, ideal room temperature is 72-78 degrees. A colder home will mean slower proofing times; warmer, shorter
- All temperature measurements in this handout are in Fahrenheit

Developing your own sourdough culture

From thefreshloaf.com. This is only one of many different methods that you can find online or in books about sourdough.

1. **Day 1:** In a quart-size canning jar, combine 15 grams (2 Tablespoons) of whole wheat flour (or rye) with 30 grams (2 Tablespoons) of pineapple juice. Mix until smooth. Let stand for 24 hours at room temperature.
2. **Day 2:** Add 15 grams (2 Tablespoons) whole wheat flour (or rye) and 30 grams (2 Tablespoons) pineapple juice. Mix until smooth. Let stand for 24 hours at room temperature.
3. **Day 3:** Add 15 grams (2 Tablespoons) whole wheat flour (or rye) and 30 grams (2 Tablespoons) juice. Mix until smooth. Let stand for 24 hours at room temperature.
4. **Day 4 and once daily** until it starts to expand, form lots of bubbles and smell yeasty, usually in 4-6 days or up to 2 weeks; longer is better: Combine 56 grams (5 Tablespoons) of the starter from day 3 with 28 grams (4 Tablespoons) of whole wheat flour and 28 grams (2 Tablespoons) of water in a pint-size canning jar. Mix until smooth. Let stand for 24 hours at room temperature.

Maintaining (feeding) your sourdough starter

Combine 10 grams (1 Tablespoon) of starter with 45 grams (6 Tablespoons) of whole wheat flour and 45 grams (3 Tablespoons) of water in a pint-size wide-mouth canning jar. Mix thoroughly. Let sit at room temperature for about 12 hours; the starter should double or more in volume. When it does, put the starter into the refrigerator. Feed starter weekly, e.g., every Saturday.

Sourdough starter notes:

1. A sourdough purist may use water instead of pineapple juice. My experience has been that using a bit of pineapple juice increases the probability of making a strong starter.



2. Water contains chlorine that is harmful to the yeast and bacteria found in your starter. You can use filtered water or let the water sit for 24 hours to allow the chlorine to dissipate. Do not use water that has been through a water softener!
3. If you forget about your starter or go on an extended vacation, don't fret it: the starter will be OK. Some folks have neglected their starters for month or longer. A liquid may form on the surface when the starter is neglected. This liquid is called "hooch" because it is alcohol (yeast in the starter make alcohol) and can either be discarded or incorporated into the starter before removing 10 grams of the starter to rejuvenate it. I would feed a neglected starter every 12 or 24 hours for a couple of days to make it feel loved before going back to my weekly feeding schedule.
4. I maintain my starter as described above. There are many variations on maintaining a sourdough culture online and in books. My philosophy is that I do not want to be a slave to the culture. A purist would feed the culture every 12 hours.

1, 2, 3 sourdough bread recipe

This is the recipe I will demonstrate in the workshop. It makes a nice loaf of sourdough bread using three ingredients: flour, water and salt. Total prep time is 5.5-6.5 hours if mixed and baked in a single day or 3.5-4.5 hours if mixed one day and an additional 1.5 hours when baked the next. Time estimates for bulk fermentation and proofing can vary significantly due to your house's room temperature.

Equipment

- 4-quart bowl with a cover, preferably glass
- Scale that measures in grams (highly recommended) or measuring spoons
- 2- or 4-cup glass measuring cup
- 2 clean pint-size canning jars
- Dough scrapers for working with the dough
- Serrated knife or razor on a swizzle stick for scoring the dough
- Parchment paper
- Small dessert plate
- Covered baking dish of choice: Dutch oven (make sure the knob on the top can withstand 475 degrees), ceramic cloche, Romertopf clay baker or Lodge cast iron ComboCooker
- Proofing basket for creating dome shape: willow banneton (examples at right) or colander or small mixing bowl lined with muslin towel
- Small mesh strainer (3-inch) or sifter for dusting the proofing basket
- Digital thermometer, optional



Ingredients (see chart, below, for amounts)

- Sourdough starter
- Unbleached bread flour
- Whole wheat flour
- Dechlorinated, filtered tap water
- Salt
- Dusting flour (mixture of equal weights of whole wheat flour and rice flour)

Day 1

The first step takes a full day to use your starter to build the levain, the source of yeast and bacteria for the dough.

1. **At 10 am:** In a pint-sized jar, combine 20 grams (2 Tablespoons) starter, 40 grams (3 Tablespoons) water and 60 grams (8 Tablespoons) whole wheat flour. Let sit on counter at room temperature for 12 hours.
2. **At 10 pm:** In a second pint-sized jar, combine 20 grams (2 Tablespoons) starter from the first jar, 40 grams (3 Tablespoons) water and 60 grams (8 Tablespoons) whole wheat flour. Let sit on counter at room temperature for 10-12 hours.

Day 2

Dough recipe ingredients	Amounts
Levain (from 2 nd jar above)	100 grams (slightly more than ½ cup)
Water	200 grams (slightly more than ¾ cup)
Unbleached bread flour	300 grams (2.5 cups)
Salt	7 grams (heaping teaspoon)
Total	607 grams

1. 8 am (0 hour): Combine 100 grams (slightly more than ½ cup) of the levain, 200 grams (slightly more than ¾ cup) of water and 300 grams (2.5 cups) unbleached bread flour in a 4-quart mixing bowl. Mix thoroughly with your hands. This mixture will be very sticky. Cover and let stand for 1 hour. This step is called autolyze; it allows time for the dry ingredients to absorb water fully.
2. 9 am (1 hour): Add 7 grams (1 heaping teaspoon) of salt and use the stretch-and-fold method to mix the salt into the dough. Stretch and fold numerous times to thoroughly mix the salt with the dough. This is the beginning of bulk fermentation.
3. 9:30 am (1.5 hour) and again at 10 am (2 hour): Stretch and fold the dough. Cover the bowl and let stand at room temperature between each stretch-and-fold session.
4. 11:30 am (3.5 hour): Lightly dust the counter with the dusting mix and form dough into a tight ball. Cover with a tea towel and let sit on floured counter for 30 minutes.
5. Noon (4 hour): Reform the dough into a tight ball and place into a proofing basket, colander or bowl – something to keep the dough from flattening out – that has been dusted with dusting flour mix (see note, below). Cover the bowl and let sit on the counter at room temperature for 2 hours (proofing stage) or 12-24 hours in the refrigerator (retarding stage).
6. Place your baking dish into the oven and preheat oven to 450-475 degrees for 45-60 minutes.

7. After the proofing/retarding stage, turn dough out of the bowl onto a piece of parchment paper supported by the dessert plate.
8. Score the top of the loaf with a razor blade or serrated knife and carefully place it into the preheated baking dish using the parchment paper as a sling.
9. Bake for 20 minutes covered. Uncover and bake an additional 15-20 minutes until the crust is dark brown or to your liking.
10. Test for doneness by inserting the digital thermometer into the bread in several different places. The internal temperature should be 211-212 degrees. Alternatively, thump the bottom of the loaf; it should sound hollow.

Baker's notes:

1. The 10-12-hour old starter is technically called levain, a French term for a mixture of flour and water that is colonized by yeast and bacteria.
2. Keep your hands wet to prevent dough from sticking, particularly when mixing and stretching and folding.
3. I use King Arthur brand flours and Morton's sea salt without iodine. Iodine is an antimicrobial and can harm the yeast and bacteria in your starter.
4. I find a digital thermometer is very useful. I use a ThermaPen, made by ThermoWorks. There are all sorts of others that work just as well.
5. I encourage you to maintain a diary to record recipes, procedures, dough temperatures and times of bulk fermenting and proofing. A diary will allow you to get a better feel of the effects of time and temperature on the feel of the dough and the resulting loaf. Also, critique each loaf as to its crumb and taste. I take pictures of each finished loaf and the interior crumb.
6. Making sourdough bread is as much an art as a science. With more experience, you will learn to feel the dough and make decisions on when the dough is done fermenting or proofing by the feel of the dough.

Book and web resources:

- *Bread: A Baker's Book of Techniques and Recipes* by Jeffrey Hamelman (@ FDLPL: 641.815 H178 2013)
- *Tartine Bread* by Chad Robertson (@ FDLPL: 641.815 R545 2010)
- Breadtopia.com
- TheFreshLoaf.com
- NorthwestSourdough.com
- KingArthurFlour.com
- TheCleverCarrot.com, specifically <http://www.theclevercarrot.com/2014/01/sourdough-bread-a-beginners-guide/>
- [Perfect Sourdough](#) Facebook group of helpful and inspiring people
- Stretch and fold technique video *Sourdough Folding Method* posted by Cup of Flour: <https://youtu.be/1DEKlBYimlQ>
- Google is your best friend: tons of information is available online

Developing a starter

- <http://www.thefreshloaf.com/node/10901/pineapple-juice-solution-part-2>
- <https://breadtopia.com/make-your-own-sourdough-starter/>
- <https://breadtopia.com/wp-content/uploads/2016/04/Pineapple-Juice-Solution.pdf>

Mexico – Pan de muertos

Presented 10/17/2017 by Pedro Arellano

Día de los muertos, or the Day of the Dead, Mexico's festive annual celebration of life —and death — takes place on November 2. The Day of the Dead is a time of smiles, not tears. During the day, children dress in ghost and goblin costumes and parade gaily through the streets of towns and villages. Many special candies and foods are prepared for the day, such as skulls and skeletons made from marzipan, chocolate or sugar. Bakers make sweet breads in the shape of bones, humans, flowers and animals.



Along with formal religious ceremonies, people attend more-personal rituals with their families. In honor of the dead, families create brightly decorated shrines both in their homes and at cemeteries. The shrines or altars are covered with pictures, favorite items of the deceased, flowers, candies, mescal or tequila and food, especially loaves of decorated bread.

Pan de muertos

(Makes 1 large loaf. Prep time 3-4 hours.)

Ingredients:

Dough:

- 1 scant Tablespoon or 1 (¼-ounce) package active dry yeast
- 1/4 cup warm water (about 110°F)
- 1/2 cup milk
- 3 large eggs, beaten
- ¼ cup (½ stick) unsalted butter, softened
- 2 teaspoons orange flower water (see note, below)
- 1 teaspoon salt
- 1 teaspoon anise seeds
- ¼ cup granulated sugar
- 4-4½ cups unbleached all-purpose flour

Topping:

- 1 large egg
- 1 Tablespoon granulated sugar

Directions:

1. Make the dough:

- **By hand:** In a large bowl, sprinkle yeast in the ¼ cup warm water to soften. Add heated milk (110°F) to yeast-water mixture along with the 3 beaten eggs, butter, orange flower water, salt, anise seeds, ¼ cup sugar and 2 cups of the flour. Beat vigorously for 2 minutes. Gradually add the remaining flour ¼ cup at a time until the dough begins to pull away from the sides of the bowl. Turn the dough out onto a floured work surface. Knead, adding flour a little at a time, until the dough is smooth and elastic.

- **By mixer:** In the mixer bowl, sprinkle the yeast in the ¼ cup warm water to soften. Add heated milk (110°F) to yeast-water mixture along with the 3 beaten eggs, butter, orange flower water, salt, anise seeds, ¼ cup sugar and 2 cups of the flour. Using the paddle attachment, beat on medium-low speed for 2 minutes. Gradually add the remaining flour ¼ cup at a time until the dough begins to pull away from the sides of the bowl. Change to the dough hook. Continue to add flour 1 Tablespoon at a time until the dough just begins to clean the bowl. Knead 4 to 5 minutes on medium-low.
 - **By food processor:** In a large measuring cup or bowl, sprinkle the yeast in the ¼ cup warm water to soften. Add heated milk (110°F) to the yeast along with the 3 beaten eggs, butter and orange flower water. In a bowl, combine the salt, anise seeds, ¼ cup sugar and 4 cups flour. Put the dry ingredients in the bowl of the food processor fitted with the dough blade. Add the liquid ingredients and pulse 9 or 10 times until the ingredients begin to come together in a ball. Check the liquid-to-flour ratio. Once the dough begins to come together, process exactly 60 seconds.
 - **By bread machine:** Put the ¼ cup warm water, milk, 3 beaten eggs, butter and orange flower water in the bread pan. Add the salt, anise seeds, ¼ cup sugar and 4 cups flour to the bread pan, then sprinkle with the yeast. Select the dough cycle and press start. While the dough is mixing, check the liquid-to-flour ratio. Stop the machine after the kneading cycle. You may let the dough rise in the bread machine or a bowl.
2. **First rise:** Put the dough in an oiled bowl and turn to coat the entire ball of dough with oil. Cover with a tightly woven towel and let rise until doubled, about 1 hour.
 3. **Shape:** Turn the dough out onto a lightly oiled work surface. Remove a tennis-ball-sized portion of dough and set aside. Shape remaining piece of dough into a smooth ball and place on a parchment-lined or well-seasoned baking sheet. Flatten the large ball into a 1-inch-thick disk. Divide the remaining dough in half and roll each piece into an 8-inch rope. Lay the ropes on top of the loaf parallel about 3 inches apart or crossed. With scissors or a knife, cut into the end of each rope about ¾ inch and spread the ends apart slightly to resemble bones.
 4. **Second rise:** Cover loaf with a tightly woven towel and let rise for 45 minutes.
 5. **Preheat oven:** About 10 minutes before baking, preheat the oven to 375°F.
 6. **Prepare topping:** Beat 1 egg and 1 Tablespoon sugar until the sugar dissolves. Brush the mixture on the top and sides of the loaf.
 7. **Bake and cool:** Bake for 30 minutes or until the internal temperature of the bread reaches 190°F. Immediately remove the bread from the baking sheet and place on a rack to cool.

Notes:

- Orange flower water is available in many large supermarkets and specialty food stores. It gives a subtle orange flavor. Substitution: 1 teaspoon finely grated orange zest (bread will have a bolder taste).
- This bread freezes nicely for up to 6 months. To serve, thaw the bread and reheat on a baking sheet or directly on the oven rack in a 375°F oven 7-10 minutes.

Recipe source: [Celebration Breads: Recipes, Tales, and Traditions](#) by Betsy Oppeneer

Italy – Ciabatta

Presented 11/21/2017 by Sarah Newton

A loaf of ciabatta bread looks so rustic and simple that one could assume it was created by Italian monks during the Renaissance. In fact, ciabatta was invented in 1982 by a Verona miller and baker seeking a way for Italy to counteract the growing popularity of the French baguette. He used just three ingredients to make a very wet dough and a resulting chewy, holey snacking bread. Arnaldo Cavallari named it ciabatta (ciabatta means slipper) because he thought the shape resembled his wife's favorite footwear. In the intervening 35 years, ciabatta has become a favorite worldwide.



Ciabatta

Makes four small loaves

Adapted from *How to Bake* by Paul Hollywood. This recipe does not use a traditional biga starter.

Equipment

Stand mixer with dough hook attachment

Parchment paper

Dough cutter (aka pastry scraper)

3-to-4-quart square or rectangle plastic/nonreactive container with lid for proofing

2 baking sheets

Ingredients

4 cups (500 grams) white bread flour, plus more for dusting

2 teaspoons (10 g) salt

2 teaspoons (10 g) instant yeast (quick-rise)

1½ to 1¾ (400-420 ml) tepid water (amount can vary just slightly)

Fine semolina flour for dusting

Olive oil

Directions

1. Weigh or measure the flour and put it into your mixer bowl. Add the salt on one side of the bowl and the yeast on the opposite side. Add three quarters of the water and mix on slow speed.
2. As the dough comes together, slowly add the remaining water. You'll know the dough has enough liquid when it makes a slapping sound as it slides around the mixer.
3. Increase speed to medium and mix for another 5-8 minutes until the dough is smooth and stretchy. To test, stop the mixer and raise the dough hook. Does the dough stretch as it slowly slides off the hook? If it doesn't, keep mixing for another minute and try again.
4. Oil the proofing container with your hand. This dough so sticky that having an oiled hand to get it off the dough hook and out of the bowl is very helpful. Tip the dough into the container, cover and leave until at least doubled, if not tripled, in size: 1-2 hours or longer. Along with increased volume, you know your dough is ready when the top is bumpy and full of air holes.

5. Once the dough is ready, preheat the oven to 430 degrees (220 Celsius) and line two baking sheets with parchment paper.
6. Dust the work surface liberally with flour and add some semolina. Carefully tip the dough onto the work surface. Try to maintain the square/rectangle shape.
7. Do not punch down, knock back or knead this dough. Dust the top with flour and semolina. Using the dough cutter, cut into four equal parts.
8. Using as gentle a hand as possible to retain the air inside the dough, use the dough cutter to tip each piece onto its side (cut side up, to get that classic flour line on the loaf) and gently lift it onto the parchment paper. You can stretch it a little lengthwise, but less handling the better. Repeat for all four pieces.
9. Rest for 10 minutes to let the dough recover.
10. Bake for 25 minutes or until the loaves are golden brown and sound hollow when tapped on the bottom. Cool on a wire rack.

This bread is best eaten same day or reheated the next day. The crispy beautiful crust will soften overnight. Don't be afraid to reheat it; it shouldn't dry out during a first reheat.

Olive Oil Dip for Italian Bread

Source: Allrecipes.com

Ingredients

1/4 cup olive oil
5 cloves garlic
2 Tablespoons balsamic vinegar
2 Tablespoons Parmesan cheese
1 Tablespoon crushed dried oregano
Fresh ground black pepper, to taste

Directions

Pour the olive oil onto a salad plate. Using a press, press the garlic cloves onto five different spots on the plate. Drizzle the balsamic vinegar over the oil and garlic. Sprinkle with Parmesan cheese and oregano. Season with black pepper.

Denmark – Æbleskiver Presented 12/19/2017 by Dan Schultz

Æbleskiver is a tasty Danish dessert that looks like round puffy pancakes. The word æbleskive first appeared in the middle ages where slices of apple were dipped in a batter and fried. When the æbleskive pan was introduced sometime in the 1700s, æbleskiver were baked with small pieces of apple or prunes in the center. Today in Denmark, æbleskiver is typically baked without anything in the center.

Æbleskiver are often served during the Christmas month perhaps as a special treat at a Christmas fair, when family or friends are visiting, little Christmas Eve (Dec 23) or New Year's Day. These Danish delicacies are served warm with a dusting of powdered sugar and sometimes with a warm glass of gløgg.

~ mydanishkitchen.com

Dan Schultz writes:

Æbleskiver are something like a national cult in Denmark. The name means "apple cakes." You will need that special pan and a knitting needle to turn to pancakes. Don't try it without the knitting needle. Steal one from your grandmother if necessary.



Here's my grandmother's recipe, as published on my blog a few years back:

Æbleskiver

Makes about 2 dozen

Ingredients

3/4 cup milk
1/2 cup butter or margarine
1 package yeast
1/4 cup lukewarm water
Pinch salt
1 Tablespoon sugar
Pinch of cardamom
3 eggs, separated
2 cups flour

Directions

1. Heat milk to scalding, slice butter or margarine into milk. Remove from heat and cool.
2. Dissolve yeast in lukewarm water. Add cooled butter and milk mixture.
3. Beat egg whites until stiff.
4. To milk mixture, add salt, sugar and cardamom and slightly beaten egg yolks. Add flour last.
5. Fold in stiffly beaten egg whites.
6. Let rise until double in bulk, then bake on range in æbleskiver pan.
7. Serve with syrup, dipped in lemon juice and/or sugar or with butter and jelly.