



Index

A

Acetic acid, 237
 production, 68
Active decorative dough, 237
 usage, 189
Active dough, decorative white, 235
Active dry yeast, 22, 237
 example, 64f
 usage, 142
ADA. *See* Azodicarbonamide
Additives, 237
Albumin, air capture, 139
Alcohol, 21, 237
 production, 64–65
 rate, decrease, 68
All-purpose flour, selection, 157
Almonds, toasting, 25
Alveograph, 237
 dough inflation, 175f
Alveoli, 237
 presence, 47
Amino acids, chains, 174
Amylase, 66, 187, 237
 usage. *See* Starch
Amylopectin, 237
Antoinette, Marie, 242
 brioche comment, 2–3
Ascorbic acid, 177, 237
Ash content, 237
 determination process, 175–176
Ash weight, division, 175
Autolyse, 18, 237
 advantages/disadvantages, 49
 defining, 48–49
 incorporation, exceptions, 52
 usage, 142
Auvergnat, 92, 92f
Azodicarbonamide (ADA), 177–178, 237

B

Bacteria, 237
Bacterial activity
 control, 186–187
 time/temperature/hydration, 186–187
 water levels, impact, 186–187

Bacterial fermentation, 65–66
Bagel board, 114
Bagels, 198–199
 dough, requirements, 79
 measurements, 198
Baguette dough
 formulas, 34, 39
 ingredients
 poolish, inclusion, 182t
 usage, calculations, 35t
 recipe/formula, contrast, 159t
 salt, adjustment, 34
 usage, 9
 yeast percentage, 34
Baguettes, 82, 237
 back-and-forth pinching motion, 87
 baking, 197
 completion, time (reduction), 45–46
 direct method, measurements, 199
 liquid levain, usage, 200
 making, time (reduction), 182
 mixing methods, selection, 195
 old dough, usage, 201
 poolish, usage, 202
 pre-shape, 82t
 proofing, 196–197
 scaling, 196
 scoring, examples, 124f
 shape, 86
 shaper, experience, 86
 shaping procedure, 86–88
 straight dough ingredients, usage, 181t
Bakers, international language, 32
Baker's bench setup, example, 79f
Baker's math, 238
Baker's percentage, 181, 238
 determination, 36t
 relationship. *See* Formula
Baking, 197
 complications, 126
 determination, 161–162
 indentation, spring-back (judging),
 106f
 ovens, usage, 127–130
 temperature, 125–127

- Banneton, 83–84, 115, 238
usage, 114
- Barley, malted process, 176
- Barm, 70
- Base dough, 141, 238
mixing, 142
- Baskets, usage (examples), 114f
- Bâtard, 82, 238
baking, 197
pre-shape, 82t
proofing, 197
scaling, 196
- Batch size
determination, 35–36
discrepancies, 38
ingredient weights, list, 37t
percentages, 37t
- Batch sizing/formulation, 194
- Bench proof. *See* Intermediate proof
- Bench proofing, carbon dioxide (production), 107–108
- Benzoyl peroxide, 238
- Beta carotene, 18, 238
- Biga, 69, 238
- Bleaching agent, 177, 238
- Bleu cheese bread, toasted walnuts (inclusion),
203–204
- Blow-out, 238
- Boule, 82, 238
baking, 197
pre-shape, 82t
proofing, 197
scaling, 196
- Boulot, 82, 238
bâtard, contrast, 84
pre-shape, 82t
- Braided loaf. *See* Four-strand braided loaf; Three-strand
braided loaf
- Braiding, 95–99
- Bran, 238. *See also* Wheat
addition, desirability, 176
appearance, 16
- Bread
appearance, change, 46
baking, ovens (usage), 127–130
beginnings, 3
bleu cheese, toasted walnuts (inclusion), 203–204
change, 5
cooling, importance, 131–132
creation, accident, 3–6
density, reduction, 46–47
doneness, judging process, 130–131
double raisin, toasted walnuts (inclusion), 218
enjoyment, 132
flour, selection, 157
honey whole wheat, 222
ingredients, 14
interest, renewal, 11
leavening, 70
loaves, proofing (equipment), 113–116
loaves, retarding, 111–113
equipment, 113–116
reasons, 111
making. *See* Mechanized bread making
mold. *See* Brotform
Pullman (pain de mie), 229–230
retarding, challenges, 111–113
rising, 4
rosemary olive oil, 230
San Francisco-style sourdough, 232
shapes
impact, 126
meaning, 91
Sicilian semolina, 233–234
steam hearth, usage, 197
strength (addition), eggs (usage), 24
- Bread Bakers Guild of America, 238
establishment, 11
- Bread dough
bulk fermentation time, 112
fermentation, 63–64
formulation/design process, 156
goal temperatures, 108
lactic bacteria, presence, 186
overmixing, impact, 43
representation, 38–39
usage, problems, 189
- Brick ovens, 129
- Brioche
liquid levain, usage, 204–205
mixing, 50
varieties, 95, 139
- Brotform (bread mold), 83–84, 115, 238
- Brotformen, usage, 114
- Bulk fermentation, 44, 63
carbon dioxide, production, 107–108
reduction, 8
shortening, strategies, 68–69
- Butter
impact, 52
incorporation, 141
usage, 23–24
- Butter block, 141, 238
creation, 143–145
enclosing, procedure, 145
forming/plasticizing, procedure, 143, 144
- Buttercup, 93f
- Byproducts, 64, 238
- C**
- Calvel, Raymond, 9, 11, 47
hybrid mix development, 48
- Caramelization, 125, 238

- Carbon dioxide (CO₂), 21, 238
 accumulation, deceleration, 113
 gas, 64, 185
 overinflation, 107
 production, 64–65, 107–108
 sufficiency, 108
- Carotenoid pigments, impact, 47
- Challah, 95
 baking temperature, 130
 dough
 requirements, 79
 usage, 98
 normal, 206
 sweet, 207
- Child, Julia, 9, 11
- Chlorine dioxide, 238
- Christmas stollen, 208–209
- Ciabatta, 51
 biga, inclusion, 210–211
- Civilization, beginnings, 2–3
- Clear flour, 178–179, 238
- Combination oven (combi oven), usage, 127
- Commercial ovens, construction, 130
- Compressed yeast, 22, 239
 example, 64f
 usage, 142
- Conditioning, 178, 239
- Conduction, heat, 128
- Conductive heat, 129
- Convection ovens, usage, 115–116, 127–128
- Cooling, 198
 importance, 131–132
- Cornmeal, usage, 115
- Couche, 92, 115, 239
- Couronne, 93–94
- Couronne de Bordelaise, 93f
- Cream yeast, 239
- Croissants
 creation, 6
 dough, danish dough (contrast), 148
 formation, steps, 149f
 liquid levain, inclusion, 212–213
 origins, 141
 shaping, 149–150
- Crumbled yeast, 22, 239
- D**
- Damaged starch, 173, 239
- Danish diamond, formation (steps), 150f
- Danish dough
 croissant dough, contrast, 148
 liquid levain, inclusion, 214–215
 shaping, 149–150
- Danish pinwheel, formation (steps), 149f
- Danish pocket, formation (steps), 149f
- Danish snail, formation (steps), 150f
- Dark active dough, decorative, 215
- Dead dough, 239
 category, 189
 decorative rye, 231
 decorative white dead, 236
 pieces, usage, 190
 syrup, usage, 234
- Dead yeast, glutathione (presence), 24
- Decimal ounces, U.S. measurements, 195
- Deck oven, 128
- Decorative dark active dough, 215
- Decorative dough, 239
 coloration problems, long fermentation (absence), 190
 dryness, 190
 finished product, rear view, 191f, 192f
 formulation, considerations, 189–190
 rooster pieces, 192f
 types, 189–190, 192
 usage, 189
- Decorative rye dead dough, 231
- Decorative white active dough, 235
- Decorative white dead dough, 236
- Degradation, 113, 239
- Degraded gluten bonds, 107
- Deli-style rye bread, 216–217
- Direct method, 239
- Direct mixing method, 7
- Double fold (four-fold / book-fold), 147, 239
 performing, procedure, 147
- Double-fold laminating technique, 147
- Double hydration, 239
 method, 51
- Double raisin bread, toasted walnuts (inclusion), 218
- Dough. *See* Base dough; Bread dough; Dead dough; Old dough
 active decorative, 237
 bulk fermentation, 44
 cutting, 79
 cylinders, 87
 decorative, 239
 division process, 78–82
 eggs, impact, 138
 enzyme activity, level (control), 187
 fat
 addition, reasons, 139–140
 impact, 138
 fermentation, 49
 folding, 146–147
 form, giving, 78
 holding, 79
 hydration, 109–110
 ingredients, impact, 138
 mixing process, stages, 42–43
 pizza, biga (inclusion), 228–229

Dough. (*Continued*)

- portions
 - coverage, importance, 81–82
 - division, 80
 - pre-shaping, 80–81
 - pre-ferment, usage, 54t
 - pre-shaping, 79
 - proofing, 108
 - rollout, 146–147
 - straight, 244
 - strips, division, 80
 - structure, degradation, 110–111
 - sugar, impact, 138
 - temperature. *See* Retarding
 - change, 108–110
 - control, 53
 - decrease, 68
 - increase, 186
 - transformation, 43
 - tub, flipping, 80
 - water levels, impact, 186–187
 - wetness, importance, 78
 - yeast quantity, 110
- Dough-making process, fermentation
(procession), 63
- Dried fruits, usage, 25
- Dry instant yeast, 113
- Durum, 239
- flour, 18
 - grinding, 4

E

- École Française de Meunerie, 9
- Egg bread, 95
- Eggs
 - impact. *See* Dough
 - options, 24–25
 - usage, 24–25
- Einkorn, 4
- Elaboration, 70, 239
- Elasticity, 239
 - tenacity, contrast, 43
- Electric mixers, appearance, 6, 44
- Emmer, 4
- Endosperm, 239
 - components, 16
- Enrichment, 239
 - process, 176–177
- Enzymes, 66–67, 187, 239
 - deceleration, salt (impact), 20
 - development, 142
- Esters, 66–67, 239
- Extensibility, 239
 - ensuring, 142
- Extraction rate, 239

F

- Faber, Abe (artisan baker profile), 163–164
- Falling number, 240
 - amylase level indicator, 176
- Farinograph, 174–175, 240
 - dough mixer, 175f
- Faro, 240
- Fat
 - addition. *See* Rich dough
 - impact. *See* Dough
 - selection, 158
 - usage, 23–24
- Fendu, 91, 91f
- Fermentation, 15, 22, 240
 - amount, 160–161
 - control, 185
 - creation/destruction, discussion, 62
 - deceleration, salt (impact), 20–21
 - evolution, 3
 - hydration, change, 68
 - manipulation, 67–68
 - procession, 63
 - shortening process, 68–69
 - stages, 63–64
 - temperature, change, 68
 - time, change, 67
 - transformation process, 62
- Fertile Crescent, 2, 240
- Filled croissant, formation (steps), 149f
- Final proof, 240
- Final proofing, 63
- Finished rolls, egg-washing, 99
- Firm levain, 70, 240
- Firm sourdough culture, generation/maintenance
(schedule), 72t
- First break, 240
- First break rollers (corrugated rollers), 178
- Flip-board, 115, 240
- Flour, 240
 - ADA, 177–178
 - additives, 176–178
 - bleaching agents, 177
 - composition, 173
 - damaged starch, impact, 173–174
 - defining, 14–15
 - enrichment process, 176–177
 - enzyme level, measurement, 176
 - extraction rate, 178–179
 - falling number, 176
 - fraction, 33
 - importance, 14–15
 - milling technology, 173
 - mixing, 38–40
 - oxidizers, 177
 - proportion, 33

selection, 157
 usage, amount (advice), 78–79
 variation, 50–51
 weights, usage, 194
 Floured proofing basket, usage, 92
 Focaccia, biga (inclusion), 219–220
 Folds, number (decision), 148
 Formula, 240
 creation, 159–172
 pre-ferments, usage, 181–182
 introduction, 194
 weights, baker's percentages (relationship), 194
 Fougasse
 example, 94f
 shapes, creation, 94
 Four-strand braided loaf, 97–98
 procedure, 97–98
 Fox, Dave (artisan baker profile), 55
 France
 apprenticeship system, 6
 bread, modernization, 7–8
 Free-spinning mixer, example, 45f
 Free water, 240
 French bread, mixing methods (comparison), 49t
 French-style breads
 improved mix method, 196
 intensive mix method, 196
 mixing methods, 195
 short mix method, 195–196
 Fresh compressed yeast, 113
 Fresh yeast, 22, 240
 Frozen spinach, usage, 190
 Fungal amylase, 176, 240

G

Gas production. *See* Proofing; Retarding
 excess, 107
 level, obviousness, 71
 rate, reduction, 68
 Gelatinization, 240
 Germ, 240
 Gliadin, 42, 67, 240
 Glucose, 240
 Glutathione, 22, 142, 240
 presence, 24
 production, 113
 Gluten, 240–241
 bonds. *See* Degraded gluten bonds
 development, 42f, 44, 48
 occurrence, 49
 network, establishment, 140
 protease, impact, 67
 tightening, salt (impact), 20
 web/fabric formation, 174
 Gluten-forming proteins, bonding, 49

Glutenin, 42, 67, 241
 wheat dough strength/elasticity characteristics,
 174
 Grains, 18–19. *See also* Variety grains
 characteristics, 16
 crushing (Zambia), 3f
 impact, 52–53
 usage, 25. *See also* Whole grains
 Granules, 241
 Green flour, 177, 241
 Guilds, 241. *See also* Romans
 apprenticeship system, 6

H

Hand mixing, history, 42
 Hand peel, 115
 Hard red spring wheat, 17
 Hard red winter wheat, 17
 Hard wheat, 16–17, 241
 Harvest season, 17
 Hazelnuts, toasting, 25
 Hearth loaves
 crust, quality (enhancement), 130
 preparation, 114–115
 Hearth loaves, sale, 50
 Hearth oven, usage, 129
 Hearty sourdough rye, 220–221
 Herbs, usage, 27
 Heterofermentative bacteria, 65, 241
 increase, temperature (impact), 186
 preference, 66
 Higher-extraction wheat flour, usage, 7
 Higher-protein flours, gluten formation, 50
 High-gluten flour, selection, 157
 High-heat dried milk, 24, 241
 Hitz, Ciril (artisan baker profile), 100–101
 Homofermentative bacteria, 65, 241
 increase, temperature (impact), 186
 preference, 66
 Honey whole wheat bread, 222
 Hydrate, dough mixing stage, 42
 Hydration
 change, 68
 determination, 157
 Hydration rate, 33, 241
 decimal expression, 33
 usage, 33–34
 Hygroscopic, 52, 241
 nature, 20

I

Improved mix, 241
 comparison, 49t
 method, 9, 11, 47
 Incorporation stage, 42

Ingredients

- incorporation, 42f, 48
- relative percentages, determination, 36
- selection, 157–159
- weight/percentage, contrast, 33t
- weights
 - calculation, 39t
 - list, 37t

Insoluble protein, 42, 174, 241

Instant dry yeast, 22, 241

- example, 64f
- usage, 142

Intensive mix, 8, 45, 241

- comparison, 49t
- method, 8–9, 44–47

Intermediate proof (bench proof), 63,

241–242

- stage, 79

Intermediate proofing, 63

K

Kamir, Basil, 11

Kamut, 18

Kayser, Eric, 11, 72

Kernel, color, 17

Kugelhopf, 139

L

Lactic acid, 242

- accentuation, 48
- production, 68

Lactic bacteria, 65, 242

- presence, 186

Laminate, 242

Laminated brioche, 141–142

Laminated dough products, 141–142

- advice, 149

Lamination

- defining, 140–142
- process, 142–148

Leader, Dan (artisan baker profile), 133

Lean dough, 160

- mixing methods, choice, 195

Leonard, Thom (artisan baker profile), 26

Letter fold. *See* Single fold

Letters, making, 191f

Levain. *See* Firm levain; Liquid levain

- sour starter, 71

- types, 70

- usage, 5

Lievito naturale, 70

Liquid levain, 70, 72, 242

- poolish, comparison, 70

Loaves. *See* Four-strand braided loaf; Three-strand

braided loaf

baking

- readiness, recognition, 122
- time, determination, 162

collapse, overproofing (impact), 107

loading/scoring, 197

physical size/shape, impact, 125

pre-shapes, 82t

proofing, length, 161–162

round shape, 82–83

scoring, 122–124

- examples, 123f

shape, impact, 126

shaping, 82

size, determination, 162

spacing, example, 132f

tapered/oblong shape, 84

temping, 131

weight, impact, 125–126

Log loaf, shaping procedure, 85

Log shapes, 85

Lower-protein flours, performance, 50

Low-stress dividers, usage, 80

M

Maillard browning, 125

Maillard process, 24, 242

Malt, 242

Malted, 242

- process, 176

Manufactured yeast

- action, 110

- examples, 64f

- usage, features (comparison), 65t

Maturity, 242

- achievement, 44

Mechanization, arrival, 44

Mechanized bread making, 6–7

Mechanized mixing, precursors, 43–44

Metal pans, examples, 115f

Metric quantities, usage, 194–195

Milk products, usage, 24

Milling, 242

- machinery, 43–44

- process, 178–179

- technology, 173

Mixers, usage (advantages), 47

Mixing. *See* Post-mixing

- length, 159–160

- procedures, 195

- research, 47

Mixing methods

- comparison, 49t

- selection, 48–50

- special circumstances/exceptions,

50–53

N

Native starch, 173, 242
 Natural pre-ferment, 70, 72, 242
 Neolithic man, 242
 Nonliving organic substances, 66–67
 Normal challah, 206
 No-stress dividers, usage, 80
 No-time dough, 63
 Nuts
 impact, 52–53
 usage, 25

O

Oblique mixer, example, 45f
 Oblong loaf, 84
 shaping procedure, 84
 Oils
 impact, 52
 usage, 23–24
 Old dough (pâte fermentée), 69, 242
 Olive oil, usage, 27
 Organic acids, 242
 impact, 47
 production, 65–66
 sources, 47
 strength/texture, providing, 65–66
 types, 65
 Osmotolerant yeast, 23, 242
 Oval-shaped loaves, proofing, 116
 Oven peel, 242
 size, differences, 115
 Ovens
 heat, collection, 129
 usage, 5, 127–130
 Oven spring, 242
 Oven spring (oven kick), 122
 Overbaking, 242
 occurrence, 126
 Overmixed dough, appearance, 43f
 Overmixing, 43, 243
 Overoxidization, 47
 Overproofed, 106, 243
 dough, collapse, 107
 occurrence, 185
 Overproofing, impact, 107
 Oxidizers, 177, 243

P

Pain au levain
 firm levain, inclusion, 223
 liquid levain, inclusion, 224–225
 mixing methods, selection, 195
 sale, 50
 Pain blanc, 8
 Pain chaud, 8–9

Pain de campagne, 225
 sale, 50
 Pain rustique, hand method, 226
 Pain viennoise, 7, 243
 Pancakes, 4
 Pan'doro, 139
 Pane Pugliese, 51
 biga, inclusion, 227–228
 Pan loaves
 baking, 197
 scaling, 196
 Pannetone, 139
 Pâte fermentée, 9, 47, 243. *See also* Old dough
 usage, 48
 Patent flour, 178, 243
 Pecans, toasting, 25
 Pentosans, 174, 243
 presence, 51
 Percentages, 32–35
 content, importance, 34–35
 Percentage sum, 243
 usage, 36–37
 Perforated baguette pans, advantages, 88
 Petit pain, scaling, 196
 Pétrissage amélioré, 47
 Pétrissage intensifié, 45
 Pizza dough, biga (inclusion), 228–229
 Planetary mixer, example, 45f
 Plaque, pieces (usage), 191f
 Plasticity, 243
 meaning, 144
 Pleated couche, 84, 85
 Poilâne, Lionel/Max, 11
 Politics, bread (impact), 3
 Ponsford, Craig (artisan baker profile), 150
 Polish, 7, 69, 243
 inclusion, 182t. *See also* Baguette dough
 selection. *See* Pre-ferment
 Post-mixing, 196
 Potassium bromate, 177, 243
 Poujauran, Jean-Luc, 11
 Pounds, U.S. measurement, 195
 Powered mixers, usage, 6–7
 Pray, Alison (artisan baker profile), 72–73
 Pre-ferment, 68–69, 243
 calculations, 183
 discrepancies, exception, 38
 increase, 68
 manufactured yeast, inclusion, 69, 243
 necessity, 160–161
 polish, selection, 182
 risks, reduction, 112
 slurry, 7
 temperature, increase, 186
 timing, 194

- Pre-ferment (*Continued*)
 usage, 181–182
 selection, 183
- Pre-fermentation, 63, 243
- Primary effect, 7, 243
- Primary fermentation, 243
- Procedure, determination, 159
- Proofed. *See* Overproofed; Underproofed
- Proofed loaves, readiness (judging), 106–107
- Proofer, 109, 243
- Proofer-retarder, 109
- Proofing, 244
 basket, usage. *See* Floured proofing basket
 board, 114
 bulk fermentation, contrast, 107
 defining, 106
 gas production, 107–108
 location/process, 109
 method, consideration, 126–127
 process, spring-back (judging), 106f
 usage, 196–197
- Protease, 66–67, 187, 244
 activity, 82
 augmentation, nonrequirement, 187
- Protein, 174, 244. *See also* Insoluble proteins;
 Soluble proteins
 coagulation, 126, 131
 content, 16–17
 structure (degradation), protease (impact), 187
- Pullman bread (pain de mie), 229–230
- Pullman pan, 116
- R**
- Rack ovens, usage, 115–116, 128
- Radiant heat, 129
- Radiation, heat, 127
- Raisins, impact, 52–53
- Range oven, usage, 127
- Raw dough, transformation, 122
- Red wheat, 17, 244
- Retarding, 111–113, 244
 bulk fermentation time, 112
 challenges, 162
 dough
 degradation, 113
 hydration, 113
 temperature, 112
 gas production, 111–112
 methods, consideration, 126–127
 process, control, 111
 yeast quantity, 113
- Revolving oven, 128
- Rich dough
 creation strategies, 139
 defining, 138
 sugar/fat, addition, 139
- Roasted grains, roasted grass seeds (relationship), 3
- Rolls
 baking, 197
 time, determination, 162
 buttercup shape, 92–93
 dividing machines, usage, 88
 elegance, 98
 physical size/shape, impact, 125
 procedure. *See* Single-knot roll
 proofing, 197
 shaping, 82. *See also* Small rolls
 motion, circular process, 90
 size, determination, 162
 weight, impact, 125–126
- Romans, 244
 bakery, ruins, 5f
 bread and circuses, 2
 empire, change, 5
 guilds, 4
- Rooster, decorative dough, 192f
- Rosada, Didier (artisan baker profile),
 116–117
- Rosemary olive oil bread, 230
- Round loaf (rounds)
 proofing, 116
 shape, 82
 shaping procedure, 83
- Rye, 18–19, 244
 bread, deli-style, 216–217
 dead dough, decorative, 231
 flour, variation, 50–51
 hearty sourdough, 220–221
 marketing, 18–19
 pentosans, presence, 51
- S**
- Saccharomyces cerevisiae, 21–22, 64, 244
 strains, isolation, 66
- Salt
 addition, history, 21
 determination, 157–158
 impact, 51–52
 percentages, calculation, 34t
 source, 21
 usage, 20–21
- San Francisco-style sourdough bread,
 232
 sale, 50
- Sauerteig, 70
- Scaling, 194–195
 usage, 196
- Scherber, Amy (artisan baker profile), 10
- Scoring, 122–124, 244
 carelessness, impact, 124
 origins, uncertainty, 123
- Secondary effect, 244

- Seeds
 impact, 52–53
 usage, 25
- Semolina, 244
 usage, 115
- Sesame seeds, usage, 25
- Sheet trays
 placement, wet towels (usage), 110
 usage, 88
- Shortening, impact, 52
- Shortening effect, 23, 244
- Short mix, 244
 comparison, 49t
 method, 6, 44
- Sicilian semolina bread, 233–234
- Simple sugars, 64, 66
- Single-fold laminating technique, 146
- Single fold (three-fold / tri-fold / letter-fold), 140, 147, 244
 performing, procedure, 146
- Single-knot roll, procedure, 99
- Slurry, 244
- Small rolls
 scoring, absence, 124
 shaping, 88, 91–95
 procedure, 89–90
- Soaker, 25, 244
- Soft wheat, 16–17, 244
- Soft white winter wheat, 17
- Soluble proteins, 244
- Sound, 244
- Sourdough
 bread, San Francisco-style, 232
 holding back, 70
 rye, hearty, 220–221
- Sourdough culture
 fermentation procession, example, 70f
 generation/maintenance, 71–72
 schedule. *See* Firm sourdough culture
 maintenance, temperature (impact), 71
- Speed rack arrangement, loaf proofing, 109–110
- Spelt, 18, 244
- Spices, usage, 27
- Spiral mixer, example, 46f
- Sponge, 69, 244
- Spring-back, judging, 106f
- Spring wheat, 17, 244
- Starch, 244
 breakdown, amylase (usage), 66, 173
 function, 173–174
 gelatinization, 126, 131
 purpose. *See* Wheat berry
 wheat composition, 173
- Steam, usage, 127, 130
- Stollen, 91, 139. *See also* Christmas stollen
- Stone ovens, 129
- Straight dough, 244
 creation, ingredients, 181t
 formulas, 33t
 mixing, timing, 194
 water temperature, 54t
- Straight flour, 179
- Straps, 116
- Streams, 245
- Sugar. *See* Simple sugars
 addition. *See* Rich dough
 content, impact, 125
 hygroscopic characteristic, 52
 impact, 52
 presence, 125
 selection, 158–159
 usage, 23
- Sumerians, 2, 245
- Sunflower seeds, toasting, 25
- Superhydrated, 245
 doughs, 51
- Survival, bread (impact), 2
- Sweet challah, 207
- Sweeteners, usage, 23
- T**
- Tabatière, 91, 94–95
 example, 95f
- Tapered loaf, 84
 shaping procedure, 84
- Temperature, change, 68
- Tempering, 178. *See also* Wheat grains
- Tenacity, 245
 elasticity, contrast, 43
- Three-strand braided loaf, 95–96
 procedure, 96–97
- Timon, Christy (artisan baker profile), 163–164
- Total flour, 245
 weight, determination, 36–37, 38t
- Traditional method, 6
- Traditional mix, 245
- Turns, 245
 series, 140
- U**
- Underproofed, 106
- Universal Exposition of 1867, mechanical mixers
 (introduction), 44
- U.S. measurements, 195
- V**
- Variety grains, 19
- Verbrun, Dominique, 11
- Viscoelastic, 245
- Viscosity, 245
- Vitamin C, synthesized form, 177
- Vollkornbrot, mixing, 50

W

- Walnuts, toasting, 25
- Water
 - absorption, 51
 - evaporation, 132
 - source, 19–20
 - temperature, calculation (methods), 53, 54t
 - usage, 19–20
- Weight/percentage, contrast. *See* Ingredients
- Weights, determination, 37
- Wheat
 - bran, 245
 - classification, 16–18, 17t
 - dough, inflation, 15
 - endosperm, elements, 173–178
 - grains, tempering, 178
 - harvest season, 17
 - kernel, color, 17
 - protein content, 16–17
 - varieties, alternatives, 18
- Wheat berry, 15–16, 245
 - amylase level, increase, 176
 - cross-section, 16f
 - starch, purpose, 173
- Wheat bread, honey whole, 222
- White rye, 245
 - usage, 189–190
- White wheat, 17, 245
- Whole grains, usage, 25
- Whole rye, selection, 157
- Whole wheat flour, 245
 - selection, 157
- Winter wheat, 17, 245
 - heads, 15f

- Wood-fired ovens, usage, 129
- Words, assembly, 191f
- Workflow, efficiency (promotion), 79
- World War II, impact, 7–8

Y

- Yeast, 21–23, 245
 - activity
 - control, 185–186
 - deceleration, 110–111
 - amount
 - determination, 158
 - reduction, 110–111
 - cells, carbon dioxide (capture), 107
 - choices, 71
 - classifications, 22–23
 - examples, 64f
 - fermentation, 64–65
 - byproducts, 185
 - control, 185
 - percentages, 34–35
 - calculation, 34t
 - quantity. *See* Dough; Retarding time/temperature/hydration, 186
 - type, selection, 158
- Yeast decorative pieces, baking, 190
- Yeast dough
 - pieces, proofing, 190
 - reaction, 54t

Z

- Zymase, 66–67, 245