



The Art of Breadmaking

4-SERIES VIRTUAL BREAD WORKSHOP

THURSDAYS, 4:30-6:30PM

March 18th: Making Basic Bread Dough
 April 1st: Bread and Roll Shaping
 April 15th: Focaccia Bread Artistry
 April 29th: Bread Painting and Decorating

*REGISTRATION DEADLINE: MARCH 5TH, 2021
 *LIMITED REGISTRATION

- ✓ INTERACTIVE BREADMAKING IN THE COMFORT OF YOUR KITCHEN
- ✓ \$30 FOR ALL 4 CLASSES*
*PRICE COVERS ALL MEMBERS OF A HOUSEHOLD
- ✓ CALL 405-713-1125 TO REGISTER
 OKLAHOMA COUNTY OSU EXTENSION
CASH, CHECK, OR CARD ACCEPTED

WORKSHOP INCLUDES A MAILED KIT WITH BAKING SUPPLIES, RECIPES & MORE!



Oklahoma Wheat
COMMISSION



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FOR MORE INFORMATION VISIT WWW.OKWHEAT.ORG



The Art of Breadmaking

Join us for a fun 4-series hands-on interactive virtual breadmaking journey. From the warmth and ease of being in your kitchen or classroom, participants will bake together and learn basic bread dough recipes along with fun and yummy ways to step up your bread making game through shaping, painting and decorating. Whether you're a curious beginner or an advanced bread baker, or just want some family fun, this series will offer a variety of methods and ideas to get you in your kitchen to bake some homemade bread! The classes meet every other Thursday afternoon beginning March 18th. Please read about each class and be prepared for the class so you will get the most out of the sessions.

NEW and exciting news: April 29th class, the author of "Bread Art" and bread decorating expert guru, Stephanie Petersen, Corporate Executive Chef with Panhandle Milling, will be teaching the class! We are so excited!!

The classes are FULLY INTERACTIVE

Each 2 hour class is a password-protected Zoom session, so you and the other attendees are free to ask questions as you follow along step by step. We will be recording the class so you can refer back to take notes if you missed something.

Price: \$30 for all 4 sessions

Class Size: 50 participants (household counts as one)

Registration: Call Oklahoma County OSU Extension office 405-713-1125 (Open Monday - Friday 8AM-4:30PM)

Sponsored by:



Taylor Conner is a Family & Consumer Sciences Educator for Oklahoma County OSU Extension. She is also a Registered Dietitian who focus' efforts on teaching how all foods can fit into a healthy diet. One of Taylor's great interest is baking bread and discovering how different types of grains can be incorporated into recipes to enhance nutritional quality. Taylor has experience teaching bread workshops in the past and is excited to co-lead this virtual workshop!



Chris Kirby is the Director of Marketing and Communications of the OK Wheat Commission for the past 8 years. Chris has worked in agriculture for the past 23 years focused in wheat and specialty crops. Chris loves to bake and share that enjoyment through classes and creating promotions encouraging all ages to discover or increase their knowledge in all aspects of the wheat crop along with basic and new baking ideas. Chris serves on the Home Baking Association and Wheat Quality Council boards.



Stephanie Petersen is a graduate of Le Cordon Bleu in Scottsdale, AZ. For over 25 years she has been, involved heavily in the food industry. She has worked in top resort bakeshops as a certified pastry chef and Executive chef for private catering and restaurants. Stephanie has hosted her television show **Cooking with Chef Tess** that was airing in Las Vegas, Nevada weekly and is now working on her newest show **The Clean Table** (slated to air this fall on Culinary TV Roku Channel).

For the last several years she has also been the corporate executive chef for leading grain companies involved in national retail cooking classes and educational development programs for home cooks. She has written four nationally published cookbooks and is a food photographer, ghostwriter, and blogger for national baking brand websites. Currently, Stephanie is honored to be the Culinary Marketing Specialist/Corporate Executive Chef for PHM Brands, an innovative private label and specialty flour milling company headquarter in Denver, Colorado. She is the Vice President of board of directors for the Home Baking Association and looks forward to serving in any way possible in teaching the upcoming generation of bakers.

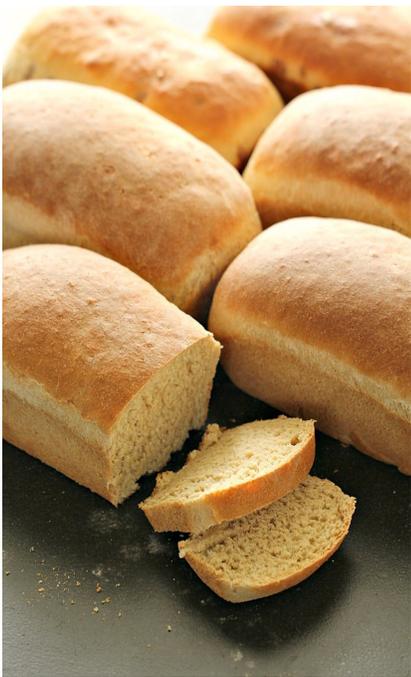
"Baking is a Skill of the Hands and the Imagination"

A LITTLE HOMEWORK

Prior to your class, download the prep packet for a shopping list and quickstart instructions so you're ready to start baking and creating.

******* Before the classes begin, you will receive in the mail a tool kit of recipes, bread baking tools, information, tips and resources.**

Week 1: Making Basic Bread Dough - Thursday, March 18, 4:30 - 6:30PM - the start to any bread dough, is understanding the ingredients, tools and how they all work together in harmony. We will be making a basic bread dough for a loaf of bread and discuss multiple other bread goodies that can be made with the recipe. We will also make a potato dough (yes bread dough with mashed potatoes) that will be used in Week 2 class in bread shaping. You can freeze the dough or make new dough the day before class. Either works great!



Pre class notes:

- Please read through the recipe and instructions prior to class starting.
- Please gather all ingredients and tools for the class prior to starting.
- You can pre-measure your ingredients.
- We encourage you to prep your ingredients prior to class which will give you more time to listen and watch the instructor.

Ingredient Shopping List: For both doughs

- 5 ½ teaspoons (3 packets) Instant Yeast
- 3 tablespoons honey (or sugar or maple syrup)
- 2 cups bread flour or other high protein flour
- 9 cups all-purpose flour
- 3 ¾ teaspoons kosher salt
- ½ cup (1 stick) + 4 tablespoons unsalted butter
- ½ cup granulated sugar
- 1 ½ cups milk, 1%, 2%, or whole milk
- ½ cup mashed potatoes, unseasoned, can use potato flake equivalent
- 2 large or 3 medium whole eggs

Equipment Needed:

- 1 - 9x5 inch bread loaf pan
- Measuring cups
- Measuring spoons - **included in your tool kit**
- Mixing bowls (various sizes)
- Prep bowls (various sizes)
- Dough whisk or wooden spoon
- Bench scraper - **included in your tool kit**
- Plastic wrap
- Parchment paper
- Food Thermometer - **included in your tool kit**
- (OPTIONAL) Stand mixer or a hand mixer - we will be doing the kneading by hand to learn the feel of the dough as it develops.

- ❑ Pizza pan - if you want to make some of the extra dough into a pizza, you will also want to have the ingredients to top your pizza as well.

Recipe:

Basic Homemade Bread

Yields: 1- 9x5 inch loaf

Ingredients:

- ❑ 2 teaspoons Instant Yeast
- ❑ 1 cup (250mL) warm water (95°F-110°F)
- ❑ 1 tablespoon honey (or sugar or maple syrup)
- ❑ 4 ½ cups (550g) bread flour or all-purpose flour, or mixture of flours
- ❑ ½ cup (80mL) lukewarm water
- ❑ 1 ¼ teaspoon kosher salt
- ❑ 2 tablespoons honey (or sugar or maple syrup)
- ❑ 2 tablespoons unsalted butter, melted

Directions:

1. In a small bowl, combine 1 ½ cups of warmed water and 3 tablespoons of honey. Mix with a spoon to dissolve honey.
2. In another large bowl add instant yeast, flour(s), salt, and melted unsalted butter and mix together.
3. Add water-honey mixture to the flour blend and using a dough whisk, spatula, or your hands mix the ingredients to form a rough dough.
4. Once a rough dough has formed, pour dough onto a clean counter to begin kneading. Alternatively, you can knead using a machine with a hook attached, and knead the dough on low speed for about 2-5 minutes, until the dough comes together to form a ball.
5. Knead by hand until dough becomes smooth and elastic--about 10-15 minutes or by machine for 7-10 minutes on 3 speed. While kneading be sure to check if dough is too wet or too dry.
 - a. If the dough is sticking to the sides of the bowl if using a machine, then it's too wet, so add a little extra flour (a dusting at a time), to get the right texture. To check if it's at the right consistency – lift the kneading hook from the bowl, and check if the dough only sticks to the bottom of the bowl. If yes, then the moisture is perfect. If the dough isn't sticking to the bottom of the bowl however,

you may need to add a little extra water (just ½ tsp at a time), to get the right consistency. The dough should be smooth, a little soft and a little tacky to the touch.

6. Once the dough is kneaded, form into a smooth ball. Then place it in a lightly oiled bowl and cover with plastic wrap. Let the dough proof for about 1 hour until it has doubled in size.
7. While the dough is proofing, prepare the bread loaf pan. Butter or grease, 1 – 9 x 5 inch loaf pan and set aside, until the dough is ready.
8. Turn the proofed dough out onto a lightly floured work surface. Gently press the dough into an evenly thick rectangle. The short side of this rectangle should be roughly about 8 – 8.5 inches (i.e. slightly shorter than the length of your bread loaf pan).
9. Next, tightly roll up the short side, along the length of the dough rectangle. Make sure to pinch/press the edge of the dough as you go, while rolling it up.
10. Once the dough is rolled up, pinch the seams to seal it, and tuck in the two sides and pinch these seams as well. Make sure all the seams are on one side (this will be the bottom) and the other side is smooth and seam-free (this will be the top).
11. Transfer this into the prepared loaf pan, seam side down, and press the dough into the pan. Make sure it's evenly placed into the bottom of the pan. Loosely cover the loaf pan with plastic wrap and let it proof again in a warm place, for about 45 minutes – 1 hour.
12. The top of the dough should rise about 1 inch above the rim of your bread loaf pan (when looking from the side), and when you leave an indentation in the dough with your finger, the indentation should remain, and not bounce back.
13. Preheat oven to 375°F, during the last 30 minutes of the second proofing time. It's best for the oven to be preheated to the right temperature for at least 20 minutes, before baking the bread.
14. When the bread loaf is ready and the oven has preheated, place the loaf pan in the middle of the oven, and bake for 45 minutes. It's done when it sounds hollow when the bread is tapped on top, OR when the internal temperature has reached 180°F.
15. Remove the pan from the oven, and keep it in a warm place (away from drafts) to cool. After about 10 minutes, remove the bread from the pan and keep it on a wire rack to cool down completely. The bread is now ready to be served.

*Optional – brush melted butter on the top while it's hot to add more buttery flavor.

**Keep the loaf in a bread box at room temperature for up to 4 – 5 days, or slice and keep in the freezer for up to 1 month.

*****The 2nd Dough

Refrigerator Potato Dough is being made and then put in your freezer to use at the class on April 1st - Bread and Roll Shaping. We recommend that you divide your dough in thirds and wrap tightly with plastic wrap and place in the freezer for the April 1st Bread and Roll Shaping Workshop. Take the frozen dough out of the freezer and place in the refrigerator the day before the April 1st class. Take the dough out of the refrigerator 60 minutes before the class starts but leave wrapped in the plastic.

Recipe:

Refrigerator Potato Dough From A Baker's Dozen Labs Manual - Home Baking Association

Yields: 3lb., 12 oz dough, 3 dozen rolls (1 ¾ oz/48g); OR 3 dough pieces (1 ¼ lb/565g)

Ingredients	Measurements	Weight	Bakers %
Unbleached all-purpose flour*	6 1/2 to 7 cups	780 to 850 grams	100%
Warm water (95°F)	1/2 cup	113 grams	13%
Instant Yeast	3 1/3 teaspoons	10.5 grams	1.5%
Milk, scalded, cooled (80°F)	1 1/2 cups	340 grams	40%
Butter	1/2 cup + 2 tablespoons	142 grams	16%
Sugar	1/2 cup	100 grams	12%
Salt	2 1/2 teaspoons	15 grams	1.75%
Mashed Potatoes, unseasoned**	1/3 cup	85 grams	10%
Whole eggs	2 large or 3 medium	100 grams	12%
Citrus zest, optional	1 1/2 teaspoons	3 grams	0.4%

** For whole grain option, replace 4 cups (16 oz.) all-purpose flour with whole wheat flour*

*** 1 small potato, white, yellow or sweet; cooked, peeled and mashed, or equivalent potato flakes or flour - plain*

DIRECTIONS--using instant yeast

1. Heat milk in the microwave until steaming hot (190° F). Pour milk into a large mixing bowl; add butter, ½ cup sugar, and salt; mix. Cool to 80°F. or cooler--creating an ice bath to set the bowl in, will speed up this process.
2. When the milk mixture has cooled, add in 4 cups flour, instant yeast, warmed water, mashed potatoes, and eggs. Mix with spoon until smooth. Cover the bowl and let the dough rest for 15 minutes.
3. Mix in, at about a 1/2 cup full at a time, the remaining flour until dough forms a rough ball. Note, you may not need the full 3 cups.
4. Once the dough ball has formed, place it on a lightly floured surface; knead about 10 minutes until smooth and elastic OR mix with dough attachment on medium speed until dough cleans the bowl, about 7-10 minutes. If dough is too dry, mix/knead in 1-2 Tbsp. water. Target dough temperature: 78°F. or cooler.
5. Place dough into a large greased bowl; turn dough; greased-side up. Cover bowl with sealing lid, sealing wrap or put dough in a very large (2-gallon) plastic food storage bag sprayed with non-stick spray. Force air out and seal the bag leaving room for dough to rise.
6. Refrigerate dough, deflating dough after about an hour; round dough into a ball, smooth side up. Refrigerate until ready for shaping; dough will keep in the refrigerator one to three days; deflate dough again if needed.
7. Divide dough into thirds (1 to 1¼ lb. each) and shape each into a smooth ball. Cover to rest 5-10 minutes.

This recipe can be used to sculpt each 1 to 1¼ lb. piece into a dozen rolls, a loaf or braid, snail or buns using *Dough Shaping 101* guide that was included in your tool kit. We recommend that you divide your dough and wrap tightly with plastic wrap and place in the freezer for the April 1st Bread and Roll Shaping Workshop. Take the frozen dough out of the freezer and place in the refrigerator the day before the April 1st class. Take the dough out of the refrigerator 60 minutes before the class starts but leave wrapped in plastic.

Notes:

Week 2: Bread and Roll Shaping - Thursday, April 1st, 4:30 - 6:30PM - bread shaping can add pizzazz to your bread or rolls and is fun and easy as we show various ideas and techniques.

Using the Refrigerated Potato Dough we made during the March 18th class.

- ★ Take the frozen dough out of the freezer and place in the refrigerator the day before the April 1st class. Take the dough out of the refrigerator 60 minutes before the class starts but leave wrapped in the plastic. If you missed the class, please refer to the recipe above. The dough can be made 1 or 2 days prior to the class and kept tightly covered in your refrigerator.



↑ Star Shaped Bread ↓



← Assorted Braids, Twist, & Knots →

↓ Turtle Shaped Bread



Pre class notes:

- Please read through the recipe and instructions prior to class starting.
- Please gather all ingredients and tools for the class prior to starting.
- You can pre-measure your ingredients.
- We encourage you to prep your ingredients prior to class which will give you more time to listen and watch the instructor.

Ingredient Shopping List:

Will use potato dough you froze from the previous class that has been thawed and refrigerated.

All-purpose flour - for dusting work surface

Equipment Needed:

- 2 or 3 sheet pans or large cookie sheets
- Measuring spoons - **included in your tool kit**
- Mixing bowls (various sizes)
- Prep bowls (various sizes)
- Bench scraper - **included in your tool kit**
- Kitchen scissors for snipping dough
- Plastic wrap
- Parchment paper
- Ruler for measuring

Recipe: See Refrigerated Potato Dough Recipe from March 18th class

Follow oven preheating and baking instructions for each product. Bake loaves at 350°F for 25 - 35 minutes. Bake rolls at 375°F for 12 - 15 minutes (Done when 190 - 210°F at center).

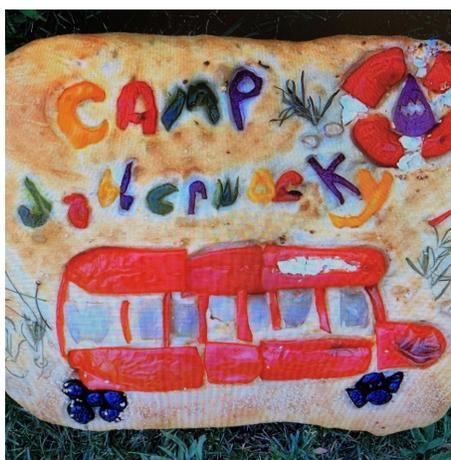
Notes:

Week 3: Focaccia Artistry - Thursday, April 15, 4:30 - 6:30PM - an easy bread that has great taste and texture and will also be your palette for your artistic creation. During this session, we will make the dough together and will be enough for 2 bread creations. One bread, we will decorate together but the 2nd bread, will be your own creation and be able to share with the group. If you sketch or imagine your 2nd design before the class, it will help you put together an ingredient list for decorating.

We will recreate this design together 1st →



Designs & inspiration for your 2nd dough ↓



Pre class notes:

- Please read through the recipe and instructions prior to class starting.
- Please gather all ingredients and tools for the class prior to starting.
- You can pre-measure your ingredients.
- We encourage you to prep your ingredients prior to class which will give you more time to listen and watch the instructor.
- Have some veggies and herbs already washed and dried and some cut up. Leave some uncut to fill in as your masterpiece comes together.

Ingredient Shopping List:

- ❑ ½ cup (120 ml) extra-virgin olive oil
- ❑ 2 garlic cloves, finely minced
- ❑ 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- ❑ 1 tablespoon chopped fresh rosemary or 1 teaspoon dried - **included in your tool kit**
- ❑ ¼ teaspoon fresh ground black pepper
- ❑ 1 cup (235 ml) warm water
- ❑ 1 ¾ teaspoons Instant Yeast, you can purchase a packet but you won't need it all
- ❑ ¼ teaspoon honey
- ❑ 2 ½ cups (315 grams) all-purpose flour
- ❑ ½ teaspoon fine sea salt
- ❑ 9 - 12 cherry tomatoes (can be same color or other colors too)
- ❑ 1 bunch of parsley
- ❑ **For Design #2. Possible ingredients to buy for a savory design** - all colors and kinds of peppers (small or large), tomatoes (colors, small & large size), cucumbers, squash, olives, onions (red shows up the best) or scallions, green onions, carrots, celery. Herbs - basil, rosemary, thyme, chives, parsley. Think about flavors that you like when doing your design.

Future idea: you could use a sweeter focaccia recipe and do your design with sweet fruits (less watery ones), chocolate, nuts, dates, cookie pieces and so much more.

Equipment Needed:

- 2 - sheet pans or cookie sheets
- Pizza pan - if you want it round
- Cutting board(s)
- Paring knife or small sharp knives
- Food Thermometer - **included in your tool kit**
- Measuring cups
- Measuring spoons - **included in your tool kit**
- Mixing bowls (various sizes)
- Prep bowls (various sizes)
- Dough whisk or wooden spoon
- Bench scraper - **included in your tool kit**
- Plastic wrap
- (OPTIONAL) Parchment paper
- (OPTIONAL) Stand mixer or a hand mixer - we will be doing the kneading by hand to learn the feel of the dough as it develops.

Recipe

Rosemary Garlic Focaccia Bread From Adam and Joanne Gallagher - Inspired Taste

Yields: 1 large focaccia loaf or two slightly smaller loaves (size of the picture above of the design we are creating 1st)

Ingredients:

- ½ cup (120 ml) extra-virgin olive oil
- 2 garlic cloves, finely minced
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried - **included in your tool kit**
- ¼ teaspoon fresh ground black pepper
- 1 cup (235 ml) warm water
- 1 ¾ teaspoons Instant yeast
- ¼ teaspoon honey
- 2 ½ cups (315 grams) all-purpose flour or bread flour
- ½ teaspoon fine sea salt or kosher salt

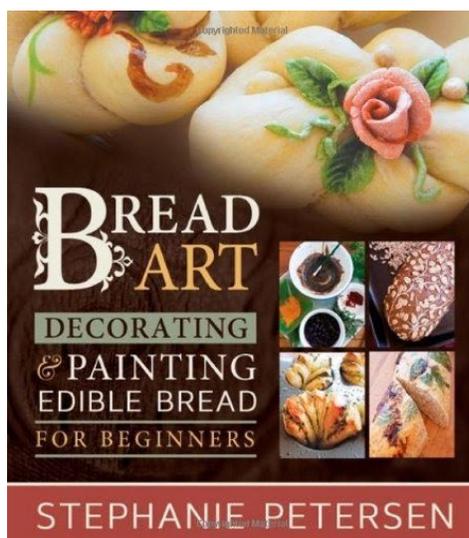
- ❑ Cherry tomatoes (10 to 12)
- ❑ 1 bunch of parsley

Directions:

1. In a cold medium skillet, combine olive oil, minced garlic, thyme, rosemary, and the black pepper. Place the pan over low heat and cook, stirring occasionally, 5 to 10 minutes or until aromatic, but before the garlic browns. Set aside.
 2. In a large bowl, combine all the flour, instant yeast, and salt. Mix together.
 3. In a separate small bowl, stir together warm water (around 95-110°F) and honey.
 4. Pour water-honey mixture and ¼ cup of the infused garlic-olive oil mixture into the bowl with the flour mixture.
 5. Mix all together making sure flour absorbs as much moisture as it can before transferring to a floured surface and knead 10 to 15 times until smooth. Use bench scraper here if needed to prevent excess use of flour.
 6. Transfer the dough to a large oiled bowl, cover with a warm, damp towel and let rise for 1 hour. (It's best to let the dough rise in a warmer area of your kitchen).
 7. After 1 hour, heat the oven to 450°F.
 8. Use two tablespoons of the remaining garlic-olive oil mixture to oil a 9-inch by 13-inch rimmed baking sheet.
 9. Transfer the dough to the baking sheet then press it down into the pan. Use your fingers to dimple the dough then drizzle the top with the remaining 2 tablespoons of the garlic-olive oil mixture. Let the dough rise for 20 minutes until it puffs slightly and while it is rising you can decorate your dough, carefully, with your choice of ingredients. After decorating and rising, press in some extra dimples to give the dough that focaccia look.
 10. Bake until golden brown, 15 to 20 minutes. Cool baked focaccia bread on a wire rack.
- ★ REFRIGERATE: Wrap it tightly in plastic wrap, then in foil Keeps for 2-3 days.
 - ★ FREEZE: Wrap in plastic, then foil. Keeps for about a month.

Week 4: Bread Painting and Decorating - Thursday, April 29th, 4:30 - 6:30PM - this class is one of many choices and artistry. If you have time, make a fresh crusty bread, baguette, ciabatta, braid, etc for your design. If you don't have time but want to wow family, friends or co-workers, stop at your nearest bakery or grocery store and buy a couple of loaves of their artisan bread or parbaked bread and then add your personal artistic touch with paints, cutouts, seeds and herbs or sugary ingredients and shimmer.

NEW and exciting news: April 29th class, the author of "Bread Art" and bread decorating expert guru, Stephanie Petersen, Corporate Executive Chef with Panhandle Milling, will be teaching the class! We are so excited!!



Pre class notes:

- Please read through the recipe and instructions prior to class starting.
- Please gather all ingredients and tools for the class prior to starting.
- You can pre-measure your ingredients.
- We encourage you to prep your ingredients prior to class which will give you more time to listen and watch the instructor.
- Have your paints, brushes, cup of water, dough design cutter and paper plates ready to go and something to cover your work surface wherever you are painting.
- Have shaping dough made and ready to use to decorate your bread with.

Ingredient Shopping List:

- 1 cup all purpose flour plus extra for dusting work surface
- 1 cup wheat starch - **included in your tool kit**
- 2 tsp salt
- 2 Tbsp sugar

Optional to add flavor that can be savory or sweet

- ½ tsp onion powder
 - ½ tsp garlic powder
 - 1 Tbsp finely minced fresh herbs (parsley, thyme, basil, sage)
- OR
- ½ tsp sugar
 - ½ tsp cinnamon
 - ½ Tbsp of herbs or spices (mint, nutmeg, vanilla)

Equipment Needed:

- 1 sheet pan
- Rolling pin

- Parchment paper
- Bottle to spritz water
- Food Thermometer - **included in your tool kit**
- Paints - **included in your tool kit**
- Metallic paint - **included in your tool kit**
- Paint Brushes - **included in your tool kit**
- Dough shape cutters - **included in your tool kit**
- Bench scraper - **included in your tool kit**
- Plate for mixing paint colors and thinning
- 2 loaves of crusty bread or braid or both
- Fresh herbs - chopped finely (optional)
- Seeds - chopped finely if larger (optional)

Recipe:

Dough for shaping and decorating bread - From Stephanie Peterson - decorativebread.com

- 1 cup wheat starch - **included in your tool kit**
- 1 cup all-purpose flour
- 2 tsp. salt
- 2 Tbsp sugar
- ½ cup + 2 Tbsp water (colored if you want dough to have a tint)

PLUS

For savory decorative dough - add

- ½ tsp onion powder
- ½ tsp garlic powder
- 1 Tbsp. finely minced fresh herbs (optional)

For sweet decorative dough - add

- ½ tsp sugar
- ½ tsp cinnamon
- ½ Tbsp of herbs or spices (mint, nutmeg, vanilla - optional)

