

Season 9, Week 15, 7/30/2012, 4:16 PM

Can't believe that this baking season is starting to wind down. After today we have 3 weeks left which has been the longest season yet at Bread Uprising. Tim got back from Europe last week so he was baking today. We still have a couple of holes in the clean up and delivery schedule so if you are able to sign up for a shift please do!! Re-subscription calls for next season will begin soon. We'd love to hear about what bread, muffins or other items you all really enjoyed! We're also looking forward to trying out some of the recipes that Tim brought back with him from the bakeries he worked at in England. Hope everyone enjoys these last few weeks of summer before school starts and the long days of heat, sun and swimming slowly turn towards the cool of autumn. much love! Tim, Noah & Javiera

Bread Uprising Bakery, 816 Yancey St.
breaduprising@resist.ca | breaduprising.wordpress.com

Hi all --

We've been wanting to do a photo essay of the baking process here at Bread Uprising for a long time, but haven't had the time to take pictures of ourselves baking! Hopefully in a future 'zine we'll share our process. Today, I'd like to share a little bit of the way bread got made at one of the bakeries I visited in England, the Hand-made Bakery in Slaithwaite.

Day 1 (in the life of a loaf of bread):

In the afternoon, one baker mixes up a big batch of sponge (a firm dough with white flour, water, salt, and a small amount of yeast). They also weigh out all of the dry ingredients for the next day (flour, salt, seeds, yeast, raisins, etc.) into empty flour sacks.

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Day 2, 5 AM

We start the morning shift at 4 or 5 AM. Dry ingredients from yesterday's "weigh-down" go into the mixer along with water and sponge, to make final doughs. They mix for about 6 minutes, then go into oiled tubs and into the "warm room" (a closet with a space heater) to finish rising. After 20 minutes of rising, we fold the doughs over 4 times to give them extra strength.



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Day 2, 6:30 AM

At this point, the first dough is ready to become loaves! First we portion it into 400g or 850g pieces, and quickly shaped them into round "pre-shapes" and let them rest on the table for a few minutes. We then do the final shaping into either rectangular "batards" or round "boules."



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For both shapes, we put the shaped loaves into floured cane baskets (also called bannetons), and put them back into the warm room to proof for an hour or two. The bannetons help ensure that all the loaves kept an even shape as they proofed (otherwise dough has a tendency to spread out as it relaxes). They also give the finished loaves a nice ridged pattern.

Day 2, 8:00 AM

We take the filled bannetons out of the warm room, and dumped them onto a big plywood board, or peel, covered with semolina flour. Then we quickly slash them (with a different pattern for each kind of bread), and slide the bread from the peel into a waiting oven. We use a pump-action garden sprayer to spray water all over the inside of the oven to generate more steam, since steam helps bread rise more quickly in the oven.



Day 2, 8:00 AM

Using the peel, we pull the baked loaves out of the oven, and then sweep out the oven to get rid of any bits of semolina that might burn and start smoking up the bakery.

Day 2, 11:00 AM

One of the day's wholesale orders is ready to go for delivery. This one is going to Unicorn Grocery, a 100% vegan worker cooperative grocery store in Manchester.



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