# Enjoy baking your bread at home



## Care P20

### SUMMARY

## My bread P25



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These recipes have been tested and adapted for the U.S. market.

Ritrovate tutti i consigli d'uso su <u>www.emilehenry.com</u> Die Gebrauchshinweise finden Sie auf <u>www.emilehenry.com</u>

## Your Bread Cloche and your

The secret to crispy bread lies in the baking, which requires a high level of carefully controlled humidity. The Emile Henry Bread Cloche and Baguette Baker recreate the same conditions that you find in a traditional bread oven. You can now make a delicious, crusty loaf and crispy baguettes that are light and airy inside.



#### GUARANTEE

The Emile Henry Bread Cloche and Baguette Baker are guaranteed 10 years. Our guarantee covers any production fault or quality problem with the product when used in a normal domestic environment and respecting the care and use instructions that you will find in this booklet.

To give you more flexibility should you need to use it, register your guarantee on our internet site: www.emilehenry.com/guarantee.









#### SIMPLE TO USE



#### > PREPARING THE DOUGH

By hand, with a food processer or using a bread machine, prepare your bread dough using the recipes in this booklet. Or prepare dough from one of your own recipes.

The Bread Cloche is perfect for baking a loaf that weights about 2  $\frac{1}{2}$  Lbs , which corresponds to approximately 1  $\frac{1}{2}$  Lbs (5 cups) of flour in the recipe.

The Baguette Baker is designed to make 3 baguettes, each weighing approximately 5  $\frac{1}{2}$  oz, which corresponds to about  $\frac{3}{4}$  lb (3 cups) of flour for 3 traditional baguettes.



#### > RISING

Let the dough rise, covered at room temperature, protected from any drafts, for the time indicated in the recipe.

#### BAKING

Before the last rise, shape the dough and place it in the Bread Cloche or in the Baguette Baker. When ready to bake, place the covered mold into the oven, then bake according to the time and temperature indicated in the recipe.

#### CARE & USE

These Emile Henry products have been designed for use in a traditional home oven. They have not, however, been designed for use directly on a gas burner or any other direct form of heat (halogen, electric, induction...).

When using the Baguette Baker or Bread Cloche for the first few times, make sure you sprinkle a generous amount of flour liberally over the surface. Ceramic naturally becomes non-stick over time, but your bread may stick the first few times you use these items.

It is easy to clean your Baguette Bake and Bread Cloche in the dishwasher: they will not lose any of their advantages and their color will not fade. Or soak them in warm water with some detergent or white vinegar to remove baked-on stains. Just wipe them with a sponge after soaking. Let this bakeware air dry and, like all Emile Henry products, it will last you for many years to come!



## For best results : My secrets, detailed for each step

#### 1 MAKING THE BEST DOUGH: THE RIGHT PROPORTIONS

#### **, PROPORTIONS**

The basic ingredients for bread making are flour, water, yeast and salt. The proportions are to be respected. If you add too much yeast, your bread will have an unpleasant taste. If you don't add enough water, the bread will be dry and crumbly. But if you add too much water, your dough may be sticky and heavy and the bread may collapse while rising and baking. The dough might then cause the platter to stick to the lid making it difficult to open the mold. To avoid this, measure your ingredients carefully. Add the water a little at a time until you have a dough that is elastic and keeps its shape without sticking to your fingers.

#### › KNEADING

Kneading bread dough develops the protein in the flour into gluten. This gives your bread dough a pleasing interior crumb and chewy texture. You can mix bread dough by hand, in a stand mixer or in a food processor. Each method achieves similar results. (When kneading in a food processor, the process takes much less time.) What is important is to end up with dough that is silky and smooth.

#### 2 RISING: THE RIGHT CONDITIONS

To develop the best flavor, allow your dough to rise at room temperature and covered so that it doesn't dry out. Cover it with a clean, damp cloth, which lets in air. Place the dough in a draft-free place that is neither too cool nor too hot: if too cold, the yeast will go to sleep and not ferment, and if too warm, the yeast will react too quickly and the dough will rise too much. Be careful! When you are learning to bake yeast bread, let the dough rise for the times indicated in the recipes. If you let the dough rise for too long, it may collapse when it bakes creating dense bread. It might then cause the platter to stick to the lid.

Always let the dough rise at least twice and knead it well at each stage: kneading releases the carbon dioxide gas developed during the first rise. Shape the dough then let it rise for a second time in your baguette mold or on the bread platter covered with the lid.

Just before baking, make rapid, smooth cuts in the surface of the dough using a baker's blade. These incisions create weaknesses in the crust that allow it to rise. If you don't cut or score the surface, the crust will be much more difficult to cut and to eat!

#### 3 BAKING: LIKE A TRADITIONAL BREAD OVEN

#### **> THE PRINCIPLE BEHIND BAKING BREAD**

Bread dough is made up of half flour and half water, which evaporates during cooking and turns into steam. The steam should fall back onto the dough and turn to steam again. This process creates light, airy bread with a crispy, golden crust.



#### **> THE EMILE HENRY BREAD CLOCHE**

With its unglazed interior, the Cloche works by trapping moisture that evaporates from bread dough. The moisture turns to steam, which keeps the bread dough moist during baking. Once the moisture evaporates the loaf develops a crisp thin crust and an appealing golden color. Ridges on the platter keep the dough from sticking while it bakes.

Because all ovens behave differently, test the temperature the first few times you use the Bread Cloche. Set your timer for 10 minutes less than the time indicated in the recipe. Check the bread by carefully removing the cloche and adjust the remaining baking time as needed.

Once baked, cool the bread on the platter, uncovered, so that it stays crisp.



#### **> THE EMILE HENRY BAGUETTE BAKER**

The lid, which is unglazed inside, allows the steam to fall back onto the baguettes. By the end of the baking process, the steam is completely absorbed back into the bread dough. Then it evaporates and the crust dries out. The holes in the lid of the Baguette Baker have been designed to let the gas and steam escape quickly. The long, thin loaves develop a thin crispy crust and a texture so typical of the baguette!

At the end of the baking time, remove the lid and let the baguettes bake for 2 more minutes: they will get a nice, golden color. Let the baguettes cool uncovered to preserve their crisp crust.

#### More secrets: choosing the right ingredients



#### The flour

Whether unbleached, stone ground or glutenfree, flour is the most important ingredient for making bread. Wheat flour contains protein.

When moistened, the protein turns into gluten, an elastic substance that gives bread it distinctive chewiness and rise. For the most satisfying results, use unbleached all-purpose flour when learning to make bread.

Other types of flour can be combined with wheat flour to vary the flavor and appearance of your bread: barley, spelt, whole wheat, rye or sweet chestnut flour. Different types of flour will change the taste and appearance of your bread dough. You can also make gluten-free bread using gluten-free flour. You'll find several recipes in this booklet that you can try and adapt to create your own gluten-free bread!



#### Yeast

Yeast is a living organism that helps bread dough rise. Active dry yeast is easy to use and can be added directly to the flour. Or you can dilute it in a little warm water before using.

Fresh baker's yeast, which is available in some markets or from a local baker, must be moistened in water before using.

It's possible to replace the baker's yeast with sourdough starter or a natural leaven, but it's a much more delicate process. Starter is made from dough that is left to ferment over several days. Flour and water is added to encourage yeast activity. Once this starter is bubbling and active, it can be used to leaven your bread.



#### Secrets for creating delicious recipes

Butter, olive oil, honey and other sweeteners tenderize and flavor bread dough. They help to conserve bread. Some bakers add lemon juice to balance the flavor of the yeast.

## My bread recipes

### Quick-bake recipe

**Preparation + resting time: 1**h15

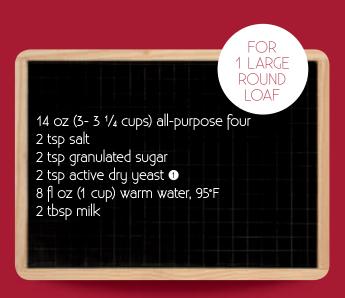
Cooking: 235 min



warm water

#### PREPARATION

- In a mixing bowl, combine the flour, salt, sugar and yeast. Pour in the warm water and knead the dough for 2-3 minutes until it is smooth and elastic.
- Form the dough into a smooth ball. Cover it with a clean damp cloth and let it rise for 20 minutes in a warm place (around 68°F), away from any drafts.
- Knead the dough again to remove any gas bubbles that have formed. Sprinkle a little flour on the platter of the Emile Henry bread cloche, form the dough into a ball and place it in the middle of the platter.
- Cover with the cloche and let the dough rise for another 45 minutes at room temperature.
- Preheat the oven to 450°F.
- Brush the dough with a little milk and sprinkle it with some flour. Score the dough with the Emile Henry baker's blade. (2)
- Cover with the cloche and bake for 35 minutes.
- Cool the bread, uncovered, on the platter.



#### What is the difference between baker's yeast and baking powder?

Yeast is a natural living organism that consumes sugars, expelling gas that becomes trapped in the gluten network in the dough. Baking powder leavens products through a chemical reaction with ingredients in dough.

#### How should I cut or score the surface of the dough?

Make cuts in the surface of the dough about 1/8inch deep using the baker's blade, without pressing down too hard. This will help quickly release gases and moisture in the dough during the first stages of the baking process. They will also make your loaf look more attractive after baking.



### Traditional recipe

Preparation + resting time: 2 days Cooking: A 1h



#### PREPARATION DAY 1

- In the bowl of a stand mixer or a mixing bowl, combine the flour, salt, sugar and yeast.
- Add the warm water, and knead the dough for 2-3 minutes on low speed or slightly longer if kneading by hand until the dough is smooth.
- Cover the dough with a clean damp cloth and let it rise for 1 ½ hours in a warm, draft-free place.
- Knead the dough again to release some of the gas bubbles that have formed.
- Place the dough in a bowl, cover it with plastic wrap and refrigerate for 10-12 hours.

#### PREPARATION DAY 2

- Quickly knead the dough by hand, folding it over several times. Sprinkle a little flour on the platter of the Emile Henry bread cloche, form the dough into a ball and place it in the middle of the platter.
- Score the dough with the Emile Henry baker's blade. Cover it with the cloche and let rise for another 1 ½ hours at room temperature.
- Brush the dough with a little milk and sprinkle it with some flour. Replace the cloche.
- Place in a cold oven 2 and turn the oven on to 450°F.
- Bake for 1 hour.
- Cool the bread, uncovered, on the platter.



#### How can I get an even thicker, more traditional crust?

There are 2 options: you can either remove the cloche 30 minutes before you place the bread in the oven so that the air dries out the surface of the dough before baking. Or you can remove the cloche 15 minutes before the end of the baking time, turning the temperature down to 375°F so that the loaf doesn't burn.

Why place the bread in a cold oven? The large loaf just spent 10 to 12 hours in a cold place. It will take time for the dough to warm up and for the yeast to become active again. Placing the cloche in a cold oven allows the dough to gradually warm up before the yeast dies off and the loaf starts baking.



### Bread swirl with deg

Preparation + resting time: 2 1h15 Cooking: 2 30 min



#### PREPARATION

- Combine the flour and sugar 2 in a mixing bowl. Make a well in the center and pour in the yeast and warm water. Let rest for 10 minutes.
- Mix the ingredients together while adding the salt. Once the dough becomes nice and smooth, add the olive oil. Knead for 10-15 minutes, until the dough is no longer sticky. If using a stand mixer, keep on a low speed.
- Place the dough in a bowl and cover with a clean, damp cloth. Let rise for 30 minutes.
- Knead the dough again to remove some of the gas bubbles that have formed. On a lightly floured work surface, roll out the dough into an 8 x 12-inch a rectangle.
- Spread the dough with pesto. Sprinkle it with the sundried tomatoes and 2 tablespoons of grated parmesan.
- Roll up the dough to form a tight sausage. Place it on the floured platter, cover with the cloche and let it rise for 45 minutes.
- Preheat the oven to 450°F. Brush a little water over the surface of the dough and sprinkle it lightly with some flour and the remaining parmesan. Score the surface of the dough with a baker's blade.
- Cover with the cloche and bake for 20-25 minutes.
- Remove the cloche and bake for another 5 minutes if necessary: the loaf should be golden and surface should sound hollow when tapped lightly.
- Cool the bread on a wire rack.

FOR ROUND I OAF 9 oz (2 cups) all-purpose flour 2 tsp granulated sugar tsp active dry yeast 5 fl oz (²/₃ cup) warm water, 95°F 1∕₄ tsp salt 2 tbsp olive oil 4 tsp pesto 1 <sup>3</sup>/<sub>4</sub> oz sun-dried tomatoes, chopped 3 tbsp grated parmesan or pecorino

#### What does the pesto bring to this recipe and what can I use instead?

The pesto brings a soft texture with a strong flavour. Spread it evenly over the surface to make sure you have some with every mouthful! Instead of pesto, you can use tomato or aubergine (eggplant) confit for example, or any type of preparation with a soft texture.

Why use sugar in some bread recipes? Sugar helps the yeast to ferment. It needs carbohydrates to react, but also the sugar to give it a boost!



## Gluten-free bread

Preparation + resting time: 2 1h15 Cooking: 250 min



#### PREPARATION

- Combine the flours 2, salt, guar gum and yeast in a mixing bowl.
- Add the warm water and the olive oil. Knead for 2-3 minutes. The dough will be moist and sticky.
- Cover with a clean damp cloth and let rise at room temperature for 30 minutes.
- Knead the dough again to release some of the gas bubbles that have formed. Sprinkle a little chestnut flour on the platter of the Emile Henry bread cloche. With wet hands, form the dough into a ball and place it on the floured platter. Cover with the cloche and let rise at room temperature for 30 minutes.
- Place in a cold oven. Bake for 50 minutes at 425°F. Remove the cloche during the last 5 minutes of cooking.
- · Cool the bread, uncovered, on the platter.

FOR 1 LARGE ROUND 8 oz (1  $1/_3$  cups)white rice flour I OAF 5 oz. (1 cups) cornflour/cornstarch 5 oz. (1 cup) soy bean flour 8 oz. (2  $1/_2$  cups) sweet chestnut flour 3 tsp salt 4 tsp guar gum 1 tbsp active dry yeast 17 fl oz (2 cups + 2 tbsp) warm water, 95°F 2 tbsp olive oil

#### Why use guar gum?

Guar gum is a used to recreate the elasticity of gluten, which is missing in the types of flours used. It is a thickener and is available as a powder from most organic food stores or on the internet.

Why blend 4 types of gluten-free flour? Each alternative flour has different properties, which when combined, replicate the elasticity of wheat flour. You can use sweet chestnut flour or guinoa to give more flavor to your bread. When making gluten-free bread, you need to add more water to the recipe, as it requires more moisture.



## My baguette recipes

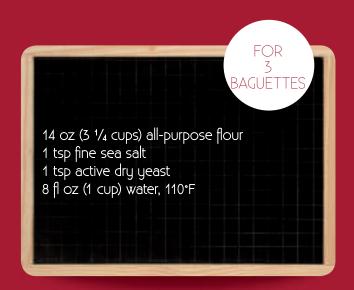
## The real French baguette

Preparation + resting time: 2 1h10 Cooking: 2 30 min



#### PREPARATION

- · Combine the flour, salt and yeast in a mixing bowl. Add the warm water and knead for about 5 minutes until you get a smooth ball of dough.
- Cover the bowl with a clean damp cloth and let the dough rise for about 40 minutes at room temperature and away from any drafts.
- Knead again to to release some of the gas bubbles that have formed then divide the dough into 3 equal pieces. Sprinkle the dough with a little flour.
- Form each piece of dough into a tight ball and then roll out each ball of dough slightly longer than the length of the cavities in the mold.
- Dust the cavities in the Emile Henry Baguette Baker generously with flour. Place the formed dough into the mold. Cover with the lid and let rise for 20 minutes at room temperature. Pre-heat the oven to 475°F.
- Brush some water over the surface **2** of each baguette and make deep slashes across the top.
- Bake for 25 minutes at 450°F. Remove the lid and bake for another 4-5 minutes until the loaves are golden brown.



#### Why make the dough slightly longer than the holes in the mould?

Bread dough is very elastic and tends to shrink. The baguettes will therefore shrink slightly in the oven: it's better to anticipate this beforehand.

Why brush a little water over the surface? Water, when heating up on the bread surface, reacts with starches in the dough giving it a nice golden color shine.

#### TIP

To get a more traditional look to your baguette, sprinkle some flour over the surface just before cooking. You can also add grains, nuts or dried fruit to the dough to vary its taste.



## Goat's cheese

Preparation + resting time: 21h05 Cooking: 27 min

Clear honey yeast

#### PREPARATION

- Gently fry the chopped onion in half of the olive oil until soft, for about 10 minutes. Set aside to cool.
- Combine the flour, salt and yeast in a mixing bowl. Add the warm water and remaining olive oil. Knead for 5-6 minutes until the dough is smooth and elastic. Cover with a clean, damp cloth and let rise for 30 minutes at room temperature, away from any drafts.
- Knead the dough, then divide it into 3 uniform pieces. Sprinkle a little flour over the surface.
- Flatten each piece of dough into a rectangle about the size of your hand. Using a rolling pin, roll out the rectangles to get strips of dough a little longer than the cavities in the mould and around 4 in wide. Sprinkle a little cooked onion and crumbled goat's cheese down the center of each piece of dough.
- For each piece of dough, fold one side over to cover 2/3 of the surface, then fold up the other side to form a cylinder with the onions and cheese inside. Turn it over so the fold is on the bottom.
- Dust the cavities in the Emile Henry Baguette Baker generously with flour. Place the formed dough into the mold, folded side down. Cover with the lid and let rise for 20 minutes at room temperature, away from any drafts. Preheat the oven to 475°F.
- Brush the dough with a little water and score the dough in several places, deep enough to reach the onions. Sprinkle with the rosemary and grated cheese. Bake for 25 minutes.
- Remove the lid and let the loaves brown for 2-4 more minutes. Remove from the oven and pour the honey into the cuts in the loaves.

1 onion, peeled and chopped 4 tbsp olive oil 9 oz (2 cups) all-purpose flour 1 tsp fine salt 1 tsp active dry yeast 5 fl oz (²/s cup) warm water, 100°F 7 oz fresh goat's cheese, crumbled 1 tsp dried rosemary 1 oz grated cheese (emmental/cheddar) 3 tbsp honey

#### For a main course, what can I add to the fougasse and serve with it?

For a main course, you can add mushrooms, chicken breast or slices of potato. (Pre cook these ingredients before adding them to the bread dough.) My advice is to serve the fougasse with a salad made of tender lettuce, field greens or arugula and crisp vegetables such as carrots, cherry tomato or celery. Dress it with a balsamic vinaigrette.

#### TIP

You can vary the filling with cooked lardons of bacon, chopped olives, anchovies, smoked salmon and more.



### Ficelle (Bread stick) with olives•



#### PREPARATION

- Combine the flours, salt and yeast in a mixing bowl. Add the warm water and olive oil and knead for 5-6 minutes until you get a smooth ball of dough.
- Cover with a clean damp cloth and let rise for 30 minutes at room temperature, away from any drafts.
- Knead the dough to release some of the gas bubbles that have formed, then divide into 3 uniform pieces. Sprinkle a little flour over the dough. Flatten each piece of dough into a rectangle about the size of your hand. Using a rolling pin, roll out the rectangles to get strips of dough a little longer than the cavities in the mould and around 4 in wide. Place the olives in a strip down the center of each piece of dough.
- For each piece of dough, fold one side over to cover 2/3 of the surface, then fold up the other side to form a cylinder with the olives inside. Turn it over so the fold is on the bottom.
- Dust the cavities in the Emile Henry Baguette Baker generously with flour. Place the formed dough into the mold, folded side down. Cover with the lid and let rise for 10 minutes at room temperature, away from any drafts. Preheat the oven to 475°F.
- Brush the dough with a little water and score the dough in several places, deep enough to reach the olives. Sprinkle with the coarse salt and cook for 25 minutes.
- Remove the lid and let the bread sticks brown for 5-9 more minutes.

9 oz (2 cups) all-purpose flour
1 ½ oz (⅓ cup) whole wheat flour
1 tsp fine sea salt
1 tsp active dry yeast
5 ¼ fl oz (2/3 cup) warm water, 100°F
1 tbsp (⅓ oz) olive oil
3 oz pitted black olives
3 oz pitted green olives
1 tsp coarse salt (fleur de sel)

#### What is the difference between a ficelle or bread stick and a baguette?

A ficelle is thinner and weighs less than a baguette. It is much crispier because of the higher ratio of crust to crumb: the diameter of a bread stick is smaller than that of a baguette.

#### Why add whole wheat flour to this recipe and what can I use instead?

Whole wheat flour makes the ficelles crispier and airier. It can be replaced with rye flour or spelt flour or even flour made from cereal grains, as long as it is combined with traditional plain white flour.

#### TIP

You can add cooked lardons of bacon or bits of cheese to the dough instead of the olives.



### Baguette Viennoise

Preparation + resting time: > 50 min Cooking: > 30 min



#### PREPARATION

- Combine the flour, salt, sugar, powdered milk and yeast in a mixing bowl. Add the warm water and mix together for 2-3 minutes, then add the softened butter 2. Knead until you get a smooth ball of dough.
- Cover with a clean damp cloth and let rise for 20 minutes at room temperature, away from any drafts.
- Knead the dough to release some of the gas bubbles that have formed, then divide it into 3 pieces. Sprinkle a little flour over the dough. Flatten each piece of dough into a rectangle about the size of your hand. Using a rolling pin, roll out the rectangles to get strips of dough a little longer than the cavities in the mould and around 4 in wide. For each piece of dough, fold one side over to cover 2/3 of the surface, then fold up the other side to form a cylinder. Turn it over so the fold is on the bottom.
- Dust the cavities in the Emile Henry Baguette Baker generously with flour. Place the formed dough into the mold, folded side down. Cover with the lid and let rise for 20 minutes at room temperature, away from any drafts. Preheat the oven to 475°F.
- Brush the dough with the beaten egg, then score the surface. Cover and bake for 25 minutes then remove the lid and brown for another 5-9 minutes.



#### Why use powdered milk?

Powdered milk will make a tender loaf of fluffy, wellrisen bread.

#### Would melted butter have the same result as soft butter?

No, the butter must be soft but not melted. Melted butter separates into fat and whey, and the result would not be the same.

#### TIP

You can add chocolate chips to the dough to flavor your Baguettes viennoises.





## LE PAIN, plaisir familial et quotidien

UNE ODEUR QUI CHATOUILLE LES NARINES, UN GOÛT CHALEUREUX QUI RÉVEILLE LES PAPILLES, UNE TEXTURE CRAQUANTE ET MOELLEUSE À LA FOIS...

... Plus qu'une recette, faire son pain maison est une véritable expérience sensorielle. Symbole de la tradition française, le pain a pourtant déserté plus d'une cuisine ces dernières années. Mais pourquoi se priver de ce petit luxe quand on découvre à quel point il est simple de le réaliser en quelques gestes ? Je vous invite ici à créer la surprise pour les papilles et pour les yeux. Découvrez ainsi le plaisir d'apporter à table des pains maison aux saveurs et formes variées.

Au fil des pages, mes conseils et astuces vous montrent que le pain n'est pas aussi compliqué et long à réaliser qu'on ne le pense, il suffit d'avoir le bon matériel. Sous toutes ses formes, pain ou baguette, dans tous ses états, traditionnel, salé ou sucré, maîtrisez les classiques puis laissez-vous happer par l'expérience. En variant les farines et les ingrédients, déterminez laquelle, parmi toutes ces recettes, deviendra votre spécialité !

Frédéric Dubourvieux, Chef Emile Henry

## BREAD, a moment for sharing with family and friends

A DELICIOUS SMELL WHICH FILLS THE AIR AND TITILLATES YOUR TASTE BUDS, A TEXTURE WHICH IS CRISPY YET SOFT AT THE SAME TIME...

... Baking your own bread is a real experience for your senses. A symbol of French tradition, homemade bread has nevertheless deserted the kitchen over the past few years. But why deprive yourself of this small luxury when you discover just how easy it is ? I invite you to wake up your taste buds and open your eyes, and discover the pleasure of serving home-made bread in all shapes and flavours.

Throughout this recipe booklet, my advice and tips will prove that baking your own bread isn't complicated or long to do, you just need to right tools. Bread or Baguette, traditional, savoury or sweet... master the classics while changing the shapes, then let your imagination run to your own creations. By varying the flour and the ingredients, find which of these recipes will become your specialty!

Frédéric Dubourvieux, Cooking Chef Emile Henry



**PABAGFGV2** 



www.emilehenry.com

9,90 €