

Course Syllabus: Secrets to Whole Grain Bread Baking

Instructor: Michael Kalanty, CEPC, CCE, CMT

Chef Kalanty teaches craft bread baking. His first book, *How To Bake Bread*, was awarded “Best Bread Book in the World” at the 2011 Paris Cookbook Competition and is a classroom text in several culinary schools. He has served as an Education Specialist for the ACF review team on accreditation site visits.

Description: Making a whole grain bread is not the same as making a white bread. The baker needs to modify several basic techniques on the bench and in the oven.

Hydrating whole wheat flour for a few minutes before kneading so the dough is less sticky. Developing with a gentler hand to not tear the dough. Changing oven temps to encourage crust color and flavor. These are some of the modifications made along the way.

This course defines the baker’s process and vocabulary. The early lessons outline the phases that all breads go through and the main purpose of each.

The next lessons focus on modifications to the Phases of Bread using whole wheat flour, seeds, and whole grains. The lessons are ladderred so that the skill from each one is incorporated into a successive lesson.

By the conclusion, you’ll have a new appreciation for the earthy, savory character of whole grain breads, a set of professional bench skills, and a collection of reliable recipes. On a higher level, you’ll be able to think like a baker with the insights, strategies, and confidence to explore the world of whole grain breads on your own.

Course Format: This is an online course. It includes seven (7) video lessons, each approximately 30-minute long.

Each lesson is a discreet learning module, containing its own objectives and guided learning to support them. The topics are ladderred so that the skills from each lesson are incorporated in successive lessons.

At any time, you can stop a video to review. In the sidebar, you can ask the instructor a question . You can post photos of your work in progress and request feedback. There are discussion threads so you can share your experiences with other students in the course.

This course material is developed by Michael Kalanty and Red Seal Books, San Francisco. The online video content is delivered through Craftsy, a wholly-owned subsidiary of Sympoz, Inc. Once you enroll in a Craftsy course, you will always have access to it. You can return at any time to review the material. For more information about the online format, visit <http://www.Craftsy.com>

Pre-Requisite: This course is appropriate for chefs, pastry chefs, and bakers with basic to intermediate skill level.

Objectives:

Lesson I (Mise en Place)

- Big Four ingredients of bread
- Baker's vocabulary
- Scaling ingredients
- Mise en place
- Managing dough temperature

Lesson II (Working with Whole Wheat Flour)

- Phases of bread baking process
- Mixing sequence
- Dough development techniques on the bench

Lesson III (continues)

- Controlling fermentation for better flavor
- Shaping sequence for all doughs
- Proofing considerations
- Baking stages and oven management

Lesson IV (Adding Solids to a Whole Wheat Dough)

- Working with lean whole grain doughs
- Building gluten network &
- Incorporating solid ingredients

Lesson V (Working with Whole Grains)

- Identifying types of grains: whole, cracked, meal, & flour
- Techniques for incorporating whole grains:
 - Hydrating
 - Soaking
 - Pre-ferments (Poolish)

LESSON VI (Working with Seeds)

- Soaking seeds
- Proofing in baker's linen (couches)
- Scoring and baking hearth breads

LESSON VII (Assessment)

This lesson integrates all primary topics from the course, asking viewer to recall technique and procedure specifics. Opportunity to review information is encouraged.

Bread Formulas in the Course:

- Honey Whole Wheat Pan Bread
- Cinnamon-Raisin Whole Wheat Swirl
- Wheat Boule with Whole Wheat Berries
- Multi-Seed Bâtard
- Multi-Grain Hearth Bread

Evaluation and Feedback:

You'll bake each of the breads in your home kitchen. As you complete them, you can post photos of your work.

Each formula yields two loaves. Present one loaf whole for evaluating the shaping, proofing, and baking. Present one loaf sliced in cross-section for evaluating mixing and development.

The instructor reviews the Q&A boards and the photo posting boards weekly. You receive feedback directly from the instructor as you progress through the course. With your proper completion of each lesson's objectives, the instructor gives approval to proceed to the next lesson in your sequence.

Wherever you are in the course, you can communicate directly with your instructor through the "Post a Question/Comment" button. There is also a button for you to post photos of your completed breads for evaluation. If you need to reach your instructor for another reason, please email him at ChefMike33@aol.com

Separately, you will also receive a course evaluation form. You are encouraged to comment on your experience taking this course and the skills you learn.

Payment Process:

Red Seal Books is happy to work together with [Craftsy.com](https://www.craftsy.com) to deliver CEH units for this course. [Craftsy](https://www.craftsy.com) is responsible for delivering the videos and instructional materials to you. **RedSeal** is responsible for tracking your progress and completion of your competencies, and for providing the certificate you can use for the ACF certification process.

There are two (2) steps to get started on your course. You need to register on both the [Craftsy](https://www.craftsy.com) and **Red Seal Books** websites.

Step 1: *enroll* in the course through the [Craftsy](https://www.craftsy.com) website (Course fee is \$49.00, but you may find a discounted price at various times of the year because of Craftsby promotions.)

Step 2: *register* for the CEH units and receive your CEH tracking number through the **RedSealBooks** website. (Registration fee is \$10.00.)

Thank you and enjoy your course!

Certification:

This program is approved for 3.5 continuing education hours (CEH's) toward the initial or recertification application for ACF certification.

Upon baking all the breads and successful completion of all course objectives, you receive a certificate of completion from Michael Kalanty, CEPC, CCE, CMT listing your successful completion of "Secrets to Whole Grain Bread Baking". The certificate is dated and signed, and indicates the 3.5 Continuing Education Hours (CEH's).

Note: This program is not endorsed, accredited, or affiliated with ACF or the ACF Certification Program.

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Enroll in the Course:

To enroll in the online course, please return to <http://www.MichaelKalanty.com> and follow the links from the home page.

Some devices may not provide an active link from this page. In that case, you will need to re-enter the URL in your browser. We apologize for the inconvenience.