

American Culinary Federation Central Missouri Chapter

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Buckwheat Galettes

140 g	Water
90 g	Starter Culture
250 g	Milk
5 g	Kosher or Fine Sea Salt
125 g	Buckwheat Flour
90 g	All purpose Flour
60 g	Clarified butter, melted

1. Combine Water, Starter & Milk.
2. Blend in Salt.
3. Add the Flours. Whisk to blend.
4. Let sit, covered, up to 2 hours at ambient temp°.
5. Strain. Whisk in Butter.
6. Prepare crêpes.

For a tangier taste profile, refrigerate batter for up to 24 hours after Step 4, above.

San Francisco Sourdough Pizza Dough

Water	5 oz
Dry yeast	1 packet (1/4 oz)
Sour Starter	8 oz
Honey	2 tsp
Olive oil	3 Tbsp
King Arthur All-Purpose Flour	11 oz
salt	2 tsp

1. Heat liquid to 110°. Add dry yeast; allow five minutes to hydrate thoroughly.
2. Combine with Sour Starter
3. Add honey and oil
4. Add Flour and salt.

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5. Stir until all flour is moistened.
6. Develop for 3 minutes
7. Rest 5 minutes
8. Develop 3 minutes more.
9. Ferment 30 minutes @ 85°.
10. Divide dough into 8-ounce rounds.
11. Refrigerate for 30 minutes or until needed (up to 36h 00).

Pain au Levain

Pain au Levain is a basic necessity of the French table-- thicker slices spread with jam for breakfast, thin slices dipped into soft-cooked eggs, and medium slices for the open-faced sandwich called a tartine.

(Makes one 2-pound loaf or two 1-pound loaves)

Ingredients

LEVAIN

- 1 ounce water (at 70°)
- 3 ounces Starter, ripe
- 2 ounces flour

MAIN DOUGH

- 4 ounces levain (from above)
- 14 ounces water (at 70°)
- 2 ounces whole wheat flour
- 1 pound and 2 ounces flour
- 1/2 ounce kosher or fine sea salt (14 grams)

Procedure

- I. MAKE THE “LEVAIN”: (Do one day ahead)
 1. Combine the water, ripe starter and flour in a one-quart plastic container. Stir to mix thoroughly. Cover and set in an approximately 70° F environment for 5 hours.
 2. Transfer to the refrigerator for 16 to 24 hours.
 3. Bring to room temperature for at least 1 hour before using to make main dough.
- II. MAKE THE MAIN DOUGH—MIXING PHASE:
 1. Add 4 ounces of the levain to the 14 ounces water.
 2. By hand, combine the ingredients.

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3. Add the whole wheat flour and blend, then add the 1 pound 2 ounces of flour and salt.
4. Blend by hand or with a plastic scraper until no dry flour remains.
5. Cover.
6. Rest dough for 15 minutes (This is the *autolyse*.)

III. DEVELOPMENT PHASE:

1. On medium speed, knead dough for 2 minutes.
2. Cover; rest dough for 5 minutes.
3. On medium speed, knead dough for 2 minutes more.

IV. FERMENTATION PHASE:

1. Coat an 8-quart container with spray oil or water. Transfer dough to container. Lightly oil or water the top of the dough. Cover the container.
2. Ferment for 1 hour, maintaining dough at 80° F.
3. Gently punch & fold dough. (For the Blue Hopi Porridge version, combine the cooled, cooked grits at this point. See note at end of procedure for weights, times, and cooking procedure.)
4. Ferment for 1 more hour, maintaining dough at 80° F.

V. SHAPING PHASE:

1. Transfer dough to a lightly floured bench, gently press CO² from dough.
2. Form dough into a gentle round. (Or, divide dough in half, and form two smaller rounds.)
3. Cover; let rest 10 minutes.
4. Dust a proofing basket with rice flour.
5. Form dough into final round.
6. Seam facing down, place dough round into basket.
7. Lightly coat top of dough with spray oil. Cover dough with plastic.

VI. PROOFING PHASE:

1. Let breads sit at ambient temperature for one hour.
 2. Transfer to the refrigerator overnight.
- The following day,
3. Remove breads from refrigerator. Keep covered.
 4. Proof for 2 hours in 80° to 85° F environment.
 5. Uncover dough and Proof for an additional 30 minutes (depending on the dough's activity level, this additional time may be as long as 1 hour).
 6. Meanwhile, preheat oven to 450° F. Adjust rack so that bread bakes in center of oven. If using a baking stone, place this on the rack to preheat along with the oven. Adjust an additional rack at the bottommost setting in the oven—this is where you will place your tray of water to create steam in the oven.

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VI. BAKING PHASE:

1. Five minutes prior to baking, fill a 1 1/2-inch cake pan (8- or 9-inch diameter) or equivalent container, halfway with hot water. Carefully place this on the bottommost rack in the oven. Close the door and allow steam to collect in the oven for 5 minutes.
2. Meanwhile, dust the top of the dough with bread flour while it is still in the proofing basket.
3. Dust a loading peel with semolina or flour. Invert the dough onto the peel. (This procedure is for using a baking stone in the oven. If you do not have a baking stone, simply invert the proofed bread onto a baking tray lined with parchment and dusted with semolina.)
4. Score the dough with a serrated knife or baker's lame.
5. Mist with a hand-held water bottle, if available.
6. Load dough into pre-heated oven and shut the door.
7. Bake the bread for 8 minutes.
8. Carefully open the oven door and allow steam to escape.
9. With a gloved hand, remove the pan of hot water and place in the sink or on the stovetop for safety.
10. Shut the oven door.
11. Bake the bread for 8 minutes more.
12. Carefully open the oven door and check the bread—rotate it if it is browning unevenly. Check the bottom crust to see that it is not getting too dark. If so, place an inverted baking tray in the oven (over the stone, if you are using one) and return the bread to the oven.
13. Bake the bread for 8 minutes more.
14. At this time, check the internal temperature with an instant-read thermometer. The dough is thoroughly set when it reaches 200° F.
15. If the crust is dark brown, smells toasty and is hard when flicked with your finger or tapped with a spoon, the bread is done. Remove it and set on a rack to cool for at least 1 hour.
16. If the crust does not suit you, continue baking. Keep your eye on the bottom crust that it does not burn. This can take an additional 4 or 5 minutes. Depending on your oven, it can take slightly longer.

For Blue Hopi Corn Porridge Bread, soak 60 g grits in 180 grams water plus 1 g salt from 1 to 24 hours, at ambient temp°. Cook the entire mixture over low heat and at a bare simmer, until grits are tender, about 15-20 minutes. Spread on a sheet tray to cool. Add salt to taste.

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Chef's Bonus: 23-year old San Francisco Wild Yeast Starter

I'm home now and I have some sourdough starter. What do I need to do?

Just put your starter in the refrigerator for now. It will be fine for the next 4 to 5 days. When you're ready, you'll first have to build the weight of your starter to about 10 ounces. This is the average weight of a home starter and will be all you need to make one recipe of today's sourdough pizza which yields 4 pies the same size as today's.

STAGE ONE: BUILDING TO 10 OUNCES

1. In a 1-quart plastic container, add 2-1/2 ounces water @ 60°.
2. Add 2 ounces flour (see NOTE below). Blend well with a fork.
3. Scrape as much of the sample starter you brought home with you into the container. Blend that with the fork.
4. Place the plastic lid loosely over the mixture. Let the whole assembly sit at ambient temp° for 4 hours.
5. Stir with the fork once more, cover tightly, and refrigerate overnight.
6. The next day, let the starter stand at ambient temp° for 1 hour to lose its chill.
7. Today's diet is the same as yesterday's. For easier blending, add the 2-1/2 ounces of cool water first. Then, blend in the 2 ounces flour.
8. Repeat steps 4 and 5 above.
9. The next day, repeat steps 6 and 7 above. Let the starter sit for 4 hours and then refrigerate, just like the prior days.
10. The next day, you will have a total of about 10 ounces of starter in the plastic cup. This is the volume you want to maintain. So before you add today's water and flour, you must first discard half of the starter from the plastic container. Set it aside.

Blend it with a fork first, then eyeball about half the volume of the starter and scrape it into your compost bin. Now the feeding ratio is 5 ounces of water and 4 ounces of flour. Let it sit out for four hours and then refrigerator, following the same procedure as the prior days.

The starter that you set aside a couple lines above can be used to make pizza dough. If you don't want to make pizza dough, you can simply compost the starter you've set aside. If you make pancakes or waffles, try adding about a quarter cup of starter to your recipe. You'll likely have to make other adjustments for the texture you prefer, either thinning with more liquid or thickening with a little more flour. It will take two times and then you'll have it nailed!

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STAGE TWO: KEEPING IT ALIVE & USING IT

11. You now have revived your sample starter and have built it to a usable volume. Put it on some sort of routine schedule, depending on what suits you and how often you want to bake sourdough. For once a week baking, replenishing your starter every other day gives the most consistent results. I replenish my home starter on Mondays, Wednesdays, and Fridays. Whether I plan to bake or not. If I do plan to bake on Saturday or Sunday, for example, I take the discarded starter from **Wednesday** to build my **Levain**. That Levain ferments one or two nights in the refrigerator. I use that fermented Levain to make the Main Dough on Thursday or Friday. That main dough bakes on Friday, Saturday, or Sunday.

*NOTE on FLOUR: King Arthur All Purpose is a reliable flour to start with. Once you become comfortable with maintaining your starter, you can experiment with different types of flour and different brands. I have a starter that is fed whole ground wheat flour that I grind fresh when needed. I have another starter that is fed rye flour.

BAKER'S TIP: I have a dedicated fork that I use for blending the starter every time it is replenished. I keep it in another 1-quart plastic container filled halfway with water. The whole assembly stays in the reefer right along with the starter. I change the water in the fork-container whenever it seems to warrant changing. Once every 3 to 10 days.

TROUBLE??

Your Starter will live quite a long time in the refrigerator. The longer it sits without being fed, the more you will find a greyish liquid rising to the top. This is alcohol and indicates the yeast is alive and continuing to digest starch molecules in the flour.

If you feed your starter daily, as we do at the bakeshop, you won't ever see this dark liquid, or "hootch". If you feed your starter less frequently, which is quite reasonable in a home, you'll find more or less of this hootch depending on the frequency of your feeding schedule.

When hootch appears, carefully pour it off before feeding the Starter. The top layer of Starter can have a grey or even black appearance, again depending on the frequency of your feeding. When this appears, carefully spoon it away until you see the creamy, light tan Starter.

- 1) Then go back to BUILDING TO 10 OUNCES, above.
- 2) Start at Step 1 and follow until Step 10. You will have successfully re-started your starter.
- 3) Keep It Alive, following the steps above.

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