

# Beautiful Bread

Create a Variety of Bread Shapes



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## What We'll Cover Today

- Advantages of Creating Decorative Bread
- French Country Styles of Decorative Bread
  - History
  - Formula
  - Shapes
    - Auvergnat
    - Tabatière w/ Pain d'Aix var.
    - Viverais
    - Charleston
    - Tordu
    - Fendu w/ Fer à Cheval var.
    - Fleur
    - Couronne Bordelaise
- Continue Learning

# Advantages of Creating Decorative Bread

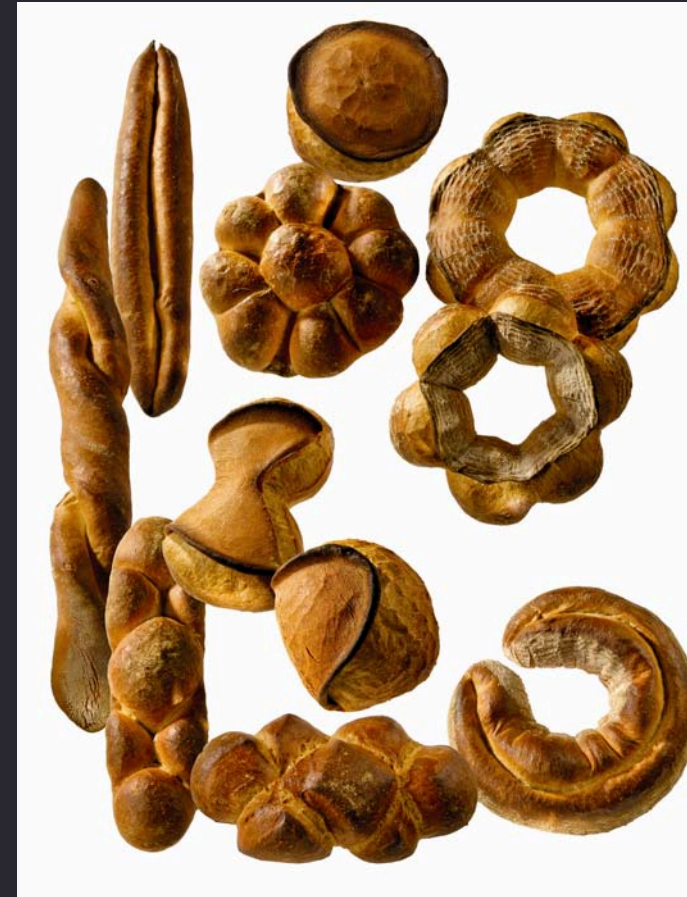
- Inspire potential bakers to join the craft
- Express yourself artistically through artisan baking
- Deepen expertise and increase comfort with technical baking terminology and processes
- Distinguish yourself and your product lines
- Save time and money by using fewer doughs



# French Country Bread History

Most shapes created by  
Compagnons du Devoir

- To become a master, a journeyman was required to create a masterpiece (chef d'oeuvre) that often involved creating a new bread shape.
- Many shapes were inspired by cultural observations, others are simply expressions of artistic creativity





# French Country Bread Formula

% of Flour Prefermented: 50%

## Prefermented Dough Formula

Ingredients	Bakers %	Kilogram	US decimal	Lb & Oz	Test
Bread Flour	100.00	1.321	2.912	2 14 <sup>5</sup> / <sub>8</sub>	9 <sup>3</sup> / <sub>8</sub> oz
Water	65.00	0.859	1.893	1 14 <sup>1</sup> / <sub>4</sub>	6 oz
Yeast (instant)	1.20	0.016	0.035	1/2	1/8 tsp
Salt	2.00	0.026	0.058	7/8	1/8 oz
<b>Total</b>	<b>168.20</b>	<b>2.222</b>	<b>4.898</b>	<b>4 14<sup>3</sup>/<sub>8</sub></b>	<b>15<sup>5</sup>/<sub>8</sub> oz</b>

## Process, Prefermented Dough

1. Mix all the ingredients until well incorporated with a DDT of 70°F (21°C).
2. Allow to ferment 1 hour at room temperature [65°F (18°C) to 70°F (21°C)].
3. Refrigerate overnight.

Please see the attachment at the end of this packet for the full formula and process.

## Auvergnat (Bread Covered with a Hat Shape)

This shape was inspired by the men of Auvergne, who always wore hats. (Auvergnat is the local Occitan dialect of Auvergne.)



Roll out the smaller portion of dough.



Roll to a round shape with an even thickness.



Brush the edge of the dough with oil.



Place the dough oiled-side down onto a larger portion of the dough, and make a deep indentation on the center with one finger

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# Tabatière (Tobacco Pouch) with Pain d'Aix variation

Tabatières are still popular in Paris. The Pain d'Aix is shaped like a bow tie – part of the dress code for university students in Aix-en-Provence.



Preshape into a tight boule.



Once the dough is rested, roll out the one side of the dough to about the length of the diameter of the boule.



Brush the edge of the rolled-out part with oil.



The Tabatière is finished.



For the Pain d'Aix, split the Tabatière from the center with a bench knife.



Adjust to create a bow-tie shape. Proof upside-down on a dusted couche.

# Viverais



After preshaping into a batard, cut an “X” shape on one side with a bench scraper.



Cut one more “X” shape next to it.



Gather the whole piece with two hands, transfer onto a dusted couche, and place upside-down.

# Charleston

The Charleston was named after the bread's many criss-cross indentations, which evokes the Charleston dance.



After preshaping into a batard, sprinkle some flour on the center so the dough does not stick to the rolling pin.



Make an "X" shaped indentation on one side of the dough with a skinny rolling pin.



Make another "X" indentation on the other side of the dough.



The Charleston is finished. Proof on a dusted couche, upside-down.

## Tordu (Crooked or Twisted)

The Tordu is typically made in the southwest of France.



After preshaping into a long batard, sprinkle some flour on the center so the dough does not stick to the rolling pin.



Roll out the center of the dough using a skinny rolling pin.



Roll out the dough from your side, away from you.



Twist the dough to create a Tordu shape.

# Fendu (Split) with Fer à Cheval (Horseshoe) variation

The Fendu is common in the Southwest of France.



After preshaping into a long batard, sprinkle some flour on the center so the dough does not stick to the rolling pin.



Roll out the center of the dough using a skinny rolling pin.



Roll the dough from your side away from you.



Place the finished Fendu upside-down.



For Fer à Cheval, make the Fendu into a curved shape. Proof upside down in a couronne basket.

## Fleur (Flower)

The Fleur is still popular in Lyon.



After preshaping into a boule, create a deep indentation in the center with a skinny rolling pin.



Rotate the dough 90 degrees, then make another indentation.



Make two more indentations to create eight equal portions.



Place a small boule on the center.

## Couronne (Crown or Wreath) Bordelaise



Roll out the center portion of the dough into a flat, even round. Place it on the center of a couronne basket.



Place six boules in the basket, seam-side up.



Cut the center portion into six wedges.



Place the wedges onto the boules so they stick to each other.



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- Email me ([contact@sfbi.com](mailto:contact@sfbi.com))

# Advanced Bread and Pastry: A Professional Approach

*Advanced Bread and Pastry: a Professional Approach* is a comprehensive guide to bread and pastry, designed as a resource for colleges and universities, private culinary schools, professionals, and enthusiasts. Balancing a respect for tradition with modern approaches to method and technique, *Advanced Bread and Pastry* unites appealing presentation and indispensable instruction. It is written to help today's instructor, baker, and pastry chef respond to the recent evolution of ingredients, products, and presentation in the industry. The recipes (called formulas) are based on a variety of classic and contemporary methods and processes. With this strong foundation of knowledge, bakers and pastry chefs are ready to develop advanced skills, experiment with new ideas, and understand any formula.

The San Francisco Baking Institute has been a leader in baking instruction in the United States since 1996. To have their curriculum in a textbook form is a great gift for the baking community. *Advanced Bread and Pastry* is a must-have for students and seasoned bakers alike. – **Craig Ponsford**, Chairman of the Board, The Bread Bakers Guild of America. Member of Team USA 1996, winner of Baguette and Specialty Breads at the Coupe du Monde de la Boulangerie.

Clean out your bookshelves. For any baker, at any level – from a home cook to the head chef of a four-star bakery – Michel Suas has written an incredible guide to baking that will be the only book you need. *Advanced Bread and Pastry* is a revelation. – **Nancy Silverton**, co-owner and pastry chef, Campanile; founder and consultant to La Brea Bakery.

*Most of the information in this presentation is published in Advanced Bread and Pastry.*

**San Francisco Baking Institute**  
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