



GORGONZOLA BREAD

This month's food offering is a delightful bread that I came to know on our recent Mediterranean Cruise. It is a delightful bread with Italian components. I have long been a disciple of breads, but never heard of this one until it was experienced on our recent Mediterranean Cruise.

It was one of several recipes that I asked the Head Chef on board for, and he was most gracious in sharing them. The difficulty was reducing them to our simple kitchen as compared to the ship's kitchen. Reducing the quantities and converting the metric measures has been the task involved.

So, here is the family kitchen-sized recipe in English measure. Testing the final recipe before presenting it here was the fruit of my labor. Notice three of the ingredients, gluten, dough conditioner, and Italian seasoning are easily found online.

Further, let's clear the air about gluten, which has gotten a bad rap of late. If you're one of the 1% of folks allergic to it, you have nothing to worry about, other than missing out on an important component of the taste and texture of fresh-baked bread, should you skip it here! Gluten is a complex, quality protein that is easily digested by those of us who aren't allergic to it. Having disposed of any ethical or dietary issues, I herewith tender the recipe for Gorgonzola Bread. I hope you enjoy it as much as I have.

Ingredients

1 cup Gorgonzola cheese, grated (set out first to warm to room temperature)
3 tbsp extra virgin olive oil
3 tbsp dry white wine
1 egg
1 cup warm water
1 tbsp brown sugar
2 tsp baker's yeast
1/2 tsp black pepper
1 1/2 tsp salt
2 tsp italian seasoning
2 tbsp non-fat dried milk
2 tsp gluten
2 tsp dough conditioner
2 cups bread flour
1 3/4 cups whole wheat flour

Recipe

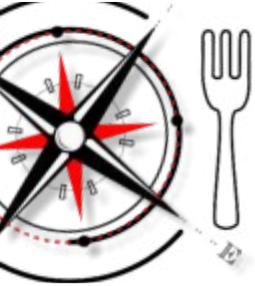
Grate the Gorgonzola cheese, set aside at room temperature so it can warm up while you prepare the other ingredients.

In a small container, add the olive oil and white wine; beat 1 egg into this mixture until well combined, set aside.

In another small container, add 1 cup warm water, stir in 1 tbsp brown sugar until dissolved, then gently stir in 2 tsp baker's yeast.

Continued





THE Traveling Fork

Recipe (cont'd.)

Set aside and allow the yeast to activate while you prepare the dry ingredients.

In a large dish pan or kneading pan, measure and add the black pepper, salt, italian seasoning, non-fat dried milk, gluten and dough conditioner; stir lightly to distribute evenly.

Add to the same large dish pan the bread flour and whole wheat flour; mix gently.

Pour the yeast mixture into the flour mixture; add the egg, oil, and wine mixture.

Mix until a shaggy dough forms, then add the grated Gorgonzola cheese to the dough. Knead until the dough becomes smooth, elastic, and evenly incorporates the cheese.

Place the dough on a flat pan in a warm oven or whatever warm environment you may have and allow it to rise for about an hour. Then, work it down and knead it for another 6-8 minutes. Shape the dough into the loaf you want. Place it into a lightly oiled bread pan and let it rise for another hour. Then, carefully (so as not to collapse it) place it into a 350°F pre-heated oven and bake for one hour. Take it out and let it cool before slicing and eating.



Depending on the humidity and temperature in your kitchen, as well as differences in flour you may have to add either a little water or flour to achieve the proper dough consistency.

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Courtesy: Gorgonzola DOP

