

THE Traveling Fork

Photos:Editor

PARMESAN PEPPERCORN FRENCH BREAD



Herewith, the Traveling Fork brings another great bread for your enjoyment. Your writer makes all the bread consumed at our table, so he is always on the hunt for a new bread. This recipe is one I dug out of a bread volume that is lost to me now, but fortunately I copied it, baked it, and enjoyed it many times in the past. It still graces our table along with others from the past. Once you get into making your own bread there is nothing like getting your hands into a wet dough.

Ingredients:

- 1 ¼ cups water, 80-90 F° (avoid chlorinated waters)
- Extra Virgin Olive Oil 4 tbsp
- 1 ¼ tsp salt
- 1 tbsp molasses or honey
- 1 tbsp gluten
- 2 cups bread flour
- 1 ¾ cups whole wheat flour
- ⅔ cup grated parmesan cheese
- ⅔ tsp freshly ground black pepper
- 2 ¼ tsp active dry yeast

On your bread board (if you have one) or in a large dishpan-type bowl, mix the water, flour, olive oil, salt, molasses, gluten and yeast. Wet your hands and get into the mixture, kneading vigorously for about 10 minutes until a good, firm but pliant dough is achieved. At this point introduce the grated cheese and black pepper into the dough, working it into a homogenous loaf of your chosen shape. Place it in a warm environment (ovens with a proofing function are great) and allow it to rise for about an hour. Then break it down and knead for about 5-10 minutes; then place in an oiled bread pan and allow it to rise again for about an hour.

Heat your oven to 350 F°. before placing the bread in the oven. Bake it for one hour, take it out, let it cool down, and you have a delicious bread ready to eat.

Bakers know that flours all have variants in gluten content, moisture and other variables that some times require the baker to adjust liquid and/or dry ingredients. If you experience this, just make small corrections. ENJOY!

- BILL BLACKWELL

