

Artisan Breads II - 10-23-2004

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Pecan Hummus

Servings: 8

15 ounces garbanzo beans, drained and rinsed

1 clove garlic, chopped

1/2 cup extra virgin olive oil

1 teaspoon salt

1/4 cup pecans, finely chopped

1 teaspoon lemon juice

cracked black pepper

Pour pecans and garlic in the food processor. Pulse until finely chopped.

Add beans, garlic, salt, pepper, lemon juice and olive oil in food processor. Blend for about until smooth.

Adjust flavorings and consistency with oil and/or water.

Per Serving (excluding unknown items): 336 Calories; 19g Fat (49.5% calories from fat); 11g Protein; 33g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 279mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat.

Focaccia

Servings: 16

Sponge:

8 ounces all-purpose flour

6 ounces water

1/8 ounce yeast

Dough:

1 1/2 pounds all-purpose flour

16 ounces water

1/8 ounce yeast

1/2 ounce salt

1 ounce olive oil

1/2 ounce dried onion

Combine ingredients for sponge. Allow to rise for 8-16 hours.

Punch down. Add remaining ingredients.

Work with dough hook on machine until smooth and elastic.

Let rise 30 minutes. Punch down.

Pan (16 servings per half sheet) dough: Roll and stretch into a rectangle. Fit into a greased pan.

Let rise until doubled.

Brush with olive oil and sprinkle with rosemary and coarse salt.

Bake at 400 for 30 minutes.

Per Serving (excluding unknown items): 227 Calories; 2g Fat (9.5% calories from fat); 6g Protein; 44g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 346mg Sodium. Exchanges: 3 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat.

Speedy Pumpernickel

Servings: 16

1 1/2 cups rye flour

2 1/2 cups all-purpose flour

1/4 cup cocoa

1 teaspoon salt

1 cup water (110 degrees F)

1/4 ounce yeast

1/4 cup butter

1/3 cup molasses

1 egg

Sift the flours, cocoa and salt into the bowl of a mixer fitted with a dough hook. Add the butter, molasses and egg.

Combine the water and the yeast. Set aside to allow to "foam".

To the flour mixture, add the wet ingredients (butter, molasses, egg, water).

Knead for about 5 minutes or until the dough is smooth and elastic. Place the dough in a microwaveable bowl that has been coated with pan spray. Spritz a little spray on top. Put the bowl in the microwave oven and heat on high for 45 seconds.

Allow to rise for 10 minutes. Continue until dough has doubled in bulk.

Punch down dough and knead into a ball again. Form into a round loaf and place on a silpat lined pan. Let rise for 20 minutes.

Cut a "tic-tac-toe" pattern on the top and dust with a small amount of flour. Bake in a 425 F oven for 20 minutes or until loaf sounds hollow when tapped.

Per Serving (excluding unknown items): 157 Calories; 4g Fat (20.9% calories from fat); 4g Protein; 28g Carbohydrate; 1g Dietary Fiber; 19mg Cholesterol; 170mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat; 1/2 Other Carbohydrates.

Carta Di Musica

Servings: 10

Sponge:

1 Cup all-purpose flour

1/2 Cup semolina flour

1 Teaspoon salt

1/2 ounce yeast

1 cup warm water (110 degrees F)

Dough:

2 cups all-purpose flour, plus 1/2 cup, if necessary

1/4 cup semolina flour

3/4 cup warm water

In a mixing bowl, stir 1 cup flour, 1/2 cup semolina and salt together.

In a measuring cup, mix yeast in 1 cup water and stir to dissolve. Mix liquid with flour mixture to form doughy batter. Let sit covered overnight in the warmest place in the kitchen.

Place baking tile in oven and preheat oven to 450 degrees F.

Make a well on a work surface with 2 cups flour and 1/4 cup semolina. Place doughy batter in center and stir in remaining warm water. Mix well and incorporate flour from edges of well until a dough is formed.

Bring together and knead 10 minutes, until firm and elastic.

Place in a bowl, cover with a towel and let rest 1 hour. Dough should double in size.

Cut dough into tennis ball-sized pieces and, using a rolling pin, roll out to 12 to 14-inch circles, about 1/8th to 1/4-inch thin.

Place on peel and slide onto oven tiles and bake 2 minutes. Open oven door and turn over.

Cook 30 seconds more and remove to board. Bread should be puffed up like a balloon. Immediately cut around edges with a knife to separate top and bottom layers.

Stack the 2 pieces on a kitchen towel and put a box of cereal on top of them to weigh them down. Continue this process until all the dough is cut, baked, separated and stacked.

Place each half back into the oven, one at a time, for 15 to 20 seconds, until very crisp. Store wrapped in a brown paper bag. They will last three to four weeks in a dry place.

Per Serving (excluding unknown items): 186 Calories; 1g Fat (2.8% calories from fat); 6g Protein; 38g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 216mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat.

Basic Flatbread

Servings: 16

2 teaspoons yeast

2 1/2 cups warm water (110 degrees F)

6 cups all-purpose flour

1 tablespoon salt

Dissolve yeast in water. Set aside until "froamy".

Add flour and salt to the "foam" until the water has been absorbed.

Knead about 10 minutes or until the dough becomes smooth but still a little sticky and not too dry.

Place in a pan sprayed bowl and cover. Allow to rise in a warm - not hot - place for 1 1/2 hours or until doubled in bulk.

Divide dough into four equal pieces. Stretch or roll each piece into a circle or oblong shape about 1/2" thick.

Lightly coat with olive oil or water. Sprinkle on desired

topping (i.e., fresh herbs, onion, sesame seeds, spices, etc.)

Bake on a preheated stone in a 500 degree F oven for 5-6 minutes or until golden.

Per Serving (excluding unknown items): 172 Calories; trace Fat (2.6% calories from fat); 5g Protein; 36g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 402mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat.

Sun-Dried Tomato Bread

Servings: 18

3 cups bread flour

1 1/2 teaspoons yeast, instant

1 tablespoon salt

1 tablespoon sugar

1 cup warm water

1/3 cup extra virgin olive oil, *see Note

2 tablespoons ketchup

1/2 cup sun-dried tomatoes

1 tablespoon basil, fresh, chiffonnade

1. Combine flour, salt, yeast, sugar and butter in large mixing bowl.
2. Add water.
3. Knead for approximately 10 minutes or until smooth and elastic.
4. Place in oiled bowl and let rise until doubled (about 45 minutes)
5. Punch down dough and release all air bubbles.
6. Divide dough into 3 equal parts.
7. Let rest for 10-15 minutes.
8. Shape dough.
9. Let proof for 30-45 minutes.
10. Bake at 425 for 20 minutes or until golden brown.

Per Serving (excluding unknown items): 127 Calories; 4g Fat (31.5% calories from fat); 3g Protein; 19g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 405mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates.

Pumpernickel - Sponge Method

Servings: 16

1/2 cup rye flour

1/2 cup bread flour

1 teaspoon yeast

1 cup warm water

1 tablespoon cider vinegar

2 tablespoons honey

1 tablespoon blackstrap molasses

1 1/2 cups bread flour

1/2 cup rye flour

1/2 teaspoon yeast

2 tablespoons wheat gluten

3 tablespoons cocoa

2 teaspoons salt

1 ounce vegetable oil

Combine first set of ingredients in the bowl of a mixer. Mix together well.

Combine the next set of ingredients and whisk together. Place flour mixture on top of the liquid mixture. Cover and let rise 1 hour.

Fit mixer with dough hook and mix together wet and dry. Leave on a low speed (#2 on Kitchen Aids) and allow to knead for about 6-8 minutes. The dough should be slightly sticky but not overly.

Place kneaded dough in a microwave-safe bowl. Microwave on half power for 1 minute. Let sit for 10 minutes or until doubled.

Punch down and shape into loaves or rolls. Let rise 30 minutes.

Bake at 425 for 15-20 minutes.

Per Serving (excluding unknown items): 122 Calories; 2g Fat (17.7% calories from fat); 4g Protein; 21g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 271mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.

Honey Wheat Bread

1 cups water

3 cups whole wheat flour

1/2 cup bread flour

1 1/2 teaspoons salt

1/3 cup honey, heaping

1 tablespoon dry milk powder

2 tablespoons butter

1 1/2 teaspoons active dry yeast

Combine all ingredients in the bowl of the mixer fitted with a dough hook.

Mix on a low speed 6-8 minutes or until dough is smooth and elastic.

Spray the inside of a gallon-size bag with pan spray. Place dough inside, but do not close.

Once dough has doubled in bulk (about 1 hour) remove from bag and shape into a loaf or rolls.

Allow to rise 30 minutes.

Bake at 425 for 15-20 minutes.

Per Serving (excluding unknown items): 2032 Calories; 31g Fat (13.0% calories from fat); 60g Protein; 406g Carbohydrate; 46g Dietary Fiber; 62mg Cholesterol; 3466mg Sodium. Exchanges: 21 Grain(Starch); 1/2 Lean Meat; 6 Fat; 6 Other Carbohydrates.