



Folding Proofer

Instructions & Recipes

Model FP-201

www.brodandtaylor.com

For your safety, read this instruction manual before using product.

Congratulations on your purchase of a Brød & Taylor Folding Proofer!



CHOCOLATE

Safely melt without burning
and hold tempered chocolate.



BREAD

Rise and ferment yeast bread
dough with professional results.



YOGURT

Large capacity yogurt
maker (up to 8 litres).

Professional bread bakers prize the ability to control fermentation temperatures to produce the best flavors in their loaves. Now you have the same reliability and control as the pros with a counter top proofer that folds flat for storage. The Folding Proofer makes wholesome bread baking easier than ever with an optimal proofing environment plus easy storage.

Set the digital temperature control lower for a long, slow rise or pre-fermentation. Turn up the heat to give yeast a boost on a cold day, ferment sourdough or rye at warm temperatures, or for refrigerated dough. A large window provides a view of the spacious interior where a bowl or two full-sized loaves fit easily. No need to cover the dough as the included water tray keeps humidity at an optimum level.

Also use this multi-functional kitchen appliance to make yogurt and creme fraiche, melt and hold tempered chocolate, soften butter, and even keep chips, crackers and cookies crisp.

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock do not immerse cord, plugs, or main housing in water or other liquid.
4. Close supervision is necessary when appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair, or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
12. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, set control to "Off", then remove plug from wall outlet.
13. Do not use appliance for other than intended use.
14. This appliance is for household use only.
15. Do not store any materials, other than manufacturers recommended accessories, in the proofer when not in use.
16. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
17. Children should be supervised to ensure that they do not play with the appliance.
18. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

SAVE THESE INSTRUCTIONS

Please read and keep these instructions to obtain the best results from your Folding Proofer.

SPECIAL CORDSET INSTRUCTIONS

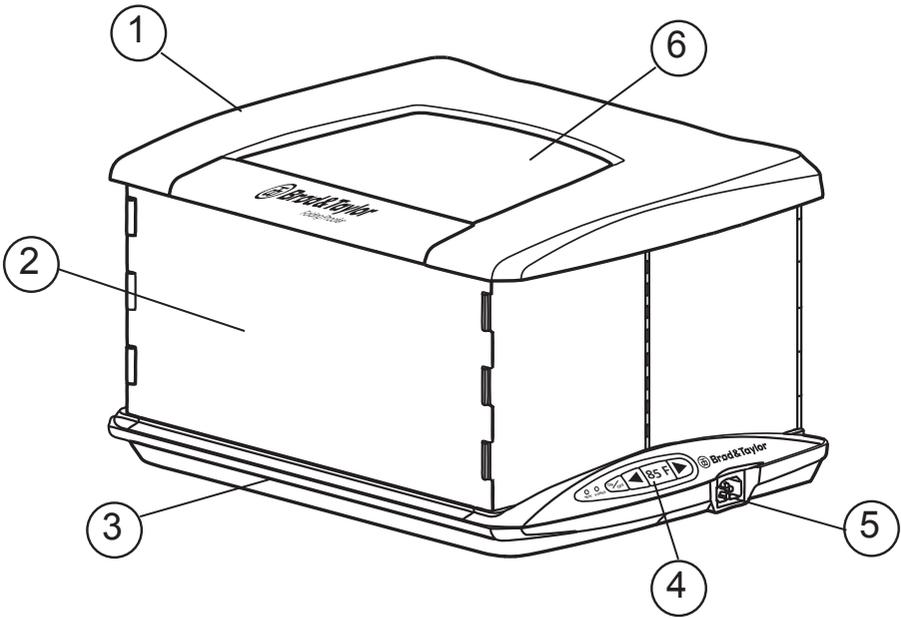
A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord. Longer extension cords are available and may be used if care is exercised in their use. If a long extension cord is used, the marked electrical rating of the extension cord must be at least as great as the electrical rating of the appliance and the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.

NOTICE

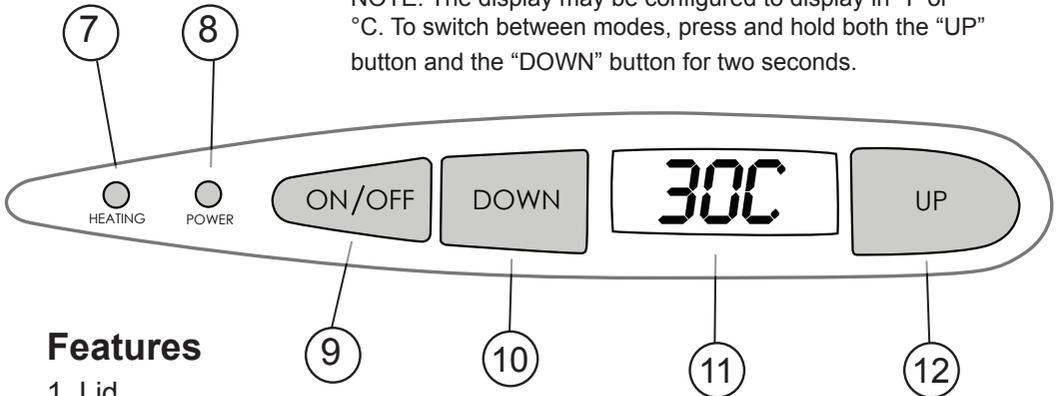
This appliance is for household use only. Use on Alternate Current (50/60 Hertz) only with voltage as indicated on the manufacturer type plate. Do not attempt to modify the plug in any way.

FOR HOUSEHOLD USE ONLY

NOT INTENDED FOR
COMMERCIAL USE



NOTE: The display may be configured to display in °F or °C. To switch between modes, press and hold both the “UP” button and the “DOWN” button for two seconds.



Features

1. Lid
2. Expanding box section
3. Base
4. Control Panel
5. Power cord receptacle
6. Clear window

Accessories

- Wire Rack
- Water Tray
- Power Cord

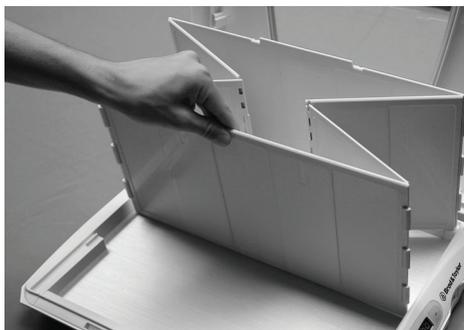
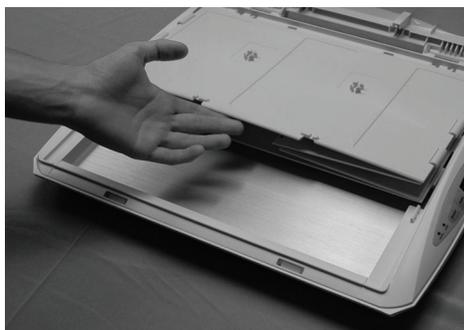
Control Panel

7. Heating Indicator
8. Power Indicator
9. ON/OFF button
10. Temperature DOWN
Press and hold 3 seconds to scroll numbers quickly.
11. Temperature Display
12. Temperature UP
Press and hold 3 seconds to scroll numbers quickly.

GENERAL OPERATING INSTRUCTIONS

Set Up

Open the lid by lifting the front edge of the proofer. Allow the lid to rest in a vertical position. Remove the wire rack, power cord and water tray. Lift the expanding box section from the front edge, fold it open and fit into the base.



Place the water tray into the center of the heating plate. Place the wire rack into the enclosure with legs down. Lift the lid straight up from the rear hinges and place onto the top of the expanded box. Lower the lid to a closed position. Plug the power cord into the proofer and then into an appropriate receptacle.

Pre-Heat

For best results, the proofer should be pre-heated for 5-10 minutes.

Operation

Plug the proofer in. Press the ON/OFF button once and ensure that the POWER light is illuminated. Depress the UP or DOWN buttons to adjust to the desired temperature. Press and hold either the UP or DOWN button for three seconds to quickly scroll through the temperature settings.

The HEATING light will illuminate indicating that the heat plate is warming up. When the proofer reaches its temperature set point the HEATING light will go off. It is normal for the HEATING light to flash on and off as the proofer maintains its temperature during use.

Select Celsius or Fahrenheit

The display on the control panel indicates the temperature set point. The display may be configured to display in °F or °C. To switch between modes, press and hold both the “Temperature UP” button and the “Temperature DOWN” button for two seconds.

Humidity Control

The proofer may be operated in a dry or humid condition. To create a humid condition in the proofer, pour approximately 50ml of water into the water tray. DO NOT overfill the tray. For best results, warm or hot tap water may be used.

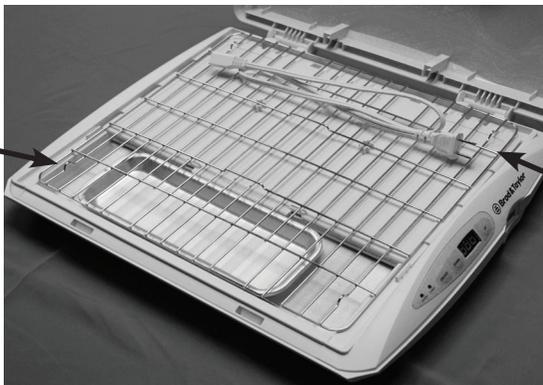
Prepare for storage

If the proofer is ON, press the ON/OFF button once to turn the proofer off. Ensure that the green POWER light is not on. Remove the lid and rest it in the rear hinges in an upright position. Unplug power cord from the wall receptacle and the proofer.

NOTE: The power cord must be unplugged before folding the proofer and closing the lid.

If the proofer is warm, let it sit with the lid removed until the heating plate reaches room temperature. Remove the wire rack. Carefully remove the water tray, dispose of remaining water and set aside. If necessary wipe surfaces of the proofer with a damp cloth to remove any food residue. Make sure the proofer is dry before folding for storage. Lift the expanding box section slightly from the front, then fold by pushing gently in on the sides and folding the unit towards the back. Lower the folded section into the base. Place the water tray into the front section of the base. Orient the wire rack with legs up and place it on the base. Remove the power cord from the proofer, fold and place on the rear section of the wire rack. Lower the lid closed and press on the front to ensure that the latch is engaged.

Rack up-
side down
(legs up)



Power cord
in rear

CLEANING AND USER MAINTENANCE

1. This appliance is virtually maintenance free, no lubrication is needed. If the cord or the appliance is damaged or does not operate properly, return it to service for repair. This appliance has no user serviceable parts. No repairs should be attempted by the user.
2. Always disconnect from the socket and completely cool down before cleaning.
3. Do not leave water in the water tray for long periods. Wait until the heating plate has cooled before emptying the tray.
4. If necessary, wipe the housing and metal heating plate with a damp cloth or moistened with a mild detergent solution. Do not use chemical or abrasive cleaners, polishers, etc. Do not immerse the appliance in water or place it under running water.
5. Wash all removable parts and accessories with care in warm soapy water if necessary, or simply wipe with a soft cloth moistened with a mild detergent solution.
6. After cleaning, wait until completely dry and cooled down before folding up the appliance for storage. The wire rack, water tray and detachable power cord can be put inside for self-storage.



Brod & Taylor[®]

Folding Proofer

RECIPES



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General Guidelines for Fermenting Bread Dough in the Proofer

Prepare the Proofer. For bread dough, the proofer should always have the water tray filled one-third to one-half full with clean water, and the tray should be placed in the center of the warming plate. The wire rack goes on top of the water tray. With the sides in place and the lid on top, set the thermostat and allow the proofer 5-10 minutes to come up to temperature.

Selecting a Temperature. There is a range of temperatures that work well for bread dough, and if the recipe or book you are using specifies a temperature, consider using that.

- **Sourdough** often benefits from fermenting at a temperature of 27-30C in order to give the wild yeast a boost.
- **Commercial yeast** is more vigorous, so doughs made with it benefit from a lower temperature that promotes flavor development, 24-26C.
- **Rye flour** has weaker gluten and higher enzyme activity, so higher proofer temperatures are appropriate (27-30C) to shorten fermentation time and keep the enzymes from degrading the dough too quickly.
- **Cold dough** that has been retarded in the refrigerator often needs an extra hour (or more) per 500g of dough added to its rising time to allow the dough to come up to temperature. Ideally, frozen dough should be thawed in the refrigerator before proofing.
- **In a hurry?** Mix the dough with lukewarm (32-38C) water and ferment at up to 30C. However, we do not recommend going over that temperature as the yeast can produce off flavors.

Covering the Dough. Most doughs and shaped loaves will not need to be covered while in the proofer, as the water tray will provide the ideal humidity to keep the dough from forming a crust. However, if using the proofer for an extended fermentation, such as an overnight (12 hours) biga or pre-ferment, it is safest to cover the bowl or container.

Containers like glass or ceramic will eventually build up heat in the proofer, so consider plastic for very long (overnight) ferments.

Rustic Pizza Crust

This easy recipe is our favorite pizza crust. The soft dough is a pleasure to work with and forms a nicely raised border with a crisp crust and open crumb. The dough can be mixed anytime the day before, or on the morning of making the pizzas. We like to mix the night before, then divide and proof the next day after lunch.

Makes about 15 oz of dough, enough for two 10-12 inch thin crust pizzas.

Pizza Dough	Volume	Grams	Ounces	Baker's Percentage
Unbleached AP flour*	2 cups, spooned	234 g	8.25 oz	92.9%
Whole wheat flour	2 Tblsp	18 g	0.65 oz	7.1%
Water, ice cold	3/4 cup	179 g	6.30 oz	71.0%
Instant yeast	1/2 tsp	1.6 g		0.6%
Salt, preferably sea salt	1 tsp	5.6 g		2.2%
Olive oil, for kneading and coating containers				
Semolina, for coating the underside of the pizza				

**Preferably an unbleached all-purpose flour with 10-10.5% protein and containing malted barley flour, such as Gold Medal Unbleached AP or Hecker's Unbleached AP.*

Equipment: Brød & Taylor Folding Proofer, pizza stone.

Mix Ingredients. Before measuring the water, add ice and allow to chill. While the water is chilling, mix the dry ingredients in a medium bowl, being careful to put the yeast and salt in separate areas of the bowl. Whisk or stir until well combined. Measure or weigh the chilled water, add to dry mixture and mix with a spoon until all the flour is moistened but the dough is still rough and shaggy. Cover and place in the refrigerator for 20 minutes to hydrate the flour and begin chilling the dough.

Develop Structure. Lightly oil a clean bowl, your hands, and the kneading surface with olive oil. Turn the dough out and stretch into a rectangle. Fold the rectangle like a business letter, then rotate the dough and stretch and fold again, so that all four sides of the dough have been folded to the center. Do this a second time, stretching the dough and folding all four sides to the center. The dough should feel noticeably firmer and smoother.

Retard the Dough. Place the dough in the oiled bowl and turn it over so that it is lightly coated with oil. Cover and chill in the refrigerator for at least six hours, or up to 30 hours.

Choose a Timetable. From the chart below, choose a fermentation temperature and its corresponding time to remove the dough from the refrigerator. For example, if you would like to bake the pizzas at 6pm, then setting the proofer to 24C would mean taking the dough out of the refrigerator 4.5 hours ahead of baking, at about 1:30pm.

Proofer Temperature	Approximate Time in Proofer	When to Take the Dough out of the Refrigerator
21C	4 hrs 30 min	5 hrs 30 min before baking
24C	3 hrs 20 min	4 hrs 20 min before baking
27C	2 hrs 30 min	3 hrs 30 min before baking
29C	2 hrs 10 min	3 hrs 10 min before baking
29C, Quick Pizza Variation	1 hr 10 min	no refrigerator time

Pre-shape the Pizzas. Set up the proofer with water in the tray and the rack in place. Set the thermostat and allow the proofer to come to temperature.

Remove the dough from the refrigerator, scrape it out onto a lightly oiled surface and cut it into two pieces with a sharp knife. Shape each piece into a ball by drawing all the edges up, then pressing seams gently to close. Place the dough balls seam side down in a lightly oiled container, such as a 23×33cm pan, or put each ball into a bowl.

Proof the Pre-shaped Crusts. Set the container(s) with the dough balls in the proofer and allow the dough to relax and ferment until about doubled in size. A gentle poke with your finger should produce an indent that remains. If the dough was mixed with ice water and thoroughly chilled, it should generally follow the guidelines listed below.

Preheat the Oven. One hour before baking, place a pizza stone in the lower third of the oven and preheat to 260C. The goal is for the underside of the crust to be crisp and browned at the same time that the topping ingredients are cooked. If the pizzas are done on top but not browned enough underneath, next time move the stone to a lower position. And if they are getting too done on the bottom before the tops are finished, move the stone to a higher rack.

Shape the Crusts. Sprinkle semolina over a 30 cm round piece of parchment, leaving the outer portion of the circle bare. Even though it

isn't necessary for creating a non-stick surface, we use a little semolina with parchment because it creates a crisp and delicious crust. If shaping on a peel, use a more generous layer of semolina so the pizza won't stick. We find shaping on parchment is easier than a peel, because the dough will stick to the parchment and not spring back when stretched, yet once the pizza is baked for a minute or so, the non-stick properties of the parchment kick in and the pizza slides off the paper effortlessly.

Keep the crust not being working on covered. Place a dough ball seam side down in the semolina, and with oiled fingertips tap the dough down to form a disc. Gently stretch the dough into shape, leaving a thicker rim at the edge and focusing on stretching rather than pressing down. This can be done either by stretching with oiled fingers from the top of the dough, or by sliding the underside of the dough over the backs of floured hands and stretching gently from side to side. When finished, cover and move to the other pizza.

Top and Bake the Pizzas. If desired, cover the crusts and allow to proof for 30 minutes in order to create the most open crumb possible in the border of the pizzas (this is optional, but is built into the timetable). If the pizzas were shaped on a peel, it is best to omit the 30-min rise to help avoid sticking to the peel. Add toppings and bake on the pizza stone for 8-10 minutes, using a peel or the back of a sheet pan to transfer the pizzas to the oven. About half way through the baking, rotate the pizzas to promote even browning and slide out the parchment so the pizza finishes baking directly on the stone.

Variation- Quick Pizza Crust

This method creates a warmer dough that is ready to bake in just two hours. The flavor is still good, though not as rich and fully developed as the mix-ahead version. With flavorful toppings the pizzas are delicious.

Use the same ingredients and procedure as above, except warm the water to lukewarm (ours was 38C for testing), autolyse at room temperature for only ten minutes, and omit the refrigerator time. Directly after stretching and folding the dough, divide it in half, round into balls and transfer to a pan or bowls. Proof the pre-shaped crusts at 29C for about one hour and ten minutes, then shape and bake.

If the optional 30 minute rise after the crust is stretched to its final shape is omitted, the pizzas can be ready to bake about two hours after mixing the dough.

Golden Three-Wheat Boule

This bread has a beautiful golden crumb, a sweet, complex aroma and a rustic crust. Bread flour from hard red winter wheat forms the backbone of the bread, while durum wheat and whole grain “white” wheat contribute wonderful flavor. We use King Arthur® whole grain flour made from white wheat, which has a sweeter, less bitter bran layer than traditional red wheat. The flour is sifted to remove the larger bran flakes, creating a high-extraction flour that won’t compromise the bread’s structure like whole grain flour can. The bran is then used to coat the outside of the boule, creating a textured, rustic crust. This bread is equally at home with olive oil or butter and pairs wonderfully with soups or roasts. It’s also great with Manchego cheese or for making Panini.

Plan Ahead: The poolish needs to ferment for 12 hours (overnight) before mixing the dough.

Poolish	Volume	Grams	Ounces
Unbleached flour with about 12% protein, such as King Arthur All-Purpose or Gold Medal Better for Bread	5/8 cup, spooned	79 g	2.8 oz
Semolina (coarse durum) flour	1/4 cup, spooned	39 g	1.4 oz
Instant yeast	1/16 tsp		
Water, ice cold	1/2 cup	118 g	4.2 oz

Equipment: Fine strainer or sifter, Brød & Taylor proofer. A mixer with a bread hook is convenient for kneading, and a Dutch oven works well to create a steam chamber for the bread as it bakes.

Mix and Ferment the Poolish. Before weighing or measuring the water, add ice cubes and allow to chill. (Ice water helps produce a predictable, consistent fermentation, and also allows the pre-ferment to spend a controlled amount of time moving through cooler temperatures to promote enzyme activity and flavor development.) Set up the proofer with the water tray in the middle of the warming plate and fill the tray half full with water. Put the rack in place and the lid on, then set the thermostat to 24C and allow it to warm.

If you don’t have a 1/16 tsp measuring spoon, pour out 1/8 teaspoon of instant yeast onto a clean surface or plate, forming a little mound. With a table knife, divide the mound into two equal portions. Add one portion to the poolish flours and reserve the other for the main dough.

Put the flours and yeast in a medium bowl and whisk to combine. Measure or weigh the ice water, add to the bowl and whisk vigorously until very smooth and lump free, about one minute. Scrape down the sides of the bowl, cover, and ferment in the proofer for 12 hours at 24C. When the poolish is ripe, it will have doubled in size and the surface will be covered with bubbles (you may see some pop) and a few wrinkles or dents. It should not yet be receding and leaving a “high-water” mark on the sides of the container.

Main Dough	Volume	Grams	Ounces
Poolish, all from above			
Unbleached flour with about 12% protein, such as King Arthur All-Purpose® or Gold Medal Better for Bread®	1 cup, spooned	127 g	4.5 oz
Whole-grain white wheat flour (sifted to remove some of the bran)	3/4 cup, spooned	86 g	3.0 oz
Instant yeast	1/4 tsp	0.8 g	
Water, warm room temp (75F)	1/2 liquid cup	118 g	4.2 oz
Salt, preferably sea salt	1 1/8 tsp	6.4 g	

Prepare the Whole Wheat Flour. Before measuring or weighing, remove the larger bran particles from the whole grain flour by tapping it through a fine strainer or sifter. You’ll create a mound of golden high-extraction wheat flour and have coarser bran left in the strainer. Reserve the bran for coating the outside of the boule.

Mix the Dough. Add the flours, yeast and warm room temperature (24C) water to the poolish and mix just until all the flour is moistened. Cover and let rest for 20-30 minutes (the longer autolyse is helpful for hand kneading). **Add the salt** and knead in a stand mixer with the dough hook for 4 minutes on medium-low (speed 3 on a Kitchen Aid stand mixer). The dough should pull away from the sides of the bowl during mixing but will still be very sticky and soft.

This is a higher-hydration dough that works well in the mixer. If kneading by hand, a teaspoon or two of olive oil may be used on hands and kneading surface, but avoid adding more flour. Knead for about 5 minutes using a stretch-and-fold action. The dough will be soft and sticky and should form a delicate windowpane that tears when stretched.

Ferment the Dough. Transfer the dough to an oiled container (olive oil works well) with a capacity of about 1.5 litres and turn to coat the dough with oil. Allow the dough to ferment in the proofer for a total of 2 hours at 26C. During the first hour, stretch and fold the dough three times, at

20, 40 and 60 minutes. To stretch and fold, gently stretch one side of the dough with oiled fingers, then fold it towards the center and repeat on the opposite side, creating a business letter fold. Repeat with the other two sides, forming a square package in which all four sides have been stretched and folded to the center. It is not necessary to press down on the dough to degas it, that will happen naturally during the stretch and fold. After three stretch/folds, leave the dough undisturbed for the remaining hour, until it doubles in size (to about four cups volume). A gentle indent made with an oiled finger should fill in slowly.

Shape and Proof the Boule. Cut an oval of parchment about 30 cm long (the longer ends will serve as handles to lower the bread into the Dutch oven) and set aside. Cover a circular area about 18 to 20 cm in diameter with a thick layer of the reserved white wheat bran, then turn the dough out onto the bran, smooth (top) side down. Being careful to maintain as much air in the dough as possible, gently fold all four sides of the dough to the center to form a square package. Then pull the corners up and towards the center, just enough to round the shape and focusing on gentle stretching of the bottom surface of the dough (be careful not to compress the air out of the center of the boule). Gently flip the boule over onto the oval parchment and set it on a quarter sheet pan or plate for support. Set the proofing temperature to 78F and proof uncovered for 60 minutes. Depending on how tight the shaping is, the loaf may spread sideways a little as it proofs, but it will still rise nicely in the oven.

Preheat the Oven and Bake the Bread. While the boule is proofing, place a rack in the lower third of the oven and preheat to 230C. If using a Dutch oven, also preheat the base (the lid may be left cool). The bread will develop a somewhat more open crumb in the Dutch oven (due to steam from the dough remaining in the sealed bread chamber), but other methods of producing steam also work well, such as adding hot water or ice to a pre-heated sheet pan. If using a cast iron Dutch oven, preheat the pan for only 20 minutes to avoid scorching the bottom crust.

Gently score the bread with a very sharp knife or baker's lame, dipping the blade in water before each cut. Place the boule in the preheated Dutch oven, still on its parchment (use the parchment to lower it into the hot pan). Place the lid on top and bake for 20 minutes. Remove the lid, rotate the bread to facilitate even browning and bake for an additional 20 minutes, until well browned. The internal temperature should be 96 - 99C. Remove the bread from the pan, slide it off the parchment and allow to cool on a rack about 2 hours before slicing.

Overall Bread Formula	Grams	Ounces	Baker's Percentage
Unbleached flour, 11.7% – 12.3% protein	206 g	7.3 oz	62.5%
Whole grain white wheat flour (sifted to remove bran)	86 g	3.0 oz	25.9%
Semolina flour	39 g	1.4 oz	11.7%
Instant yeast	1.0 g	0.04 oz	0.3%
Water	236 g	8.3 oz	71.5%
Salt	6.4 g	0.23 oz	1.9%

Proportion of total flour that is pre-fermented: 36%

King Arthur All-Purpose Flour and Gold Medal Better for Bread Flour are registered trademarks of their respective companies.

Cranberry Pecan Boule

This delicious boule is studded with toasted pecans and tart cranberries, and has the wholesome goodness of whole wheat.

Poolish	Volume	Grams	Ounces
Unbleached bread flour	3/4 cup	118 g	4.4 oz
Instant yeast	1/4 tsp		
Water, 70-78F	1/2 cup	118 g	4.4 oz

Mix and Ferment the Poolish. Set the proofer to 23C and put the water tray in the middle of the warming plate with 60 ml of water in it. Place the rack on top of the tray. Mix all the ingredients for the poolish in a large mixing bowl. The mixture will resemble a thick batter. Place the bowl in the proofer for 4 hours, until it inflates into a bubbly, soft, and sweet-smelling sponge.

Main Dough	Volume	Grams	Ounces
Poolish, all from above			
Water, warm room temp (75-85F)	1 cup	236 g	8.3 oz
Instant yeast	1 tsp	3.2 g	0.11 oz
Unbleached bread flour	2 1/4 cups	284 g	10.0 oz
Stone ground wheat flour	3/4 cup	102 g	3.6 oz
Salt	2 tsp	11.4 g	0.20 oz
Dried cranberries	1/2 cup	72 g	2.5 oz
Pecans, toasted and coarsely chopped	1/2 cup	57 g	2.0 oz

Equipment: Brød & Taylor proofer, colander or banneton, pizza stone.

Mix and Knead the Dough. Set the proofer temperature to 27C degrees and check to see that there is still water in the tray. Add the water to the poolish and stir it around to loosen it up. Then add the yeast, flours, and salt, and stir until a rough dough forms. Lightly dust a kneading surface with flour and turn the dough out. Knead by hand until a smooth and elastic dough forms, about 10 minutes. Add the cranberries and pecans and work them into the dough until they are evenly distributed.

Ferment the Dough. Put the dough into a lightly oiled bowl and place in the proofer. Let the dough rise for 60-90 minutes or until it has doubled in

volume. The dough is somewhat heavy due to the addition of cranberries and nuts so it does take a little while to rise fully.

Shape and Proof the Boule. Turn the dough out onto a lightly floured counter and shape the dough into a tight round ball. Place the dough ball seam side up into a well floured dough rising basket or a bowl/colander lined with a heavily floured linen cloth. Dust the exposed surface of the loaf lightly with flour and place back into the proofer. Let the dough rise for 1 hour, or until it has almost doubled in bulk. A gentle depression made with a floured finger should spring back slowly.

Preheat the Oven. Prepare the oven an hour before baking. Place a baking stone on the middle rack and a cast-iron skillet at the bottom of the oven. Preheat the oven to 260C degrees.

Score and Bake the Boule. Turn the dough out onto a baking peel or inverted baking sheet lined with parchment. Using a very sharp knife or baker's lame, score the top of the loaf and quickly place onto the hot baking stone. Being careful to keep your face away from the oven and using oven mitts to protect your hands, add 118 ml of water to the cast-iron skillet and quickly close the door. Bake for 5 minutes, then lower the temperature to 232C and continue to bake for 25-30 minutes or until the loaf is a deep brown color and sounds hollow when tapped on the bottom. The internal temperature should be about 96C. Allow the loaf to cool completely before slicing.

Overall Bread Formula	Grams	Ounces	Baker's Percentage
Unbleached bread flour	402	14.2	79.8%
Stone ground wheat flour	102	3.6	20.2%
Water	354	12.5	70.2%
Instant yeast	4.0	0.14	0.8%
Salt	11.4	0.40	2.3%

Recipe courtesy of Melissa Langenback, thebakersguide.com

Country Wheat Sandwich Bread

This soft sandwich loaf is made with 22% whole wheat flour and is enriched with a touch of butter and milk for delicious flavor.

	Volume	Grams	Ounces	Baker's Percentage
Unbleached bread flour	3 1/2 cups	446 g	15.75 oz	81.7%
Whole wheat flour	3/4 cup	100 g	3.5 oz	18.3%
Sugar	2 Tblsp	25 g	0.88 oz	4.6%
Unsalted butter, soft	2 Tblsp	28 g	1.0 oz	4.6%
Salt	1 1/2 tsp	8.4 g	0.29 oz	1.5%
Instant yeast	1 1/2 tsp	4.8 g	0.17 oz	0.9%
Water, 75-80F	1 1/4 cups	295 g	10.4 oz	54.0%
Whole milk	1/4 cup	61 g	2.1 oz	11.2%

Equipment: Brød & Taylor proofer, 23 x 13 cm loaf pan.

Mix and Knead the Dough. Set the proofer to 29C and put the water tray in the middle of the warming plate with 59 ml of water in it. Place the rack on top of the tray.

In a large bowl, combine all of the ingredients and mix until a rough dough forms. Turn the dough out onto a lightly floured surface and knead for 7-10 minutes, until the dough becomes smooth and elastic. Add as little flour as possible during kneading so that the bread doesn't become dry or tough.

Ferment the Dough. Form the dough into a ball and transfer to a lightly oiled bowl. Allow the dough to ferment in the proofer for 1- 1 1/2 hours, or until the dough has doubled in volume.

Shape and Proof the Loaf. Shape the loaf by turning the dough out onto a lightly floured counter and gently pressing it into a rectangle. Roll the dough up into a tight log, starting from the short side. Place the loaf into an oiled loaf pan, seam side down. Place the shaped loaf into the proofer (still set at 29C), and allow the dough to rise until top of the dough domes over the rim of the pan by 2.5 cm. This will take about 45-60 minutes.

Preheat the Oven and Bake the Loaf. About 45 minutes before baking, preheat the oven to 177C. Bake the loaf until it is a deep golden brown and sounds hollow when tapped on the bottom, about 35-45 minutes. Let the loaf cool completely before slicing.

Recipe courtesy of Melissa Langenback, thebakersguide.com

Greylock Sourdough

This rustic bread gets complex flavor and a mild, delicious tang from a little dark rye in the sourdough starter. It has enough whole wheat and rye to give it a robust, earthy flavor, yet still retains a moist and open crumb with a bit of chew.

Timing: Mix the starter the night before baking and plan on mixing the final dough about 12 hours after the starter.

Equipment: Brød & Taylor Folding Proofer, pizza stone, and pans for your favorite steaming method. A thermometer can be helpful for gauging water, dough and internal baked bread temperature.

Sourdough Starter

	Volume	Grams	Ounces
Firm sourdough starter*	1 Tb	14	0.5
Unbleached flour, about 12% protein	5 1/2 Tbs	50	1.8
Whole grain rye flour**	3 Tbs	20	0.7
Water	2 1/2 Tbs	42	1.5

*Ideally a mature, active white starter with 50-60% hydration.

**If dark rye flour is unavailable, medium rye, whole wheat or unbleached flour can be substituted.

Build the Starter. Mix all the ingredients in a bowl to form a rough dough. Knead to incorporate air and evenly distribute the seed culture, about 4-5 minutes. Transfer to a clean jar or container and cover. Ferment at 22C for 10-12 hours, until domed and risen by at least 2.5x (if all white flour was used in the starter, it should rise to at least 3x). Ideally the starter should be used before the dome deflates.

Main Dough

	Volume	Grams	Ounces
Unbleached flour, about 12% protein	2 3/8 cups	341	12
Whole grain rye flour	3/8 cup	55	1.9
Water	1 cup + 3Tbs	281	9.9
Salt	1 1/2 tsp	8.6	0.3

Mix and Autolyse the Main Dough. Warm the water to about 29 - 32C (cooler if room temp is over 23C). Measure or weigh the flours into a bowl, add the lukewarm water, and mix until all the flour is moistened. Cover and let sit for 30 minutes. While the dough is resting, set up the Proofer with water in the tray and the thermostat at 26C.

Knead in the Salt, then the Starter. If kneading by hand, very lightly oil the work surface and avoid adding more flour. Add the salt to the flour and water mixture and knead until incorporated, about 2 minutes. Add the starter and knead until structure is fairly well developed, about 10 more minutes by hand (or about 8 minutes in a stand mixer). Ideally, the dough temperature after kneading should be 24 - 26C. Transfer to a lightly oiled container with a volume of at least 1 litre.

Ferment the Dough at 26C. Set the dough in the proofer and ferment for about 2.5 - 3.5 hours. After the first 60 minutes and again at 120 minutes, perform a four-way stretch and fold (all four sides get stretched and folded to the center), then leave the dough undisturbed until it reaches a volume of 1 litre.

After the dough reaches 1 litre, give it one last stretch and fold to create a square package, then cover and let rest for about 15 minutes before shaping. While the dough is resting, prepare a 23 - 33 cm sheet pan or proofing basket with baker's linen or a well-floured kitchen towel.

Shape into an Oval or Round. Place the dough smooth side down on a lightly floured surface and shape into a plump oval about 20 cm long (or a round boule). For the oval, fold the square package in half with the seam at the edge closest to you. Seal the seam by pressing towards the work surface. Flip the loaf over with the top side down and the seam centered and facing up, and place it on the linen-lined sheet pan.

Proof the Loaf. Place the loaf in the Proofer, still set to 26C, for 2 - 2.5 hours, until visibly larger but still able to spring back slowly when gently pressed with a finger.

Prepare to Bake. About an hour before baking, place a pizza stone in the middle of the oven and preheat to 232C. Prepare to steam the oven using your regular method (such as tossing ice on a preheated sheet pan) or set out a deep, oven-proof rectangular pan to cover the loaf and create a steam chamber.

Slash and Bake with Steam at 232C. Gently invert the loaf onto parchment or a floured peel. Brush excess flour from the top and sides of the loaf. Using a baker's lame or serrated knife, slash in two long, slightly angled lines.

Slide the bread onto the hot pizza stone and steam the oven or cover the loaf. Bake for about 40 minutes, until the crust turns deep golden brown and the internal temperature reaches at least 93C. After 20 minutes of baking, turn the loaf to facilitate even browning and remove the cover or steam pan. Cool before slicing.

Overall Formula

	Grams	Ounces	Baker's %
Unbleached flour, about 12% protein	400	14.1	84.3%
Whole wheat flour	55	1.9	11.6%
Whole rye flour	20	0.7	4.1%
Water	328	0.3	69.1%
Salt	8.6	0.3	1.8%

Making Yogurt: Custard-Style, Greek or Classic

This recipe details all the steps for making thick, creamy “custard-style” yogurt, plus straining instructions for Greek yogurt. There’s a variation at the end for classic yogurt that has a fresh taste and thinner texture.

Custard-Style Yogurt

This method highlights two techniques for creating thick yogurt: holding milk at 90C for ten minutes before culturing, and allowing the yogurt to thicken at a lower temperature. This “custard” style of yogurt is delicious for eating and is also the best way to make yogurt for freezing into desserts. Feel free to scale up or down from the batch sizes listed below, the proofer has a capacity of 8 litres.

Milk (whole, low fat or skim)	1 litre / 968 g	2 litres / 1.94 kg
Yogurt with live cultures*	20 ml / 31 g	40 ml / 62 g

**Either store-bought or reserved from a previous batch of yogurt.*

Equipment: Brød & Taylor Proofer; thermometer, glass mason jars or other heat-proof containers with a capacity of one litre or less. Everything that will touch the milk should be scrupulously clean and dry.

Step One: Heat Milk to 90C and Hold for 10 Minutes. We prefer to heat the milk in the microwave because there is less stirring and less risk of scorching. Whisk the surface of the milk to cover completely with bubbles (this prevents a skin from forming), then heat to about 200F. *Stop half way through heating to check the surface and re-whisk to cover with foam if necessary.* Our microwave took about 7 minutes on high to bring 4 cups of milk to 82C, after which we used shorter bursts to reach 93C (to avoid the mess of boiling over). Eight cups of milk took about double that time, 14 minutes, to get to 82C.

Once the milk reaches about 93C, set a kitchen timer for ten minutes and hold the milk between 90 and 93C by using 20-30 second bursts (60-second bursts for a 2 litre container) whenever it cools to 90C, 2-4 times during the ten-minute holding period.

If using the stove top, whisk the milk to cover the top completely with bubbles, then heat over medium-low heat, scraping the bottom frequently to prevent the milk from scorching. When the milk reaches 90C, lower the heat a little, set the timer for ten minutes and continue stirring and monitoring the temperature, maintaining it between 90 and 93C.

Step Two: Cool Milk to 46 - 43C. In order to heat the jars and speed cooling by dividing the milk into smaller containers (both increase food safety), pour the hot milk into the jars and allow to cool (bubbles left on the surface from whisking will prevent a skin from forming). A pint mason jar of hot milk cooled in about an hour in our 20C kitchen, and a litre cooled in about an hour and a half.

When the milk is nearing 46C, set up the proofer. Set the water tray (without water in it) on the center of the warming plate and place the rack on top of it. Set the thermostat to 49C, put the lid on and allow the proofer to come up to temperature.

Step Three: Inoculate with a Live Culture. To inoculate the milk, add a few spoonfuls of the warm milk from one jar to a small bowl. Add the appropriate amount of yogurt with live cultures (30g for every 1 litre) and stir until smooth. Then add the liquefied culture back into the jar of milk and stir gently to distribute. Cover the jars and set in the proofer to culture. *Arrange the jars so that they are not directly over the centered aluminum tray, to allow proper heat circulation and ensure the most accurate culturing temperature.*

Step Four: Culture at 49C for an Hour, then Lower the Heat to 30C. Set a kitchen timer for one hour, then after that hour turn the proofer down to 30C. *It's important not to let the yogurt remain at 49C for more than an hour in order to avoid the whey separation and lumpy texture that can come from culturing too long or too hot. Although the "High-Low" method will culture faster and produce a more stable yogurt, you can also just set the proofer to 43C for the entire culturing period, normally about 4-6 hours.*

Step Five: Check the Yogurt after Two Hours. Check the yogurt by gently tilting a jar a little to the side to see if the milk is still in a liquid state or if it has solidified enough to not flow when tilted. If you have used a higher protein milk or a fast-acting culture, it may be ready in just 2 hours (one hour at 49C plus one at 30C), while lower protein milks or longer-acting cultures may take 4 hours or more.

When the yogurt passes the tilt test, put it into the refrigerator and allow it to chill thoroughly. Once the yogurt is chilled, reserve enough to start your next batch and keep it in the refrigerator for up to a week.

Greek Yogurt

Strain the yogurt. Line a colander or strainer with several layers of cheesecloth or one layer of paper coffee filters. Set the colander/strainer over a bowl and spoon in the chilled yogurt. Cover and refrigerate. Allow to strain for 1-3 hours, or until desired thickness is reached. For our frozen yogurt recipe, below, we strained the yogurt overnight.

Classic Yogurt

Heat the Milk to 71 - 74C. Heating the milk to different temperatures before culturing creates different styles of yogurt. Our custard-style method (above) makes yogurt that is noticeably thicker and tastes a little creamy/nutty/eggy from the cooked milk. Yogurt made from milk kept below 77C is thinner and tastes fresh, a little fruity and more tart. To make this classic style of yogurt, heat the milk to 74C, being careful not to exceed 77C. Then cool and culture according to steps two through five, above.

Yogurt-Making Notes

Which Culture? Our testing showed that store-bought yogurts are not all created equal- some made dramatically better starter cultures than others. While all the brands of “live culture” supermarket yogurt worked, some produced thinner textures while others were thicker, and a few produced yogurts that firmed much more quickly than others and were more susceptible to the lumpy texture that comes from culturing too long or too hot. It’s worthwhile to test several different brands of yogurt until you find a favorite culture.

Does Boiling before Culturing Ruin the Yogurt? *No.* The casein proteins and whey proteins do not coagulate when heated unless acid is also present, and the integrity of the fat in milk is actually strengthened by boiling. To test this, we made yogurt from milk that had been simmered long enough to reduce the volume by 25%. The result is a thick, smooth creamy yogurt with the strongest “custard” taste of any of the yogurts we tested. We didn’t choose this method for our custard-style yogurt because the cooked milk/custard taste is so prominent that it starts to seem like something other than yogurt. But it was a favorite among some of our tasters, and it’s good to know that if you accidentally heat the milk hot enough to produce a few bubbles, *nothing bad will happen to your yogurt.*

Protein is Key to Thickening. The casein (protein) clusters in milk thicken yogurt by unraveling and forming a three-dimensional mesh when exposed to the lactic acid created by culturing. Heating milk above 78C before culturing denatures one of the main whey proteins, lactoglobulin, which allows it to join in the mesh (instead of remaining inactive) and effectively increases the amount of protein in the milk that will be available to thicken the yogurt. The reaction takes time, milk needs to be held at 91C for ten minutes to denature most of the lactoglobulin. A little evaporation during this heating also aids the thickening benefits of this procedure. When available, higher-protein milks like Jersey or Guernsey make wonderful yogurt.

Culturing Temperature Affects Texture. In addition to the quantity of protein available to form a mesh, the *stability* of that mesh is also important, determined by the temperature at which the mesh forms. The yogurt will be more likely to leak whey when it thickens at temperatures above 40C, and less likely to leak whey below that. At lower temperatures there is also a longer window of opportunity to stop the culturing before the yogurt turns lumpy.

Our “High-Low” culturing method (one hour at 49C, then lower the temperature to 30C) produces smooth yogurt that is less likely to leak whey, yet is faster and more food-safe than culturing below 38C for the entire period. At 49C, the yogurt speeds through the earlier stages of culturing, and the higher heat is more hospitable to the beneficial lactic acid-producing bacteria and less favorable to undesirable microbes. Then as culturing progresses and the rising acidity begins to inhibit any potentially problematic microbes, we turn down the proofer to 30C so that it sets a lower temperature. The method works well, and culturing takes just 2-4 hours.

Sweeten after Chilling. If sweeteners are needed, add them after the yogurt is chilled. We prefer not to add sweeteners before culturing to avoid feeding any undesirable bacteria. The beneficial lactic-acid producing bacteria are well-equipped to feed on lactose, while other less desirable bacteria are not. Adding non-lactose sugars to the milk could feed any undesirable bacteria that accidentally end up in the milk through equipment or inadequate heating. Eventually these will be inhibited by lactic acid, but we prefer to avoid growing undesirable bacteria with non-lactose sugars during the early stages of culturing. And honey has anti-bacterial qualities that could retard the culturing process.

Strawberry Frozen Yogurt

Making Creamy Frozen Yogurt. To keep the texture of our frozen dessert creamy, we limit the water content so that large ice crystals are less likely to form. Both milk and strawberries have plenty of water, so we strain the yogurt and reduce the juices that drain from the berries. It's also best to denature the whey proteins in dairy with heat according to the custard-style method detailed above. The whey proteins will remain in the yogurt after straining and in their denatured state they are more effective at keeping ice crystal size small and the texture of the frozen dessert creamy.

Makes about 0.7 litres of pre-mix, or about 1 - 1.2 litres of frozen yogurt, depending on the overrun of your freezer.

1 litre whole milk yogurt*, strained overnight to create extra-thick yogurt

10 oz (284 g) frozen strawberries

6 tablespoons (3/8 cup / 75g / 2.6 oz) sugar, or more to taste

1/2 tsp vanilla extract

1/8 tsp almond extract

Optional: fresh strawberries for garnish

*Made in the custard style detailed in our recipe, including holding the milk at 91C for ten minutes before culturing. The exact volume of the strained yogurt will depend on the protein content of the milk, but will be about 0.35 - 0.5 litres.

Equipment: An ice cream freezer, and either two (0.5 litre capacity) or four (0.25 litre capacity) pre-frozen containers. Pre-freezing the containers and dividing the frozen yogurt up into smaller portions allows the fastest freezing, so that ice crystals don't have as much time to grow large and make the texture grainy.

Prepare the Strawberries. In a medium bowl, sprinkle the sugar over the frozen strawberries and allow them to thaw and give off juice. Drain the juice (our berries gave off about 90 ml of juice) and boil in the microwave until reduced to 60 ml. Pour over strawberries and stir to dissolve any remaining sugar. Puree strawberries and their reduced juice in the blender, or, for a more chunky texture, chop the berries into pieces small enough to easily pass through the gaps in your dasher.

Make and Chill the Pre-Mix. Fold the fruit puree (or chopped fruit and reduced juice) into the extra-thick yogurt and stir in the extracts. Taste and correct for sugar (the mixture will seem a little less sweet after

freezing). Chill the pre-mix thoroughly, then freeze according to your ice cream maker's instructions.

When frozen, transfer to the pre-frozen containers and allow to freeze until a little firmer, about 30 minutes. If desired, serve with chunks of fresh strawberry and top with a whole strawberry. Once the yogurt freezes for several hours it may be too firm to scoop- short bursts in the microwave (5-10 seconds) can soften it for serving.

Tempering Chocolate

Tempering allows the right crystal structure to form from the cocoa butter in chocolate, making the texture smooth, shiny and crisp.

Step One: Melt the Chocolate. Set up the proofer with wire rack in place and the thermostat at 46C. The water tray may be placed underneath the rack, but make sure it is completely dry. The entire proofer should be dry to prevent the chocolate from seizing.

Place about 3/4 of the chocolate in a heat-proof bowl, setting aside the other 1/4 to use as “seed” chocolate. Your chocolate can be white, milk or dark, but it should be real chocolate containing cocoa butter, not palm oil or other non-chocolate fats (candy melts or some brands of white chocolate should not be used for tempering). It is not necessary to chop the chocolate.

Place the bowl on the wire rack in the proofer and allow the chocolate to melt slowly and safely while you accomplish other tasks. 113g of chocolate will be completely melted in 60 minutes or less, larger quantities may take longer.

Step Two: Change the Proofer Temperature. When the chocolate is completely melted, remove it from the proofer and lower the thermostat to the correct holding temperature, normally about 32C for dark chocolate or 30C for milk or white chocolate. Leave the top open briefly so the proofer will cool.

Step Three: Seed the Chocolate. While the proofer is cooling, add a piece (or pieces) of the reserved, un-melted chocolate to the bowl to provide seed crystals for the cooling chocolate. Stir continuously as the seed chocolate melts and continue stirring until the temperature of the chocolate cools to 33C for dark chocolate or 31C for milk or white chocolate.

To check if the chocolate is tempered, dip a spoon into the melted chocolate and place in the refrigerator until firm. The chocolate should be hard and smooth with no streaking. If this test is a success, place the chocolate back into the proofer to hold at the right temperature to maintain the temper. If the chocolate is streaked, the tempering process may need to be repeated.

SPECIFICATIONS

Dimensions:

- Inside box (open):
32 x 38 x 22 cm high
- Outside body (open):
46 x 37 x 27 cm high
- Outside body (closed):
46 x 37 x 6.5 cm high

Temperature Range:

21 - 49C

Maximum capacity: Two “large” loaves
– approximately 0.9 kg dough each
(1.8 kg. total) from recipes with about
250-375 g of flour per loaf.

This product is intended for interior
household use only, in an operating
environment of 16C or greater.

Voltage: 240VAC, 50Hz (200W)



Folding Proofer



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