

bread
smart 

LET'S BAKE BREAD

discover your inner artisan

THANK YOU

To forget the art of making bread is the equivalent of losing a part of history. For thousands of years we have been making bread and breaking bread together. Within the past few decades our connection to this staple food has been broken: the process ironically made invisible by the blinding florescent lights of supermarkets and the busyness of our lives.

We want to sincerely thank you for slowing down with us and cherishing the beautiful art of bread. At Breadsmart we don't want to go back in time, but rather bring bread baking back into the present by offering innovative tools and contemporary resources to make this fundamental, yet nearly forgotten, skill accessible to everyone.

Thank you for your purchase of Breadsmart tools. We hope you enjoy the enriching experience of baking your own loaf of bread and the satisfaction of breaking it with those you love.



TABLE OF CONTENTS

- 4 WHAT IS BREAD?
- 5 BENEFITS OF HOMEMADE BREAD
- 6 THE PROCESS
- 7 TYPES OF BREAD
- 8 BREADSMART TOOLS
- 10 WHIMSICAL WHITE RECIPE
- 12 WHOLY WHEAT RECIPE
- 14 RADICAL RYE RECIPE
- 16 SIMPLE SOURDOUGH RECIPE
- 18 RESOURCES
- 23 ABOUT BREADSMART



BENEFITS OF HOMEMADE BREAD

By baking your own homemade bread, you're put in control. You control of how it tastes, looks, costs, and even when it's ready, so you can have fresh bread waiting the minute dinner is served. Before you begin baking bread, you should consider all the benefits so you can appreciate them during the process and maximize the potential homemade bread offers.

health

Homemade bread is free of preservatives and the unnatural additives found in sliced bread. You can change your recipes to reduce sugar and sodium levels and add wholesome ingredients, like fiber-rich whole wheat, nuts, and oats. If you have a slight gluten sensitivity or IBS, homemade sourdough will be easier for you to digest because the ingredients have been fermented, which breaks down the gluten.

cost

Toast for breakfast, sandwiches for lunch, a baguette with dinner. Most households consume bread daily, often with every meal. Even if you normally buy sliced bread, eliminating it from your grocery bill will save you hundreds of dollars over time. Homemade bread requires simple and inexpensive ingredients that provide weeks of supplies.

reward

Bread baking is a unique life skill that is becoming rarer, and in turn, better appreciated. There are so many aspects of the process that will bring you satisfaction: from watching it rise, personalizing it with your own signature design, to taking that first warm bite. As your skills develop, so will your recipe book and secret techniques. A well-kept book of family recipes is something to be cherished and saved for future generations to share.

WHAT IS BREAD?

Flour. Water. Yeast. That's all you need to make bread. This recipe book will go more in depth than that, but bread can be as simple or as complex as you like and baked into an innumerable amount of shapes and sizes. But like much in life, we find simple is best.

Making bread is an easy process of creating a dough and baking it, with a couple of steps in between. The key to bread is a leavening agent to make it rise, such as yeast. The result is a delicious loaf that complements virtually any meal and can even be eaten on its own.

Baking bread is one of the oldest crafts in the world. Portable, delicious and filling, bread is deeply engrained in our history and has been a key to our sustenance for thousands of years.

THE PROCESS OF MAKING BREAD

mix dough

Mix your ingredients to create your bread dough.
This process is sometimes broken down into a few steps.

rise

Now it's time for the dough to ferment, which makes it grow in size and develop a nice flavor as the yeast "eats" the sugar from the flour and creates gas. This step is often referred to as first rise, first or bulk proof, or bulk fermentation.

shape & proof

The final rise.
The dough will rise once again, but only after it's been molded into its final shape, which it will maintain as it bakes.

score

Once the dough is proofed and ready to be baked, it must first be scored so it expands and rises properly in the oven.

bake

Finally, the dough becomes bread.
Bake the loaf in a regular oven and take in the wonderful aroma of fresh bread.

enjoy

Not even a high end bakery can give you bread this fresh and warm.
Eat it, freeze it, or give it away as a thoughtful gift to a loved one.

THE DIFFERENT TYPES OF BREAD

Artisan breads aren't only differentiated because of their ingredients, but also their shape. For example, a baguette is technically made of the same dough as boule, but they're considered different loafs because of their unique shapes (a baguette is long and skinny, and boule is round and fat).

We're going to keep things simple and focus on four fundamentally different types of bread: white, whole wheat, rye and sourdough. Although these breads all have similar loaf shapes, their ingredient lists are very unique from one another and will allow us to explore some of the basic—but most popular—homemade bread flavors. As you work through our recipes, you'll discover that not all bread dough is the same. You'll see how different factors and flours impact the look, feel and often entire process of baking the bread. Don't expect to have the same baking experience twice!



YOUR NEW BREADSMART TOOLS



danish dough whisk

Bread making starts by mixing ingredients together, which is what this whisk is for. Its anti-clumping design is perfect for sticky and thick bread dough. The rounded sides collect and mix ingredients stuck to the bowl.



smartscraper

This handy tool serves so many functions: scraping dough out of bowls, folding and mixing dough as a spatula, and scraping counters clean of dough and flour. It also has a ruler embossed on it, great for measuring the amount your dough has raised.



proofing basket

The proofing basket is used to shape the dough into a loaf shape and host its final proof before being baked. Simply flour or oil (or both) the basket before you mold your dough into it. We've also included a washable cotton liner for extra sticky dough (NOT OVEN-SAFE).



curved & straight lame

Before baking, the loaf has to be scored with the sharp blade in your lame for a proper rise. The dual-ended lame has two blade ends: straight and curved. A safety cap and ten replacement blades are also included. Please refer to your instruction sheet for important usage and safety information on the lame.



WHIMSICAL WHITE

Don't be fooled by its hearty crust: whimsical white is moist and spongy. The perfect bread for butter and dipping into oil and vinegar.

ingredients

| | |
|---|---------------------------|
| 3.5 cups all purpose flour (have extra on hand) | 0.75 tbsp fine salt |
| 1.5 cups warm water (95°F - 100°F) | 1 tsp instant dried yeast |
| 1 tsp sugar | 2 tbsp butter, melted |

directions

1. In a large bowl, mix together flour, water and sugar with your Danish whisk. Cover loosely with saran wrap and rest for 20 - 30 minutes.
2. Sprinkle salt and yeast onto the dough and mix by hand. Continue to mix until the ingredients are sufficiently combined and the dough is smooth.
3. Dust all sides of the dough with flour and cover. Leave it to rest somewhere warm for the bulk fermentation (page 18). You need to fold the dough twice: 15 minutes into the bulk fermentation and a second time 1 hour in (page 19). Cover again and leave to rest until the dough has doubled from its initial size (typically takes 4 - 5 hours).
4. Flour your proofing basket and counter top. Use your bench scraper to move the dough from the bowl to your counter, then shape the dough (page 19). Transfer the shaped dough to your proofing basket, seam up, and lightly press the dough so it evenly fills the basket.
5. Cover and leave the bread to proof for 30 minutes (page 20); the dough will continue to rise. Begin pre-heating your oven to 460°F. If you intend on baking in a Dutch oven or oven-safe baking pot, put it in the oven to pre-heat as well.
6. Transfer the dough to a floured counter by flipping the basket upside down. Lightly flour the bottom of your cooking vessel or cookie sheet (be careful if using a pre-heated device). Gently transfer the dough to your cooking vessel.

7. Use your lame to score the loaf before it goes in the oven with either the curved or straight blade (please refer to your instruction sheet for safety and usage information and see page 20 for techniques). Use swift and confident slashes and ensure the blade is inserted the full 0.25" into the dough.

8. Bake at 460°F for 30 minutes or until browned. If using a cooking vessel with a lid, such as a Dutch oven, remove the lid for the last 10 minutes of baking to further brown the crust. Once out of the oven, brush with melted butter and leave to cool before slicing.

MAKE IT YOUR OWN

Want a more powerful and tangy flavor? After the bulk fermentation on your counter, move the dough to your fridge for a couple of days. During this time, it will rise and fall, but that's to be expected. By the seventh day, it will taste almost like sourdough. Let it come close to room temperature and pick up right at step four.



WHOLY WHEAT

Practical and versatile, our whole wheat loaf is a family staple. This comforting and fiber-rich bread is perfect for sandwiches.

ingredients

| | |
|--|-----------------------------|
| 2.75 cups whole wheat flour | 0.5 tbsp fine salt |
| 0.75 cups all purpose flour (have extra on hand) | 0.5 tsp instant dried yeast |
| 1.75 cups warm water (95°F - 100°F) | 2 tbsp butter, melted |
| 1 tsp honey | |

directions

1. Pour your warm water into a measuring cup and add the honey; stir until completely dissolved.
2. In a large bowl, mix together the whole wheat and all purpose flours with your Danish whisk. Pour in the warm honey-water mixture and continue to mix. Cover loosely with saran wrap and rest for 20 - 30 minutes.
3. Sprinkle salt and yeast onto the dough, wet your hands, and mix by hand. Continue to mix until the ingredients are sufficiently combined. Wetting your hands periodically will prevent the dough from sticking to your skin.
4. Dust white flour onto your counter, then use your bench scraper to move the dough from the bowl to your counter for kneading (page 18). Modestly flour your counter as needed.
5. Move the dough back to your bowl, cover, and leave to rest somewhere warm for the bulk fermentation (page 18). The bulk fermentation is complete when the dough has over doubled in size (typically takes 5 hours).
6. Flour your proofing basket and counter top. Use your bench scraper to move the dough from the bowl to your counter, then shape the dough (page 19). Transfer the shaped dough to your proofing basket, seam up, and lightly press the dough so it evenly fills the basket.

7. Cover and leave the bread to proof for 1 hour (page 20); the dough will continue to rise. Begin pre-heating your oven to 350°F. If you intend on baking in a Dutch oven or oven-safe baking pot, put it in the oven to pre-heat as well.

8. Transfer the dough to a floured counter by flipping the basket upside down. Lightly flour the bottom of your cooking vessel or cookie sheet (be careful if using a pre-heated device). Gently transfer the dough to your cooking vessel.

9. Use your lame to score the loaf before it goes in the oven with either the curved or straight blade (please refer to your instruction sheet for safety and usage information and see page 20 for techniques). Use swift and confident slashes and ensure the blade is inserted the full 0.25" into the dough.

10. Bake at 350°F for 25 minutes or until browned. If using a cooking vessel with a lid, such as a Dutch oven, remove the lid for the last 10 minutes of baking to brown the crust. Once out of the oven, brush with melted butter and leave to cool before slicing.

MAKE IT YOUR OWN

Add flaxseeds, sunflower or sesame seeds for added nutritional value and texture. Adding seeds or oats to the crust is another great way to personalize it. On a health kick? Reduce the amount of honey or eliminate it all together.



RADICAL RYE

Earthy, dense and moist. Rye bread is the perfect breakfast loaf and goes well with European cheeses, jellies and cured meat.

ingredients

| | |
|---|---|
| 1 cup warm water (95°F - 100°F) | 1 packet of instant dried yeast (8g/1 tbsp) |
| 1 tbsp honey | 1 tsp fine salt |
| 2 cups all purpose flour | 1.5 tsp caraway seeds |
| 1.5 cups rye flour (have extra on hand) | 2 tbsp butter, melted |

directions

1. Pour your warm water into a measuring cup and add the honey; stir until completely dissolved.
2. In a large bowl, mix the flour, yeast and salt together with your Danish whisk. Pour in the warm honey-water mixture and continue to mix. If the dough is too crumbly and dry, add a bit more warm water.
3. Flour your counter and use your bench scraper to move the dough to your counter; knead the dough until smooth (page 18).
4. Return the dough to the bowl and cover loosely with saran wrap. Leave it to rest somewhere warm for the bulk fermentation (page 18) until it doubles in size (about 1 - 1.5 hours).
5. Use your bench scraper to move the dough back to your counter. Briefly knead the dough while sprinkling in caraway seeds to make sure they're evenly mixed.
6. Flour your proofing basket and shape the dough (page 19). Move the dough to your proofing basket, seam up, and lightly press so it fills the basket. Cover and leave the bread to proof for 30 - 60 until it has doubled in size (page 20). Preheat your oven halfway through to 450°. If you intend on baking in a Dutch oven or oven-safe baking pot, put it in the oven to pre-heat as well.

7. Transfer the dough to a floured counter by flipping the basket upside down. Lightly flour the bottom of your cooking vessel or cookie sheet (be careful if using a pre-heated device). Gently transfer the dough to your cooking vessel.

8. Use your lame to score the loaf before it goes in the oven with either the curved or straight blade (please refer to your instruction sheet for safety and usage information and see page 20 for techniques). Use swift and confident slashes and ensure the blade is inserted the full 0.25" into the dough.

9. Bake at 450°F for 30 minutes or until browned. If using a cooking vessel with a lid, such as a Dutch oven, remove the lid for the last 10 minutes of baking to further brown the crust. Once out of the oven, brush with melted butter and leave to cool before slicing.

MAKE IT YOUR OWN

Add complexity to the bread's flavor by adding a tablespoon of cocoa powder to your dough during step two.



SIMPLE SOURDOUGH

Tangy and sour. Who doesn't love a good sourdough grilled cheese? This recipe is a bit more advance. Don't try it if this is your first bread bake!

ingredients

2 cups active sourdough starter 1 cup water (add in slowly)
3 cups white flour 2 tbsp butter, melted
1 tsp salt

Don't feed your starter the day you want to bake and ensure you are feeding it bigger portions the days leading up to your bake so you have enough for the recipe, plus some extra to continue feeding.

For information on sourdough starters, including how to acquire one, refer to pages 20 - 22.

directions

1. In a large glass or plastic bowl, mix the starter, flour and salt with your Danish whisk. Slowly incorporate the water, continually stirring until thoroughly mixed.

Note: Do not use any metal or reactive materials during this process other than the Danish dough whisk, which is made of an extremely high quality non-reactive stainless steel.

2. Flour your counter and use your bench scraper to move the dough to your counter; knead the dough for 15 - 20 minutes, until smooth (page 18).

3. Add your cotton liner to the proofing basket and lightly dust it with flour. Shape your dough and add it to the basket, seam up (page 19). Cover loosely with saran wrap and leave to proof for at least 4 hours or overnight for 24 hours in the fridge (page 20). The longer it proofs, the more intense the flavor will be.

4. Preheat your oven to 450°. If you intend on baking in a Dutch oven or oven-safe baking pot, put it in the oven to pre-heat as well.

5. Transfer the dough to a floured counter by flipping the basket upside down. Lightly flour the bottom of your cooking vessel or cookie sheet (be careful if using a pre-heated device). Gently transfer the dough to your cooking vessel.

6. Lightly brush or spray the dough with water, then use your lame to score the loaf before it goes in the oven with either the curved or straight blade (please refer to your instruction sheet for safety and usage information and see page 20 for techniques). Use swift and confident slashes and ensure the blade is inserted the full 0.25" into the dough.

7. Bake at 425°F for 25 - 30 minutes or until browned. If using a cooking vessel with a lid, such as a Dutch oven, remove the lid for the last 10 minutes of baking to further brown the crust. Once out of the oven, brush with melted butter and leave to cool before slicing.

MAKE IT YOUR OWN

Get the crispiest crust by experimenting with steam. Before you preheat your oven, place an oven-safe cast iron pan on the bottom shelf. After you place your bread on the rack above, very carefully pour water into the pan below, standing as far away as possible to avoid getting burned by the extremely hot steam that will immediately be expelled. Quickly close the door and open it again ten minutes later to release the rest of the steam. Close the door and remove the pan after you're done baking and it has cooled.



EXTRA RESOURCES

Some tips and tricks to help you on your bread baking journey. Please note these hyperlinks go to external websites, such as YouTube, and are not affiliated with Breadsmart.

kneading dough

Kneading is done to develop gluten which creates the structure of your bread and makes the dough elastic. The process of kneading typically takes 10 - 12 minutes by hand or 8 - 10 in a mixer, and is complete when the dough is smooth and stretchy.

Steps for kneading dough by hand:

1. Lightly flour your counter.
2. Scrape your dough onto the counter with your bench scraper. Flip it over and press it a few times to shape it for kneading.
3. Using the heel of your hand, push 1/2 of the dough down and away from you, then use both hands to grab the edge closest to you and fold it back over into itself.
4. Rotate the dough a quarter of a turn and repeat this process of stretching and folding. If your dough begins to stick to the counter, use your scraper to remove it and lightly flour the surface again.

Click watch how to knead online: breadsmart.com/kneadingvid

To test if the dough is sufficiently kneaded, poke it with your finger; if the dough bounces back and fills the hole, it's kneaded. You can also rip off a small piece of dough and stretch it: if it easily stretches until translucent, it's done. If it rips, you need to continue kneading.

the bulk fermentation

The temperature of your kitchen will determine the speed your dough rises during the bulk fermentation process. Ideally, you want the temperature of your dough to be 75°F - 82°F. There are machines that can be used to control temperature, but improvising is easy.

Here are some tips if your kitchen is cool:

- Cover the bowl with a shower cap or loose saran wrap to better lock in warmth
- Put it inside of your oven, with the oven light on; if it's still not rising, place a bowl of warm water in too

- Place in an upper kitchen cabinet with the light below it on; hot air will rise through the cupboard

If too much warmth is your issue, monitor your dough more closely as it will rise much faster. You can also try bulk proofing in the basement or in the evening. If your dough rises too quickly, it won't be as flavorful. For this reason, a cooler environment is preferable.

folding dough

During the bulk fermentation period, dough often has to be folded. This helps strengthen the gluten and even the temperature as it rises.

Here are the steps to folding your dough:

1. Leave the dough in the bowl it's been rising in and reach underneath one side, stretch the dough, then pull it over to its opposite side (in a folding motion) and gently push down.
2. Continue reaching underneath, stretching, and folding until all four sides are done.
3. Flip the dough over, recover, and leave to continue the bulk fermentation.

Click watch how to fold online: breadsmart.com/foldingvid

shaping dough

Before your dough is put into the proofing basket, it should be shaped first. To do this, follow these simple steps:

1. Lightly flour your counter and place your ball of dough on it.
2. Press down on the dough and form a square shape.
3. Take the corners of the square and one-by-one pull them into the center, like you're doing origami.
4. The new shape will now have four new corners: take them again, one-by-one, and pull them into the center. It should look like a rounded bundle.
5. Fold the dough in half, as if to create a long log. It's easiest to place your index fingers in the center of the dough and use your thumbs to flip the dough over, onto the other half.
6. Gently roll the log with your hands a couple of times to gently smooth out the seam without pressing hard enough to thin the log (about 5 - 8 rolls).
7. After the dough is shaped, move it to a floured proofing basket with the seam side facing up.

Click watch how to shape online: breadsmart.com/shapingvid

Note: you do not need to divide your bread into two loafs as seen in the video.

proofing dough

When the dough done its final proof? Poke your finger into the top of the proofing loaf: if the indent slowly fills back, it's done. If it quickly bounces back, it's not proofed enough so keep waiting. If it doesn't bounce back at all, it's over-proofed.

Over-proofed dough will look oversized and puffy and will deflate when you try to score it (so don't bother trying!). If this happens, you need to punch down the dough (page 22). Put it back in a floured proofing basket, and this time monitor it closely because it will proof even faster; typically 20 minutes is enough time.

scoring your dough

Dough must be scored with a lame so it can properly expand and rise in the oven. The most important tip we're going to give you is to read your instruction sheet before you attempt to use your lame as the blades are extremely sharp.

Using your lame to score your dough is where you can get a little creative and personalize the loaf.

Here are some general tips on using our lame to score dough.

- The straight blade is easier to use than the curved for beginners
 - If your lame is sticking and pulling your dough, coat the blade in cooking spray
 - If there's a specific pattern you want to make, draw it out first
 - To make an "ear," use a curved blade and tilt your wrist to a 30° angle
 - Always make swift and confident slices with the full depth of the blade inserted (about 0.25")
 - The deeper the slash, the more the bread with open up and expand
 - To create an advanced artistic design, use lots of short and shallower slashes
-

obtaining a sourdough starter

The tangy, sour taste of sourdough derives a fermentation process through naturally occurring

yeast and bacteria. No baker's yeast is required for sourdough because it uses it's own yeast to rise. To bake real sourdough bread (some breads are just flavored to taste sour), a starter is needed. The starter contains wild yeast and lactobacill, and is critical for the fermentation process and the development of the famous sourdough taste.

There are three ways to obtain a sourdough starter:

1. If someone you know bakes sourdough, they can give you part of their starter to use and grow on your own. Some families pass down sourdough starters that are generations old. This is the most reliable and best option if it's available to you. Be sure to ask them for feeding and maintenance instructions for the best results.
2. You can buy a dehydrated started in stores or online. It will take a few days to activate the starter before you can bake with it. Remember this is a one-time purchase: you can maintain the starter on your own and keep it indefinitely with proper care. See page 22 for details.
3. You can capture your own wild yeast and try to grow one in your kitchen, but there's no guarantee it will be successful. You'll know it's working if the dough starts to bubble and takes on a sour and musty taste. By the end of the process, the dough should be webbed with hundreds of tiny bubbles and continually grow in size. This process will take up to a week.

If you want to try this method, follow the steps below. Be sure not to use any metal bowls or utensils:

- In a 2-quart glass or plastic container, mix 3/4 cups all-purpose flour and 1/2* cup of warm water (always use chlorine and fluoride-free). Vigorously stir with a wooden or plastic spoon until smooth: it will be a very thick and wet dough.
- Use your bench scraper to mix in any excess flour sticking to the sides; loosely cover with saran wrap and leave to rest at room temperature (70-85°F) for 24 hours.
- After 24 hours there should be bubbles in the mixture. Feed it by stirring in 3/4 cup flour and 1/2 cup warm water and stirring until smooth again. Cover and leave to rest again for 24 hours. Continue with this step even if you don't see any bubbles.
- After 24 hours, remove about half of the starter mass and compost it. Feed it again and stir until smooth. Cover and leave to rest again for 24 hours. You should have noticed bubbles by this point when you uncovered the dough. If not, try adding abit of rye flour and increasing the time to 48 hours between feedings.
- Continue this process of removing half of the starter and feeding it for 5 to 6 days. During this process, the dough will get more and more bubbly as bacteria and yeast are created and grow in size; it will also start to smell musty and sour.

- When the starter is very bubbly, almost foamy looking, and is doubling in size within 8 hours of being fed, it's ready. It should smell very sour and taste a bit like vinegar. You can now use half of it to make bread and save the other half for future bread making. Instructions on how to maintain the reserved half on page 22.

*If you have access to a scale, feeding your starter its weight in flour and water is the best (1:1:1). To do this, start with 115g water and 115g flour. Once you begin the process of discarding half, leave 115g of starter then feed it 115g water and 115g flour.

storing & maintaining a sourdough starter

To maintain your starter, you need to continually feed it. If you intend on baking sourdough throughout the week on a regular basis, you can leave the starter on your counter and continue discarding half of it, feeding it with 3/4 cups of flour and 1/2 cup of warm water, stirring until smooth, and covering it, repeating the process every 24 hours. If you own a food scale, use it instead to weigh equal parts water and flour for feeding.

If you don't plan on baking sourdough on a regular basis, tightly cover it and store it in the fridge. You'll only have to do the feeding process once a week (note: this also includes discarding half of the starter before feeding and mixing it until smooth afterwards). Leaving it out overnight on feeding days will also help keep the bacteria healthy. If you want to take a really longer break, double the feeding and store covered in the fridge.

To use your starter after refrigeration, take it out 2 to 3 days before you intend on baking and begin the feeding process. Compost half of the starter, feed it, mix and cover to ensure it's active before you bake. You'll know it's active when the intense bubbles return again.



ABOUT BREADSMART

Breadsmart is a brand of Masontops dedicated to providing modern tools to make traditional artisan breads. Good bread is simple and pure, with no preservatives and a short list of ingredients. This concept inspired us to make tools that reflect that same simplicity.

Breadsmart products are easy-to-use and made of durable, high-quality materials. Our comprehensive tool set is comprised of fundamental bread tools that together make the perfect kit.

discover your inner artisan

Making bread has deep roots in community and collective living. That's why at Breadsmart, we don't just provide you with the tools to make your own bread, but the resources as well—like this recipe book.

Many avid bread bakers share so much more than a loaf with friends: they share their ideas, recipes and experiences. Together, they weave a rich community where people collaborate and unify their knowledge for everyone's benefit. The days of guilds and apprentices may be gone, but the internet has created a world forum for bakers across the globe to unify.

We encourage you to share what you've learned, from things that have worked to things that haven't, your favorite recipes, and even ask for help. Join us on Facebook and Instagram so we can talk bread.



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INDEX

- Bench Scraper, 8
- Bulk Fermentation, 18
- Bulk Proof, 18
- Danish Dough Whisk, 8
- Dough Whisk, 8
- Final Proof, 21
- First Proof, 18
- First Rise, 18
- Folding, 19
- Kneading, 18
- Lame, 8, 20
- Over Proofed, 21
- Poke Test, 21
- Proofing, 21
 - Basket, 8
 - Over Proofed, 21
 - Poke Test, 21
- Radical Rye, 14
- Rye Bread, 14
- Scoring Dough, 20
- Scraper, 8
- Shaping, 20
- Simple Sourdough, 16
- Sourdough, 16
 - Maintaining, 22
 - Starter, 20
 - Storing, 22
- Spatula, 8
- Whimsical White, 10
- Whisk, 8
- White Bread, 10
- Whole Wheat Bread, 12
- Wholy Wheat, 12