



The Delta Mill Society Presents

Bread Making

using Old Stone Mill Flour

(based on a bread making course taught by **Louise Richards**)

Bread making requires only four main ingredients – flour, water, salt, and yeast, plus a dash of this and that to enhance baking and flavour. The recipes included here are just to get you started, we encourage you to experiment. Different types of flour and baking techniques combine to create the taste and texture of the bread.

At its most basic, making leavened (risen) bread involves adding yeast to wet flour. Wetting the flour initially develops the gluten, while kneading the flour makes the gluten strands stronger. Yeast reacts (ferments) with sugars in the flour to produce carbon dioxide (CO₂) - this causes the dough to rise. The amount of the rise will help determine the “lightness” of the bread while the amount and strength of the gluten determines the chewiness. The strain of wheat used to make the flour, the type of flour, and the bread making process will all determine the taste.

Our flour comes from heritage Red Fife wheat, a hard spring wheat, high in protein (gluten) and lower in starch. This makes it an ideal bread making flour and it's the reason Red Fife was originally developed and remains popular today.

General Tips:

- Store your flour in a cool dry place - Old Stone Mill Flour does not contain any preservatives
- Use flour that has been aged at least 1 week
- Use non-softened water
- Use fresh (non-expired) yeast (instant dry yeast is recommended)
- Ideal room temperature for dough rising is 27°C (81°F)
- Some recipes use a steam tray during the initial baking to ensure moist loaf. Be sure to take it out at the recommended time to ensure a nice crust.

Terms Used:

Mixing: combining ingredients with water to form dough

Kneading: hard mixing of the dough to develop the gluten

Fermentation (1st Rise): yeast uses sugar to grow, producing CO₂ which forms bubbles in the dough

Knock Back: punching down the dough (and sometimes a bit of folding) to expel the CO₂ (gases) in the dough

Benching: letting dough rest on the counter

Proof (2nd Rise): rising of the dough shaped into bread loaves

Steam Tray: a metal pan placed in the oven on the shelf below the bread. A bit of water (¼ to ½ cup) is added to the pre-heated tray when the bread is put in the oven. This creates steam and a moist environment for the initial baking of the bread.



Old Stone Mill White Bread

by Louise Richards

- ✓ 6 ½ cups of Old Stone Mill Fine Flour
- ✓ 1 ½ tbsp of instant dry yeast
- ✓ 1 ½ tbsp of table salt
- ✓ 3 tbsp of vegetable or canola oil
- ✓ 1 tbsp of white sugar
- ✓ 2 cups of warm water

Place all the ingredients in a bowl.

Mix for **2 to 3 minutes**

Knead for approximately **10 minutes**

Place dough in bowl and cover with a plate

Ferment for **1 hour 20 minutes**

Turn out dough on counter and **knock back**

Bench for **10 minutes**

Mold to desired shape (makes 2 loaves)

Proof, covered with clean tea towel, for **1 hour**

Heat oven (with dry steam tray) to **450°F (230°C)** for at least 5 minutes before baking.

Add small amount of water to steam tray. Bake bread for **30 minutes**. Take steam tray out after **10 minutes**.

Olive Oil Dough

by Louise Richards

This dough is good for pizza bases, loaves or Focaccia.

- ✓ 6 ½ cups of Old Stone Mill Fine flour
- ✓ ¼ cup of virgin olive oil
- ✓ 2 cups of warm water (add a bit more water if needed)
- ✓ 1 tbsp of salt
- ✓ 1 ½ tbsp instant dry yeast
- ✓ 1 tbsp of granulated sugar
- ✓ 2 tsp of chopped rosemary

Same method and temperature as for Old Stone Mill White Bread.

Old Stone Mill Brown Bread

by Louise Richards

- ✓ 4 ½ cups of Old Stone Mill Bolter or Whole Grain flour
- ✓ 2 cups of Old Stone Mill Fine flour
- ✓ 1 ½ tbsp of instant dry yeast
- ✓ 1 ½ tbsp of table salt
- ✓ 3 tbsp of vegetable or canola oil
- ✓ 1 tbsp of brown sugar or 1 tbsp of molasses
- ✓ 1 cup of warm water
- ✓ 1 cup of warm milk

Same method and temperature as for Old Stone Mill White Bread.

Old Stone Mill Whole Wheat Bread

by Louise Richards

This will be a heavier loaf but very healthy !

- ✓ 6 cups of Old Stone mill Whole Grain or Bolter flour
- ✓ 2 cup of warm water
- ✓ 1 tbsp of instant dry yeast
- ✓ 1 tbsp of salt
- ✓ 2 tbsp of honey
- ✓ 3 tbsp of vegetable or canola oil

Lightly mix the flour and water in a bowl and leave to rest for **1 hour**.

Add remaining ingredients

Knead for approximately **10 minutes**

Place dough in bowl and cover with a plate

Ferment for **1 hour 30 minutes**

Turn out dough on counter and **knock back**

Bench for **10 minutes**

Mold to desired shape (makes 2 loaves)

Proof, covered with clean tea towel, for **1 hour 30 minutes**

Heat oven to **400°F (200°C)** at least 5 minutes before baking.

Bake for **30 minutes**



PROBLEM SOLVING

SHAPE		TEXTURE	
Fault	Cause	Fault	Cause
Poor volume	<ul style="list-style-type: none"> - too much yeast - too little salt - too little liquid - weak flour - under/over mixing - oven too hot 	Too dense	<ul style="list-style-type: none"> - too little liquid - too little yeast - under fermented - under proofed - too much salt
Too much volume	<ul style="list-style-type: none"> - too much salt - too much yeast - over proofed - too much dough 	Too open	<ul style="list-style-type: none"> - too much yeast - too much liquid - incorrect mixing time - over proofed
Poor shape	<ul style="list-style-type: none"> - too much liquid - too much oven steam 	Too crumbly	<ul style="list-style-type: none"> - too little salt - flour too weak - baking temp too low - fermentation too long or short - over proofed
CRUST		FLAVOUR	
Fault	Cause	Fault	Cause
Too pale	<ul style="list-style-type: none"> - oven temp too low - baking time too short - too little sugar/milk - over fermented - over proofed 	Poor Flavour	<ul style="list-style-type: none"> - too little salt - rancid ingredients - under fermented - over fermented
Too dark	<ul style="list-style-type: none"> - opposite of above 		
Split Crust	<ul style="list-style-type: none"> - over mixing - oven too hot - uneven oven temp 		
Blisters	<ul style="list-style-type: none"> - too much liquid 		
Too thick	<ul style="list-style-type: none"> - over cooked - too little sugar/fat 		