

## Bread and Pastry Recipes

### Brioche

Fernande Garvin, *The Art of French Cooking* (New York: Bantam Books, 23<sup>rd</sup> printing – 1970s), pp. 156-157

Contributed by Diane Wolford Sheppard

**Instructions for Brioche:** the only trick with brioche is in the kneading of the dough. In fact, it is more a beating than a kneading, and the fluffiness and smoothness of the brioche is in direct relationship to the amount of the “elbow grease” spent in this operation.

To give a good beating to the dough, take it well in hand by one end, lift it, and without loosening your grasp smack it on the floured board. Then take it by the other end and do the same thing, over and over again. The stroke actually comes from the elbow not the shoulder.

#### Ingredients:

1 cake yeast  
4 cups sifted flour  
½ teaspoon salt  
¼ cup milk  
1 tablespoon granulated sugar  
1 cup butter  
6 eggs

1. Soften yeast in ¼ cup warm water. In a bowl, mix yeast with 1 cup flour. Shape into ball. Cover ball and let stand in a warm place for 30 minutes.
2. Meanwhile, place remaining flour in mixing bowl. Make a well in center of flour. Place salt, sugar, milk, eggs, and ½ cup butter in well. Work together with fingers, bringing flour gradually towards center. Lift dough with hand and beat it on a floured board until resilient. Cut remaining butter into small pieces and gradually work butter into dough, but working dough as little as possible. When well blended, add flour and yeast mixture from bowl, working gently with fingertips.
3. Shape dough into a ball and place in bowl. Cover bowl and let stand at room temperature for 4 hours, or until dough has doubled its volume. Punch down dough, which will then return to its original volume. Keep overnight in refrigerator.
4. When ready to use, punch dough again. Shape dough according to shape of mold (special brioche mold, loaf pan, ring, etc.), and fill generously buttered mold no more than two-thirds full. Let stand for 30 minutes, or until dough rises and reaches rim of mold. Brush with melted butter and bake at 450° F for approximately 15 minutes or until brioche is browned, and a cake-tester or pointed knife in center comes out clean.

### **Croissant**

Fernande Garvin, *The Art of French Cooking* (New York: Bantam Books, 23<sup>rd</sup> printing – 1970s), p. 158  
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2 yeast cakes  
¼ cup lukewarm water  
4 cups sifted flour  
½ teaspoon salt  
1 tablespoon sugar  
1 ½ cups milk  
¾ pound butter

1. Dissolve yeast in water. Stir in one cup of flour and shape into a ball. With a knife, cut a cross on the top of ball. Cover with towel and let stand in warm place until doubled in volume. Meanwhile, place remaining flour on board. Add salt and sugar. Make well in center and add milk, working dough until smooth. Add raised dough and mix well. Shape dough into ball. Cover with towel and let stand for 15 minutes. Roll out dough into rectangle about ½ inch thick.
2. Work butter until smooth and all water is removed. Shape butter into a square and place it on center of dough. Fold both ends of dough over center, one on top of the other. Roll out dough and fold again in the same manner. Keep dough overnight in refrigerator.
3. When ready to use, give dough a turn (We use the expression a “turn” to mean the whole operation of rolling, folding, turning, and again rolling and folding.) Let stand in refrigerator for 1 hour. Roll out dough ½ inch thick and cut into 6 squares. Cut squares diagonally making 12 triangles. Starting from the base, roll up each triangle loosely. Give the roll the shape of a crescent by turning in both ends of roll. Place crescents on baking sheet. Cover with a towel and let stand in warm place for about 1 hour, or until they have doubled in volume. Brush with milk or beaten egg and bake in 350° F for 30 minutes, or until browned.

### **French Bread**

Yvonne Young Tarr, *The New York Times Bread and Soup Cookbook* (New York: Quadrangle Books, Inc. 1972), pp. 195-196

Contributed by Diane Wolford Sheppard

2 packages dry active (or cakes of compressed) yeast  
2 ½ cups warm water (105° - 115° F)  
1 tablespoon salt  
1 tablespoon melted butter  
6 ½ - 7 cups flour, unsifted  
1 ½ tablespoons cornmeal  
1 egg white  
1 tablespoon cold water

In large mixing bowl dissolve the yeast in warm water. Stir gently. Add the salt and butter. Stir in 2 ½ cups of the flour. Mix at medium speed of an electric mixer for 2 minutes until well blended. Blend in 1 more cup of flour and mix at high speed for 2 minutes, scraping the bowl from time to time. The result will be a fairly sticky dough. Add enough of the remaining flour so that the dough becomes fairly stiff. Knead for a few minutes on a lightly floured board. Place the dough in a large greased bowl, turning it over once to grease the top. Cover with a cloth and let it rise in a warm, draft-free place until doubled in size (approximately 1 hour). To tell whether it has risen enough, press the tips of two fingers into the dough (about ½ inch). If the dents stay, the dough is ready to punch down.

Punch the dough down and turn it out on a lightly floured board. Knead for a minute or two, then divide the dough in half. Shape each half into a long tapered loaf. Butter a baking sheet and sprinkle the sheet with the cornmeal. Place the loaves on the baking sheet, or if the sheet is not long enough shape both into semicircles and place one inside the other. Cover loosely with a linen towel and set in a warm, draft-free place. Allow the loaves to double in bulk (about 1 to 1 ½ hours). Score the surfaces by making several diagonal cuts ¼ inch deep with a sharp knife. Brush lightly with egg moistened with 1 tablespoon cold water. Preheat the oven to 400° F. Place a pan of hot water on the bottom of the oven, and bake the bread until crusty and golden brown (approximately 55 minutes). Remove from the oven, slide the bread from the baking sheet, and cool on a wire rack. Serve warm as a heart accompaniment to any soup.

Makes two loaves

### **Gougère**

Yvonne Young Tarr, *The New York Times Bread and Soup Cookbook* (New York: Quadrangle Books, Inc. 1972), pp. 202-203

Contributed by Diane Wolford Sheppard

⅓ cup butter  
1 cup milk  
¼ teaspoon salt  
1 cup flour, sifted  
4 large eggs  
1 tablespoon heavy cream  
½ cup Swiss (or Gruyère) cheese, shredded  
1/8 teaspoon dry mustard  
3 tablespoons Swiss (or Gruyère) cheese, diced

Heat the butter and milk in a large saucepan over a low flame. When the butter melts, blend in the salt and the flour, stirring constantly and energetically until the mixture comes away from the side of the pan. Beat one egg at a time into the dough. Remove the pan from the stove after adding each egg so the dough does not burn, beating constantly while on an off the stove. Thoroughly mix the heavy cream, the shredded cheese, and the dry mustard into the thick dough after removing it from the stove. Grease a 10-inch glass pie plate and mound the mixture in it. Garnish the top with the diced cheese and bake it in an oven preheated to 375° F. After 30 minutes, turn the heat down to 350° F and bake 10 minutes longer (40 minutes in all). Serve hot with lots of butter.

### **Hearthcake (La Fouace)**

Yvonne Young Tarr, *The New York Times Bread and Soup Cookbook* (New York: Quadrangle Books, Inc. 1972), pp. 201-202

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1 package dry active yeast  
⅓ cup lukewarm water  
4 ½ cups unbleached white flour  
1 ½ tablespoons salt  
1 ½ cups lukewarm milk  
¾ cup walnuts  
½ cup sweet butter, softened  
½ cup whole wheat flour (approximately)  
Cornmeal, coarse

Mix the yeast into the lukewarm water and allow it to soften. Meanwhile, measure the unbleached white flour into a large bowl and add the salt. Make a well in the center of the flour with your fist. Place the softened yeast into the well and add the lukewarm milk. Stir the dough thoroughly. Chop the walnuts coarsely. Blend the walnuts and the softened butter into the dough. Sprinkle the whole wheat flour on a pastry board and turn the dough out onto the board. Knead in as much whole wheat flour as is necessary for the dough to hold its shape. Place the dough in a large bowl, cover it, and allow it to rise in a warm, draft-free place until it doubles in size (about 2 hours). Punch the dough down. Knead it for five minutes on a very lightly floured board. Shape it into a ball and place it on a baking sheet lightly sprinkled with coarse cornmeal. Press the dough down slightly to form a rounded loaf. Cover and allow it to rise for 20 minutes. Make a shallow slash in the top of the bread with a very sharp knife. Place the baking sheet on the middle shelf in an oven preheated to 425° F. Fill a pan with hot water and set it on the bottom of the oven. Bake the bread for 30 minutes at 425° F. Remove the hot water, reduce the oven temperature to 300° F and bake 30 minutes longer. Slide the bread from the baking sheet and cool it on a wire rack.

Makes 1 loaf; serve warm with butter

### **Savarin**

Fernande Garvin, *The Art of French Cooking* (New York: Bantam Books, 23<sup>rd</sup> printing – 1970s), p. 161  
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2 cups flour  
1 envelope active dry yeast  
½ cup lukewarm milk  
4 eggs  
2/3 cup butter  
2 tablespoons butter  
½ teaspoon salt

Sift flour in mixing bowl. Dissolve yeast in milk, and stir in flour. Beat eggs lightly and add to dough, working dough until smooth. Add butter and continue working until well blended. Cover bowl and let stand in warm place for 30 minutes. Add sugar and salt to dough and work until blended. Butter generously a large ring mold and fill not more than 2/3 full with dough. Let stand for one hour or until dough rises and reaches rim of mold. Bake at 400° F for 15 minutes, or until browned. Unmold while hot. While still warm, pour rum syrup (see below) over it. Serve cold.

### **Rum Syrup**

Fernande Garvin, *The Art of French Cooking* (New York: Bantam Books, 23<sup>rd</sup> printing – 1970s), pp. 161-162

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½ cup sugar  
¾ cup water  
1 tablespoon lemon juice  
3 tablespoons Jamaica rum

In small, heavy saucepan, combine sugar and water. Bring to a boil and continue boiling for 5 minutes, stirring constantly. Remove from fire. When syrup is lukewarm, add lemon juice and rum. Pour over Savarin.