

THE LAROUSSE

BOOK OF

BREAD

RECIPES TO MAKE AT HOME

More than  
80 step-by-step  
recipes from  
France's most  
celebrated  
baker



ÉRIC KAYSER

PHAIDON

# THE LAROUSSE BOOK OF BREAD

## RECIPES TO MAKE AT HOME

- Parisian master baker Éric Kayser and Larousse, publisher of the iconic culinary encyclopedia, present 80 bread recipes for home cooks and professionals to master
- Recipes range from a simple farmhouse bread to gourmet treats such as croissants and Viennese chocolate bread
- A comprehensive guide to techniques, ingredients, and equipment provides the tools for success



BREAD  
ROLLS



SPECIALTY  
BREADS



SWEET BREADS  
& PASTRIES



TRADITIONAL  
BREADS



BREADS  
WITH OIL



ORGANIC  
BREADS



BREADS  
WITH EXTRAS

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PHAIDON

THIS BOOK BELONGS TO:

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Many of the recipes in this book have been in my family for more than 250 years and it gives me great pleasure to pass them onto you.

Here are a few tips that will help your baking:

When I go to the local markets in France to buy fresh yeast, I can easily find it. This is not the case in America where bakers may find it a little more difficult. For all recipes calling for fresh baker's yeast, you can substitute dry yeast *in half of the quantity designated in the recipe.*

Cup measurements have been provided throughout the book for your convenience. Baking is a science and I would always recommend using metric measurements for complete accuracy and best results. Scales are available where cooking supplies are sold.

More tips and notes are available on page 16 or go to [phaidon.com/bread](http://phaidon.com/bread) for ideas, offers, and more content. *Bon appétit!*

— ÉRIC KAYSER

THE  
**LAROUSSE**  
BOOK OF  
**BREAD**

RECIPES  
TO MAKE AT HOME

ÉRIC KAYSER



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# BOULE

Makes 1 boule, about 920 g

## TIMINGS

- Mixing & kneading: 10 min
- First rising: 1h30 min
- Proofing: 2h
- Baking: 40-45 min

## INGREDIENTS

- 500 g (4 cups) all-purpose (plain) flour
- 350 g (1 1/2 cups) water at 68°F (20°C)
- 100 g (scant 1/2 cup) liquid sourdough starter (or 25 g [3 tablespoons] dry sourdough starter)
- 2 g (1/2 teaspoon) fresh baker's yeast, crumbled
- 10 g (2 teaspoons) salt



## KNEADING IN A STAND MIXER

Put all the ingredients in the bowl. Knead with the dough hook for 4 minutes at low speed, then 6 minutes at high speed.

## KNEADING BY HAND

Put the flour on a work surface or in a mixing bowl and make a large well in the center. Pour in half the water, then add the starter, fresh yeast, and salt. Mix well, then add the remaining water and blend until all the flour is incorporated. Knead the dough until it becomes smooth and elastic [ 1 ].

Shape the dough into a ball and cover with a damp cloth. Let rise for 1 hour 30 minutes to 2 hours. It will have increased in volume by the end of the rising time [ 2 ].

Place the dough on a lightly floured work surface. Turn it over, then bring the edges in towards the center [ 3 ] and press them down gently. Turn the dough over again and shape it between your hands, while pressing down on the work surface, to create a well-rounded ball [ 4 ]. Cover with a damp cloth and leave to proof for 2 hours.

Place a baking sheet on the bottom shelf of the oven and preheat to 450°F (230°C). Transfer the dough onto another baking sheet lined with parchment (baking) paper. Score the surface in a crosshatch pattern (see page 39). Just before putting it in the oven, pour 50 g (scant 1/4 cup) of water onto the preheated baking sheet. Bake for 40-45 minutes.

Remove from the oven and leave to cool on a wire rack.



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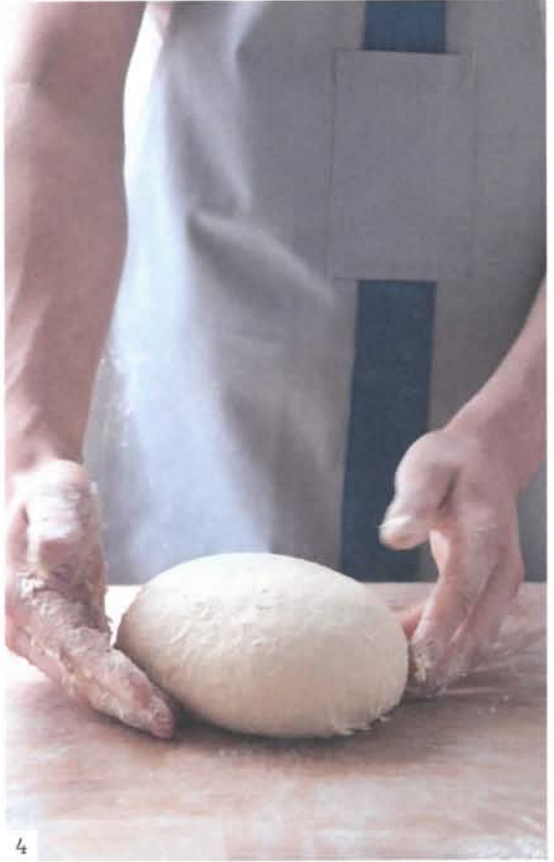
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# ORGANIC WHOLE WHEAT BREAD

Makes 3 loaves,  
each about 320 g

## TIMINGS

- Mixing & kneading: 10 min
- First rising: 1h
- Resting: 15 min
- Proofing: 1h 30 min
- Baking: 25 min

## INGREDIENTS

- 500 g (4 cups) organic coarse whole-wheat flour, plus extra for dusting
- 360 g (scant 1½ cups) water at 68°F (20°C)
- 100 g (⅓ cup) organic liquid sourdough starter (or 25 g [3 tablespoons] organic dry sourdough starter)
- 2 g (½ teaspoon) fresh baker's yeast, crumbled
- 10 g (2 teaspoons) salt
- sunflower oil for greasing

You will need 3 loaf pans with sliding lids, each ¾ × 8 × 3¼ inches (9.5 × 20 × 8 cm). Alternatively, use ordinary loaf pans, although you won't get the same square shape.

## KNEADING IN A STAND MIXER

Place all the ingredients in the bowl and knead with the dough hook for 4 minutes at low speed, then for 6 minutes at high speed.

## KNEADING BY HAND

Put the flour on a work surface or in a mixing bowl and make a large well in the center. Pour in half the water, then add the starter, fresh yeast, and salt. Mix well, then add the rest of the water and blend until all the flour has been incorporated [ 1 ]. Knead the dough by throwing it forcefully onto the work surface and folding it over on itself [ 2, 3 ], until it becomes smooth and elastic.

Shape into a ball and cover with a damp cloth. Leave to rise for 1 hour. The dough will have increased in volume by the end of the rising time.

Dust the work surface. Divide the dough into 3 equal pieces and shape them into balls. Cover with a damp cloth and leave to rest for 15 minutes.

Oil the 3 loaf pans and the inside of the lids. Working with 1 piece of dough at a time, use the palm of your hand to flatten it gently. With the long side facing you, fold in a third towards the center [ 4 ] and press along the edge with the heel of your hand. Swivel the dough 180 degrees. Turn the ends of the dough inwards to adjust the length so that it will fit the pan. Fold in a third, lengthwise, and press down again [ 5 ]. Fold one half on top of the other and seal the edges together with the heel of your hand. Shape the other 2 loaves the same way.

Place the loaves in the pans, seams underneath; they should take up between one-third and half the space. Close the lids and leave to rise for 1 hour 30 minutes, by which time the dough will have expanded to almost fill the pans [ 6 ].

Preheat the oven to 450°F (230°C). Make sure the lids are on securely, and then bake for 25 minutes.

Remove from the oven, turn out the loaves, and leave to cool on a wire rack.



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4



# ORGANIC WHOLE WHEAT BREAD

Makes 3 loaves,  
each about 320 g

## TIMINGS

- Mixing & kneading: 10 min
- First rising: 1h
- Resting: 15 min
- Proofing: 1h 30 min
- Baking: 25 min

## INGREDIENTS

- 500 g (4 cups) organic coarse whole-wheat flour, plus extra for dusting
- 360 g (scant 1 1/2 cups) water at 68°F (20°C)
- 100 g (1/3 cup) organic liquid sourdough starter (or 25 g [3 tablespoons] organic dry sourdough starter)
- 2 g (1/2 teaspoon) fresh baker's yeast, crumbled
- 10 g (2 teaspoons) salt
- sunflower oil for greasing

You will need 3 loaf pans with sliding lids, each 3/4 x 8 x 3 1/4 inches (9.5 x 20 x 8 cm). Alternatively, use ordinary loaf pans, although you won't get the same square shape.

## KNEADING IN A STAND MIXER

Place all the ingredients in the bowl and knead with the dough hook for 4 minutes at low speed, then for 6 minutes at high speed.

## KNEADING BY HAND

Put the flour on a work surface or in a mixing bowl and make a large well in the center. Pour in half the water, then add the starter, fresh yeast, and salt. Mix well, then add the rest of the water and blend until all the flour has been incorporated [ 1 ]. Knead the dough by throwing it forcefully onto the work surface and folding it over on itself [ 2, 3 ], until it becomes smooth and elastic.

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