

Hazelnut Bread

Adapted from *Breads at the Academy*

By Cynthia Scheer, John Phillip Carroll, California Culinary Academy, 1993

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½ cup warm water (105 to 115 degrees F)

2 ½ tsp instant (bread machine) dry yeast (½ tsp per cup flour)

1 or 2 teaspoons sugar

Pour water into large bowl of an electric mixer. Sprinkle yeast and sugar on top. Let stand to proof (about 5 minutes).

1½ cup warm water (105 to 115 degrees F)

2 tablespoons soft butter

1 cup whole-wheat flour

~4 cups bread flour

¾ cup hazelnuts chopped into small pieces

1½ - 2 teaspoons salt

Stir in water and butter. Mix whole-wheat flour and bread flour in a separate bowl. Then re-measure, and in ½ cup increments, add 3½ cups of mixed flour to mixer bowl on low speed. Once flour is blended in, mix on medium until smooth and elastic (about 5 minutes). Then add nuts.

Add salt to remaining 1½ cups mixed flour. Add to mixer bowl in ½ cup increments, stopping before dough becomes too heavy for mixer to knead. Then knead for about 3 - 5 minutes by mixer. Use some of the remaining reserved flour to flour a pastry board. Transfer dough to the floured pastry board, kneading and adding flour until dough is smooth and satiny and no longer sticky. (If you need more flour to make the dough not sticky, use additional bread flour.)

Form a ball with the dough and place into a greased heavy ceramic bowl, turning dough to oil all sides. Cover with a damp dish towel and let rise in a warm place (e.g., on the radiator) until doubled, about 1¼ to 1½ hours.

After dough has doubled, punch down, turn out onto floured board. Let rest 10 minutes. Knead and fold dough lightly, then shape it into 2 or 3 round loaves. Place on baking parchment on a wooden cutting board or flat cookie sheet. Cover with damp cloth, and let rise until doubled, about 45 - 60 minutes.

Preheat a pizza or baking stone for about 15 minute at 375 degrees F.

egg white and water

Mix about 2 teaspoons of egg white with 2 teaspoons of water. Brush onto tops of loaves. With a very sharp knife slash tops of loaves about ½ inch deep in a tic-tac-toe pattern. Transfer parchment with loaves by sliding it onto the hot pizza stone and bake loaves on the stone until golden brown and loaf sounds hollow when tapped, about 30 - 40 minutes. Cool on wire rack. Makes 2 very large loaves or 3 medium loaves.