

Parmesan Pepper Bread

Adapted from *Breads at the Academy*

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

ISBN 1564260518, 9781564260512

1½ cups lukewarm water (105 - 115 degrees F.)

1 package active dry yeast

1 tablespoon sugar

Pour water into large bowl from an electric mixer. Temperature should be 105 - 115 degrees F, (If your bowl is cold, that will cool the water, so take the bowl temperature into account.) Sprinkle yeast and sugar on top. Let stand to proof (about 5 minutes).

2 tablespoons extra-virgin olive oil

1½ teaspoon salt

½ - ¾ teaspoon coarsely ground black pepper

3½ - 4 cups (total) bread flour or unbleached all-purpose flour (start with 2½ cups, reserve rest).

8 tablespoons (about ½ cup) grated Parmesan (reserve 2 tablespoons for topping)

Add oil to mixer. Add 2 cups flour, in ½ cup increments, on low speed. Add salt and pepper to ½ cup flour and add to bowl. Mix on medium until smooth and elastic (about 5 minutes). Then add 6 tablespoons of cheese. Switch to dough hook and stir in an additional 1 cups flour, in ½ cup increments, to form a soft dough. Then knead for about 12 - 15 minutes (either by mixer or on a floured pastry board) adding flour until dough is smooth and satiny and no longer sticky. Final kneading will likely need to be done on pastry board. Dust board with just enough flour to keep from sticking. *[Recipe said small bubbles should form just below surface of dough.]*

Form a ball with the dough and place into a greased 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 1 to 1½ hours.

After dough has risen, punch down, transfer to pastry board lightly dusted with flour. Knead lightly into a ball. Cover with inverted bowl and let the dough rest for 10 minutes. Shape into 2 to 4 free form oval loaves as desired, and place on parchment paper lined baking pan. Allow the loaves to rise until doubled in bulk, about 25 to 45 minutes. If using a baking stone, pre-heat oven and baking stone to 375 degrees F.

1 egg white, beaten with 2 teaspoons water

Pre-heat oven to 375 degrees F. Brush the top of the bread with beaten egg white. Using a sharp knife, make 2 or 3 diagonal slashes, about ½ inch deep, across each loaf. (If making slashes before brushing with egg whites, dough may be too dry/firm and you may need to start each slash with a small shallow puncture.) Gently press grated parmesan cheese onto the top of each loaf. If using a baking stone, transfer parchment paper with loaves to baking stone. Otherwise bake on parchment lined baking sheet. Bake at 375 degrees F for 15 to 25 minutes or until nicely browned.