



Folding Proofer

Recipes

Model FP-201

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For your safety, read the instruction manual before using product.

Congratulations on your purchase of a Brød & Taylor Folding Proofer!



Bread

*Ideal environment for
fermenting and rising*



Yogurt

*Easily make
up to 8 litres*



Chocolate and more

No-hassle melting

Accomplished cooks know that the secret to many kitchen processes — from rising bread, to making yogurt, to tempering chocolate, to making healthy probiotic foods — is accurate, reliable low temperature control. That's why professionals invest thousands of dollars in space-consuming commercial proofing ovens, tempering machines, and commercial fermenters. Until now, there has been no comparable product for home kitchens. Professional bakers have the ability to control fermentation temperatures to produce the best flavors in their loaves. Now you have the same reliability and control as the pros with a counter top Proofer that folds flat for storage. The Folding Proofer makes wholesome bread baking easier than ever with an optimal proofing environment plus easy storage.

Set the digital temperature control lower for a slow, flavor-producing rise. Turn up the heat to give yeast a boost on a cold day or to warm up refrigerated dough. Choose moderate temperatures for sourdough and rye breads. A large window provides a view of the spacious interior where a bowl or two full-sized loaves fit easily. No need to cover the dough as the included water tray keeps humidity at an optimum level.

Also use this multi-functional kitchen appliance to make yogurt and creme fraiche, melt and hold tempered chocolate, soften butter, and aid other low temperature kitchen processes.

Rustic Pizza Crust

This easy recipe is our favorite pizza crust. The soft dough is a pleasure to work with and forms a nicely raised border with a crisp crust and open crumb. The dough can be mixed any time the day before, or on the morning of making the pizzas. Mix the night before, then divide and proof the next day after lunch.

Makes about 15 oz of dough, enough for two 10-12 inch thin crust pizzas.

Pizza Dough	Volume	Grams	Ounces	Baker's Percentage
Unbleached AP flour*	2 cups, spooned	234 g	8.25 oz	92.9%
Whole wheat flour	2 Tbsp	18 g	0.65 oz	7.1%
Water, ice cold	3/4 cup	179 g	6.30 oz	71.0%
Instant yeast	1/2 tsp	1.6 g		0.6%
Salt, preferably sea salt	1 tsp	5.6 g		2.2%
Olive oil, for kneading and coating containers				
Semolina, for coating the underside of the pizza (optional)				

Equipment: Brød & Taylor Proofer, pizza stone.

Mix Ingredients. Before measuring the water, add ice and allow to chill. While the water is chilling, mix the dry ingredients in a medium bowl, being careful to put the yeast and salt in separate areas of the bowl. Whisk or stir until well combined. Measure or weigh the chilled water, add to dry mixture and mix with a spoon until all the flour is moistened. Cover and place in the refrigerator for 20 minutes to hydrate the flour and begin chilling the dough.

Develop Structure. After the dough has chilled, lightly oil a clean bowl, your hands, and the kneading surface with olive oil. Turn the dough out and stretch into a rectangle. Fold the rectangle like a business letter, then rotate the dough and stretch and fold again, so that all four sides of the dough have been folded to the center. Do this a second time, stretching the dough and folding all four sides to the center. The dough should feel noticeably firmer and smoother.

Retard the Dough. Place the dough in the oiled bowl and turn it over so that it is lightly coated with oil. Cover and chill in the refrigerator for at least six hours, or up to 30 hours. This will allow the gluten to form and plenty of flavor to develop.

Choose a Timetable. From the chart below, choose a fermentation temperature and its corresponding time to remove the dough from the refrigerator. For example, if you would like to bake the pizzas at 6pm, then setting the Proofer to 24C would mean taking the dough out of the refrigerator 4.5 hours ahead of baking, at about 1:30pm.

Proofer Temperature	Approximate Time in Proofer	When to Take the Dough out of the Refrigerator
21C	4 hrs 30 min	5 hrs 30 min before baking
24C	3 hrs 20 min	4 hrs 20 min before baking
27C	2 hrs 30 min	3 hrs 30 min before baking
29C	2 hrs 10 min	3 hrs 10 min before baking
29C, Quick Pizza Variation	1 hr 10 min	no refrigerator time

Divide the Dough. Set up the Proofer with water in the tray and the rack in place. Set the thermostat and allow the Proofer to come to temperature.

Remove the dough from the refrigerator, scrape it out onto a lightly oiled surface and cut it into two pieces with a sharp knife. Shape each piece into a ball by drawing all the edges up, then pressing seams gently to close. Place the dough balls in a lightly oiled container, such as a 23x33cm pan, or put each ball into a bowl.

Proof the Dough. Set the container(s) with the dough balls in the Proofer and allow the dough to relax and ferment until about doubled in size. A gentle poke with your finger should produce an indent that remains. If the dough was mixed with ice water and thoroughly chilled, it should generally follow the guidelines listed above.

Preheat the Oven. One hour before baking, place a pizza stone in the lower third of the oven and preheat to 260C. The goal is for the underside of the crust to be crisp and browned at the same time that the topping ingredients are cooked. If the pizzas are done on top but not browned enough underneath, next time move the stone to a lower position. And if they are getting too done on the bottom before the tops are finished, move the stone to a higher rack.

Shape the Crusts. Sprinkle semolina over a 30cm round piece of parchment, leaving the outer portion of the circle bare. Even though it isn't necessary for creating a non-stick surface, we use a little semolina with parchment because it creates a crisp and delicious crust. If shaping on a peel, use a more generous layer of semolina so the pizza won't stick. Shaping on parchment is easier than a peel, because the dough

will stick to the parchment and not spring back when stretched, yet once the pizza is baked for a minute or so, the non-stick properties of the parchment kick in and the pizza slides off the paper effortlessly.

Keep the crust not being worked on covered. Place a dough ball seam side down in the semolina, and with oiled fingertips tap the dough down to form a disc. Gently stretch the dough into shape, leaving a thicker rim at the edge and focus on stretching rather than pressing down. This can be done either by stretching with oiled fingers from the top of the dough, or by sliding the underside of the dough over the backs of floured hands and stretching gently from side to side. When finished, cover with an inverted pan or bowl and work on the other pizza.

Top and Bake the Pizzas. If desired, cover the crusts and allow to proof for 30 minutes on the counter in order to create the most open crumb possible in the border of the pizzas (this is optional, but is built into the timetable). If the pizzas were shaped on a peel, it is best to omit the 30-min rise to help avoid sticking to the peel. Add toppings and bake on the pizza stone for 8-10 minutes, using a peel or the back of a sheet pan to transfer the pizzas to the oven. About half way through the baking, rotate the pizzas to promote even browning and slide out the parchment so the pizza finishes baking directly on the stone.

Variation - Quick Pizza Crust

This method creates a warmer dough that is ready to bake in just two hours. The flavor is still good, though not as rich and fully developed as the mix-ahead version. With flavorful toppings the pizzas are delicious.

Use the same ingredients and procedure as above, except use lukewarm (38C) water. Let rest at room temperature for only ten minutes, and omit the refrigerator time. Directly after stretching and folding the dough, divide it in half, round into balls and transfer to a pan or bowls. Proof the pre-shaped crusts at 29C for about one hour and ten minutes, then shape and bake.

If the optional 30 minute rise after the crust is stretched to its final shape is omitted, the pizzas can be ready to bake about two hours after mixing the dough.

Golden Three-Wheat Boule

This bread has a beautiful golden crumb, a sweet, complex aroma and a rustic crust. Bread flour from hard red winter wheat forms the backbone of the bread, while durum wheat and whole grain “white” wheat contribute wonderful flavor. The flour is sifted to remove the larger bran flakes, creating a high-extraction flour that won’t compromise the bread’s structure like whole grain flour can. The bran is then used to coat the outside of the boule, creating a textured, rustic crust. This bread is equally at home with olive oil or butter and pairs wonderfully with soups or roasts. It’s also great with Manchego cheese or for making Panini.

Plan Ahead: The poolish needs to ferment for 12 hours (overnight) before mixing the dough.

Poolish	Volume	Grams	Ounces
Unbleached flour with about 12% protein	5/8 cup, spooned	79 g	2.8 oz
Semolina (coarse durum) flour	1/4 cup, spooned	39 g	1.4 oz
Instant yeast	1/16 tsp	.02 g	
Water, 20-21C	1/2 cup	118 g	4.2 oz

Equipment: Fine strainer or sifter, Brød & Taylor Proofer. A Dutch oven works well to create a steam chamber for the bread as it bakes.

Mix and Ferment the Poolish. Set up the Proofer with the water tray in the middle of the warming plate and fill the tray half full with water. Put the rack in place and the lid on, then set the thermostat to 22C and allow it to warm.

Add all the poolish ingredients to a bowl and stir or whisk vigorously until very smooth and lump free. Scrape down the sides of the bowl, cover, and ferment in the Proofer for 12 hours at 22C. When the poolish is ripe, it will have doubled in size and the surface will be covered with bubbles (you may see some pop) and a few wrinkles or dents.

Main Dough	Volume	Grams	Ounces
Poolish, all from above			
Unbleached flour with about 12% protein	1 cup, spooned	127 g	4.5 oz
Whole-grain white wheat flour (sifted to remove some of the bran)	3/4 cup, spooned	86 g	3.0 oz
Instant yeast	1/4 tsp	0.8 g	
Water, lukewarm	scant 1/2 cup	113 g	4.0 oz
Salt, preferably sea salt	1 1/8 tsp	6.4 g	

Prepare the Whole Wheat Flour. Before measuring or weighing, remove the larger bran particles from the whole grain flour by tapping it through a fine strainer or sifter. You'll create a mound of golden high-extraction wheat flour and have coarser bran left in the strainer. Reserve the bran for coating the outside of the boule.

Mix the Dough. Add the flours, yeast and water to the poolish and mix just until all the flour is moistened. Cover and let rest for 20-30 minutes. **Add the salt** and knead it into the dough until well combined, about 3-4 minutes.

Ferment the Dough. Transfer the dough to an oiled container (olive oil works well) with a capacity of about 1.5 litres and turn to coat the dough with oil. Allow the dough to ferment in the Proofer for a total of 2 hours at 26C. During the first hour, stretch and fold the dough three times. To stretch and fold, gently stretch one side of the dough with oiled fingers, then fold it towards the center and repeat on the opposite side, creating a business letter fold. Repeat with the other two sides, forming a square package in which all four sides have been stretched and folded to the center. After three stretch/folds, leave the dough undisturbed for the remaining hour, until it doubles in size (to about one litre in volume).

Shape and Proof the Boule. Cut an oval of parchment about 30cm long (the longer ends will serve as handles to lower the bread into the Dutch oven) and set aside. Cover a circular area about 18-20cm in diameter with a thick layer of the reserved white wheat bran, then turn the dough out onto the bran, smooth (top) side down. Being careful to maintain as much air in the dough as possible, gently fold all four sides of the dough to the center to form a square package. Then pull the corners up and towards the center. Gently flip the boule over onto the oval parchment and set it on a sheet pan or plate for support. Set the proofing temperature to 26C and proof uncovered for 60 minutes.

Preheat the Oven and Bake the Bread. While the boule is proofing, place a rack in the lower third of the oven and preheat to 230C. Prepare your favorite method of creating steam in the oven. If using a cast iron Dutch oven, preheat the pan for only 10 minutes to avoid scorching the bottom crust.

Gently score the bread with a very sharp knife or baker's lame, dipping the blade in water before each cut. Place the boule in the preheated Dutch oven, still on its parchment (use the parchment to lower it into the hot pan). Place the lid on top and bake for 20 minutes. Remove the lid, rotate the bread to facilitate even browning and bake for an additional 20 minutes, until well browned. The internal temperature should be 96-99C. Remove the bread from the pan, slide it off the parchment and allow to cool before slicing.

Overall Bread Formula	Grams	Ounces	Baker's Percentage
Unbleached flour, 11.7% – 12.3% protein	206 g	7.3 oz	62.5%
Whole grain white wheat flour (sifted to remove bran)	86 g	3.0 oz	25.9%
Semolina flour	39 g	1.4 oz	11.7%
Instant yeast	1.0 g	0.04 oz	0.3%
Water	236 g	8.3 oz	71.5%
Salt	6.4 g	0.23 oz	1.9%

Proportion of total flour that is pre-fermented: 36%

Cranberry Pecan Boule

This delicious boule is studded with toasted pecans and tart cranberries, and has the wholesome goodness of whole wheat.

Poolish	Volume	Grams	Ounces
Unbleached bread flour	3/4 cup	118 g	4.4 oz
Instant yeast	1/4 tsp		
Water, 21-25C	1/2 cup	118 g	4.4 oz

Mix and Ferment the Poolish. Set the Proofer to 23C and put the water tray in the middle of the warming plate with 60 ml of water in it. Place the rack on top of the tray. Mix all the ingredients for the poolish in a large mixing bowl. The mixture will resemble a thick batter. Place the bowl in the Proofer for 4 hours, until it inflates into a bubbly, soft, and sweet-smelling sponge.

Main Dough	Volume	Grams	Ounces
Poolish, all from above			
Water, warm room temp (24-29C)	1 cup	236 g	8.3 oz
Instant yeast	1 tsp	3.2 g	0.11 oz
Unbleached bread flour	2 1/4 cups	284 g	10.0 oz
Stone ground wheat flour	3/4 cup	102 g	3.6 oz
Salt	2 tsp	11.4 g	0.20 oz
Dried cranberries	1/2 cup	72 g	2.5 oz
Pecans, toasted and coarsely chopped	1/2 cup	57 g	2.0 oz

Equipment: Brød & Taylor Proofer, colander or banneton, pizza stone.

Mix and Knead the Dough. Set the Proofer temperature to 27C degrees and check to see that there is still water in the tray. Add the water to the poolish and stir it around to loosen it up. Then add the yeast, flours, and salt, and stir until a rough dough forms. Lightly dust a kneading surface with flour and turn the dough out. Knead by hand until a smooth and elastic dough forms, about 10 minutes, or 7-8 minutes using a stand mixer with a dough hook attachment. Add the cranberries and pecans and work them into the dough until they are evenly distributed.

Ferment the Dough. Put the dough into a lightly oiled bowl and place back in the Proofer at 27C. Let the dough rise for 60-90 minutes or until it has doubled in volume. The dough is somewhat heavy due to the addition of cranberries and nuts so it does take a while to rise fully.

Shape and Proof the Boule. Turn the dough out onto a lightly floured counter and shape the dough into a tight round ball. Place the dough ball seam side up into a well floured dough rising basket or a bowl/colander lined with a heavily floured linen cloth. Dust the exposed surface of the loaf lightly with flour and place back into the Proofer. Let the dough rise for 1 hour, or until it has almost doubled in bulk. A gentle depression made with a floured finger should spring back slowly.

Preheat the Oven. Prepare the oven an hour before baking. Place a baking stone on the middle rack and a cast-iron skillet at the bottom of the oven. Preheat the oven to 260C degrees.

Score and Bake the Boule. Turn the dough out onto a baking peel or inverted baking sheet lined with parchment. Using a very sharp knife or baker's lame, score the top of the loaf and quickly place onto the hot baking stone. Being careful to keep your face away from the oven and using oven mitts to protect your hands, add 120 ml of water to the cast-iron skillet and quickly close the door. Bake for 5 minutes, then lower the temperature to 232C and continue to bake for 25-30 minutes or until the loaf is a deep brown color and sounds hollow when tapped on the bottom. The internal temperature should be about 96C. Allow the loaf to cool completely before slicing.

Overall Bread Formula	Grams	Ounces	Baker's Percentage
Unbleached bread flour	402 g	14.2 oz	79.8%
Stone ground wheat flour	102 g	3.6 oz	20.2%
Water	354 g	12.5 oz	70.2%
Instant yeast	4.0 g	0.14 oz	0.8%
Salt	11.4 g	0.40 oz	2.3%

Recipe courtesy of Melissa Langenback, thebakersguide.com

Country Wheat Sandwich Bread

This soft sandwich loaf is made with 22% whole wheat flour and is enriched with a touch of butter and milk for delicious flavor.

	Volume	Grams	Ounces	Baker's Percentage
Unbleached bread flour	3 1/2 cups	446 g	15.75 oz	81.7%
Whole wheat flour	3/4 cup	100 g	3.5 oz	18.3%
Sugar	2 Tbsp	25 g	0.88 oz	4.6%
Unsalted butter, soft	2 Tbs	28 g	1.0 oz	4.6%
Salt	1 1/2 tsp	8.4 g	0.29 oz	1.5%
Instant yeast	1 1/2 tsp	4.8 g	0.17 oz	0.9%
Water, 75-80F	1 1/4 cups	295 g	10.4 oz	54.0%
Whole milk	1/4 cup	61 g	2.1 oz	11.2%

Equipment: Brød & Taylor Proofer, 23x13cm loaf pan.

Mix and Knead the Dough. Set up the Proofer with water in the tray and the temperature at 29C. In a large bowl, combine all of the ingredients and mix until a rough dough forms. Turn the dough out onto a lightly floured surface and knead for 7-10 minutes by hand or 5-6 minutes using a stand mixer with a dough hook attachment, until the dough becomes smooth and elastic. Add as little flour as possible during kneading so that the bread doesn't become dry or tough.

Ferment the Dough. Form the dough into a ball and transfer to a lightly oiled bowl. Allow the dough to ferment in the Proofer at 29C for 1- 1 1/2 hours, or until the dough has doubled in volume.

Shape and Proof the Loaf. Shape the loaf by turning the dough out onto a lightly floured counter and gently pressing it into a rectangle. Roll the dough up into a tight log, starting from the short side. Place the loaf into an oiled loaf pan, seam side down. Place the shaped loaf into the Proofer (still set at 29C), and allow the dough to rise until top of the dough domes over the rim of the pan by 2.5cm. This will take about 45-60 minutes.

Preheat the Oven and Bake the Loaf. About 45 minutes before baking, preheat the oven to 177C. Bake the loaf about 35-45 minutes until it is a deep golden brown. It should sound hollow when tapped on the bottom or register an internal temperature of 93C. Let the loaf cool completely before slicing.

Recipe courtesy of Melissa Langenback, thebakersguide.com

Brød & Taylor Sourdough

This rustic bread gets complex flavor and a mild, delicious tang from a little dark rye in the sourdough starter. It has enough whole wheat and rye to give it a robust, earthy flavor, yet still retains a moist and open crumb with a bit of chew.

Timing: Mix the starter the night before baking and plan on mixing the final dough about 12 hours after the starter.

Equipment: Brød & Taylor Folding Proofer, pizza stone, and pans for your favorite steaming method. A thermometer can be helpful for gauging water, dough and internal baked bread temperature.

Sourdough Starter

	Volume	Grams	Ounces
Sourdough starter*	1 Tb + 1 tsp	18 g	0.6 oz
Unbleached flour, about 12% protein	5 1/2 Tbs	50 g	1.8 oz
Whole grain rye flour**	3 Tbs	20 g	0.7 oz
Water	2 Tbs + 1 tsp	38 g	1.3 oz

*Ideally a mature, active white starter with 100% hydration.

**If dark rye flour is unavailable, medium rye, whole wheat or unbleached flour can be substituted.

Build the Starter. Mix all the ingredients in a bowl and stir until well combined. Transfer to a clean jar or container and cover. Ferment at 22C for 10-12 hours in the Proofer, until risen by 2.5x.

Main Dough

	Volume	Grams	Ounces
Unbleached flour, about 12% protein	2 3/8 cups	341 g	12 oz
Whole wheat flour	3/8 cup	55 g	1.9 oz
Water, lukewarm	1 cup + 3Tbs	281 g	9.9 oz
Salt	1 1/2 tsp	8.6 g	0.3 oz

Mix and Autolyse the Main Dough. Check that the Proofer has water in the tray and set the thermostat to 26C. Warm the water to about 29-32C (cooler if room temp is over 23C). Measure or weigh the flours into a bowl, add the water, and mix until all the flour is moistened. Make a

well in the dough and add all the sourdough starter from above. Without mixing the starter into the dough, draw the sides of the dough up and over the top of the starter to encase it. Cover and let sit for 30 minutes.

Add the Salt. Sprinkle the salt over the main dough and mix until both the salt and starter are fully incorporated. Transfer to a lightly oiled container with a volume of at least 1 litre.

Ferment the Dough at 26C. Set the dough in the Proofer and ferment for about 2.5 - 3.5 hours. Perform a four-way stretch and fold (all four sides get stretched and folded to the center) after the first 60 minutes and again at 120 minutes. Then leave the dough undisturbed until it reaches a volume of 1 litre.

Pre-Shape the Dough. After the dough reaches 1 litre, give it one last stretch and fold to create a square package, then cover and let rest on the counter for about 15 minutes before shaping. While the dough is resting, prepare a 23x33 cm sheet pan or proofing basket with baker's linen or a well-floured kitchen towel.

Shape into an Oval or Round. Place the dough smooth side down on a lightly floured surface and shape into a plump oval about 20 cm long (or a round boule). For the oval, fold the square package in half with the seam at the edge closest to you. Seal the seam by pressing towards the work surface. Flip the loaf over with the top side down and the seam centered and facing up, and place it on the linen-lined sheet pan.

Proof the Loaf. Place the loaf in the Proofer, still set to 26C, for 2 - 2.5 hours, until visibly larger but still able to spring back slowly when gently pressed with a finger.

Prepare to Bake. About an hour before baking, place a pizza stone in the middle of the oven and preheat to 232C. Prepare to steam the oven using your regular method (such as tossing ice on a preheated sheet pan) or set out a deep, oven-proof rectangular pan to cover the loaf and create a steam chamber.

Slash and Bake with Steam at 232C. Gently invert the loaf onto parchment or a floured peel. Brush excess flour from the top and sides of the loaf. Using a baker's lame or serrated knife, slash in two long, slightly angled lines.

Slide the bread onto the hot stone and steam the oven or cover the loaf. Bake for about 40 minutes, until the crust turns deep golden brown and the internal temperature reaches at least 93C. After 20 minutes of baking, turn the loaf 180° to facilitate even browning and remove the cover or steam pan. Cool before slicing.

Overall Formula

	Grams	Ounces	Baker's %
Unbleached flour, about 12% protein	400 g	14.1 oz	84.3%
Whole wheat flour	55 g	1.9 oz	11.6%
Whole rye flour	20 g	0.7 oz	4.1%
Water	328 g	11.6 oz	69.1%
Salt	8.6 g	0.3 oz	1.8%

Making Yogurt: Custard-Style, Greek or Classic

This recipe details all the steps for making thick, creamy “custard-style” yogurt, plus straining instructions for Greek yogurt.

Custard-Style Yogurt

This method highlights two techniques for creating thick yogurt: holding milk at 90C for ten minutes before culturing, and allowing the yogurt to thicken at a lower temperature. This “custard” style of yogurt is delicious and is also the best recipe to make frozen yogurt.

Milk	4 cups/1 litre	1/2 gallon/ 2 L	1 gallon/ 4 L	2 gallon/ 8 L
Yogurt	2 Tbs/ 30ml	1/4 cup/ 59ml	1/2 cup/118ml	1 cup/ 237ml

Use the corresponding amount of yogurt starter shown above depending on how much milk you are using.

**Either store-bought or reserved from a previous batch of yogurt.*

Equipment: Brød & Taylor Proofer, thermometer, glass mason jars or other heat-proof containers with a capacity of one quart/one liter or less. Everything that will touch the milk should be scrupulously clean and dry.

Step One: Heat Milk to 90C and Hold for 10 Minutes. Using either a microwave or the stovetop, heat milk to 90C. If using the stovetop, stir frequently to prevent scorching. Hold the temperature of the milk above 90C for ten minutes. Depending on batch size, it may be necessary to use low heat (stovetop) or a short burst in the microwave to keep the milk hot. *Tip: Whisking the milk to cover the surface with bubbles will prevent the milk from forming a skin during heating and cooling.*

Step Two: Cool Milk to 46C. Remove the milk from the heat and allow to cool to at least 46C. For faster cooling, place the container of milk in a pan or sink of cold tap water. While the milk is cooling, set up the Proofer with the wire rack and tray in place, and the temperature at 49C. (No need to put water in the tray.)

Step Three: Add Yogurt to the Milk. Put the yogurt with live cultures into a small bowl. Gradually stir in enough of the warm milk to liquefy the mixture and mix until smooth. Then pour the liquefied culture back into the large container of milk and stir gently to distribute. Pour the milk into jars, top with lids and place in the Proofer. *Tip: For proper heat circulation and the most accurate culturing temperature, arrange the jars so that they are not directly over the center of the Proofer.*

Step Four: Culture at 49C for an Hour, then Lower the Heat to 30C.

Set a kitchen timer for one hour, then after that hour turn the Proofer down to 30C. *It's important not to let the yogurt remain at 49C for more than an hour in order to avoid whey separation and lumpy texture.*

Step Five: Check the Yogurt after Two Hours. Check the yogurt by gently tilting a jar to the side to see if the milk has set. If you have used a higher protein milk or a fast-acting culture, it may be ready in just 2 hours (one hour at 49C plus one at 30C). Most yogurts will take about 3-4 hours to set, or the yogurt can be cultured longer for a more tart/sour flavor. When the yogurt is ready, put it into the refrigerator and allow it to chill thoroughly. Be sure to reserve enough yogurt to start your next batch.

Greek Yogurt

Strain the yogurt. Line a colander or strainer with several layers of cheesecloth or one layer of paper coffee filters. Set over a bowl and spoon in the yogurt. Cover and refrigerate. Allow it to strain for 1-3 hours, or until desired thickness is reached.

Classic Yogurt

Heat Milk to 71-74C. Heating milk to different temperatures before culturing creates different styles of yogurt. Our custard-style method (above) makes yogurt that is thicker and tastes a little creamy/nutty from the cooked milk. Yogurt made from milk kept below 77C is thinner and tastes fresh, a little fruity and more tart. To make this classic style of yogurt, heat the milk to 74C, being careful not to exceed 77C. Then cool and culture according to steps two through five, above.

Strawberry Frozen Yogurt

Making Creamy Frozen Yogurt. To keep the texture creamy, limit the water content so that large ice crystals are less likely to form. Both milk and strawberries have plenty of water, so we strain the yogurt and reduce the juices that drain from the berries. It's also best to denature the whey proteins in dairy with heat according to the custard-style method of making yogurt. The whey proteins will remain in the yogurt after straining and in their denatured state they are more effective at keeping ice crystal size small and the texture of the frozen dessert creamy.

Makes about .7 litres of pre-mix, or about 1-1.2 litres of frozen yogurt.

1 litre whole milk yogurt*, strained overnight to create extra-thick yogurt

284 g frozen strawberries

6 tablespoons (75g) sugar, or more to taste

1/2 tsp vanilla extract

1/8 tsp almond extract

Optional: fresh strawberries for garnish

*Made in the custard style detailed in our recipe, including holding the milk at 91C for ten minutes before culturing.

Equipment: An ice cream freezer, and either two (.5 litre capacity) or four (.25 litre capacity) pre-frozen containers. Pre-freezing the containers and dividing the frozen yogurt up into smaller portions allows the fastest freezing, so that ice crystals don't have as much time to grow large and make the texture grainy.

Prepare the Strawberries. In a medium bowl, sprinkle the sugar over the frozen strawberries and allow them to thaw and give off juice. Drain the juice (our berries gave off about 90 ml of juice) and boil the juice in the microwave or stovetop until reduced to 60 ml. Pour over strawberries and stir to dissolve any remaining sugar. Puree strawberries and their reduced juice in the blender, or, for a more chunky texture, chop the berries into pieces small enough to easily pass through the gaps in your ice cream maker blades.

Make and Chill the Pre-Mix. Fold the fruit into the extra-thick yogurt and stir in the extracts. Taste and correct for sugar (the mixture will seem a little less sweet after freezing). Chill the pre-mix thoroughly, then freeze according to your ice cream maker's instructions.

After freezing and mixing in the ice cream maker, transfer to the pre-frozen containers and allow to freeze until a little firmer, about 30 minutes. If desired, garnish with fresh strawberries.

Lactose-Free Yogurt

Make lactose-free yogurt without the high sugar levels and additives that are often found in commercial products. Regular milk and classic live cultures create a delicious, pure yogurt.

To eliminate the lactose in regular milk, we use a long, carefully controlled culture in the Proofer to give beneficial bacteria enough time to consume the milk sugars. This creates a yogurt that works well for most lactose-sensitive individuals.

Milk	4 cups/1 litre	1/2 gallon/ 2 L	1 gallon/ 4 L	2 gallon/ 8 L
Yogurt	2 Tbs/ 30ml	1/4 cup/ 59ml	1/2 cup/118ml	1 cup/ 237ml

Use the corresponding amount of yogurt starter shown above depending on how much milk you are using.

**Either store-bought or reserved from a previous batch of yogurt.*

Equipment: Brød & Taylor Folding Proofer, thermometer, glass mason jars or other heat-proof containers for culturing, with a capacity of one quart or less. Everything that will touch the milk should be thoroughly clean and dry.

Step One: Scald the Milk. Using either the microwave or stovetop, heat the milk to 93C. If using the stove top, stir frequently to prevent scorching on the bottom of the pan. Watch the milk carefully as it approaches a boil to avoid boiling over. Once milk reaches 93C, remove from heat. Cover and keep warm for 10 minutes. *Tip: Whisking the milk to cover the surface with bubbles will prevent the milk from forming a skin during heating and cooling.*

Step Two: Cool Milk to 46C. Uncover the milk and allow it to cool until it is 46C or lower. For faster cooling, set the container of milk into a pan or sink full of cold water. While the milk is cooling, set up the Proofer with the rack in place and the temperature at 49C.

Step Three: Add Live Culture Yogurt. To inoculate the milk, add the yogurt with live cultures to a small bowl. Gradually add enough warm milk to the bowl to thin the yogurt and stir until smooth. Add the liquefied culture back into the larger container of milk and stir gently to combine. Pour the milk into jars, top with lids and place in the Proofer. *Tip: For the best heat circulation and most accurate culturing temperature, arrange the jars so that they are not directly over the center of the Proofer.*

Step Four: Culture at 49C for an Hour, then Lower the Heat to 30C.

Set a kitchen timer for one hour, then turn the heat down to 30C. It's important not to let the yogurt remain at 49C for more than an hour in order to avoid the whey separation and lumpy texture that can come from culturing too hot.

Step Five: Set Aside Yogurt to Make Your Next Batch. After about three hours (one hour at 49C plus two at 30C), remove enough yogurt to serve as the starting culture for your next batch of yogurt. Store it in the refrigerator and consider labeling it "contains lactose". It is important to remove some yogurt early so that your culture will still have enough food (lactose) to last until it is time to make your next batch.

Tip: It is convenient to include one small container among your larger culturing jars, so that it can be easily removed early to serve as the seed culture for your next batch of yogurt.

Step Six: Culture for a Total of 19 Hours. In order to allow the yogurt cultures to consume all of the lactose in the milk, culture for a total of at least 19 hours (one hour at 49C and 18 hours at 30C). This is the point at which our tests showed that acidity stopped increasing, indicating that all of the available lactose had been consumed by the culture. When the culturing is complete, chill the yogurt thoroughly in the refrigerator.

Making Lactose-Free Honey-Vanilla Yogurt

The 19-hour culture creates a lactose-free yogurt that is thick and creamy but quite tart. To create a mild, lightly sweetened honey-vanilla yogurt, first stir in the baking soda and allow to sit for a few minutes while some of the acid is neutralized. Then stir in the vanilla and honey (or sugar) to taste. The yogurt will thin slightly after stirring. This is mild enough to appeal to kids. You may strain the yogurt before sweetening.

Plain lactose-free yogurt	1 cup (8 oz/ 250ml)
Baking soda	1/4 tsp
Vanilla extract	1/4 tsp
Honey (or sugar)	2-3 tsp, or to taste

Custard-Style Lactose-Free Yogurt

For a mild, naturally sweet yogurt without added sugar, another option is to make our original **Custard-Style Yogurt** recipe using lactose-free milk and lactose-free, live culture yogurt from the grocery. That will create a mild, naturally sweet yogurt with a subtle “cooked sugar” taste. The extra sweetness comes from the lactose-free milk, in which lactase enzymes break down lactose into other sugars (glucose and galactose), which have a naturally sweeter taste than lactose.

Tempering Chocolate

Tempering allows the right crystal structure to form from the cocoa butter in chocolate, making the texture smooth, shiny and crisp.

Step One: Melt the Chocolate. Set up the Proofer with wire rack in place and the thermostat at 46C. The water tray may be placed underneath the rack, but make sure it is completely dry. The entire Proofer should be dry to prevent the chocolate from seizing.

Place about 3/4 of the chocolate in a heat-proof bowl, setting aside the other 1/4 to use as “seed” chocolate. Your chocolate can be white, milk or dark, but it should be real chocolate containing cocoa butter, not palm oil or other non-chocolate fats (candy melts or some brands of white chocolate should not be used for tempering). It is not necessary to chop the chocolate, but smaller pieces will melt faster.

Place the bowl on the wire rack in the Proofer and allow the chocolate to melt slowly and safely. Four ounces (113g) of chocolate will be completely melted in 60 minutes or less, larger quantities may take longer.

Step Two: Adjust the Proofer Temperature. When the chocolate is completely melted, remove it from the Proofer and lower the thermostat to the correct holding temperature, normally about 32C for dark chocolate or 30C for milk or white chocolate. Leave the top open briefly so the Proofer will cool.

Step Three: Seed the Chocolate. While the Proofer is cooling, add a piece (or pieces) of the reserved, un-melted chocolate to the bowl to provide seed crystals for the cooling chocolate. Stir continuously as the seed chocolate melts, and continue stirring until the temperature of the chocolate cools to 33C for dark chocolate or 30C for milk or white chocolate.

To check if the chocolate is tempered, dip a spoon into the melted chocolate and place in the refrigerator until firm. The chocolate should be hard and smooth with no streaking. If this test is a success, place the chocolate back into the Proofer to hold at the right temperature to maintain the temper. If the chocolate is streaked, the tempering process may need to be repeated.



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