



The Baking Academy
of Ireland

Old Lucan Road, Palmerstown Village, Dublin 20

Artisan Hand Made Breads

We are the Baking Experts

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Types of bakeries

There are many types of bakery in Ireland and most of them fall into the following categories:

- (a) Factory Bakeries:** More than 80% of the bread is manufactured in large factories (plants).
- (b) In-store Bakeries:** Part baked products baked off in store. Also use prepared mixes.
- (c) Craft Bakeries:** Some products made from scratch while others are made using prepared mixes;
- (d) Artisan Bakeries:** All products made using artisan methods i.e. from scratch (recipe);

Retailing bread

- (1) Most bread is sold in supermarkets and the most popular bread is sliced pan bread.**
- (2) Many supermarkets make bread and sell it through their own in-store bakeries , or,**
- (3) Supermarkets often use their own ovens to bake off frozen part baked products.**
- (4) Supermarkets also sell a range of bread supplied by local craft/artisan bakers.**
- (5) Vacuum packed bread is also available and may be re-heated in a domestic oven.**
- (6) It is estimated that there are 250 bakeries in Ireland and many have their own shop through which the baker sells his own bread, or more commonly the shop is attached to a coffee shop.**



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Bread There are three basic types of bread; white, brown and wholemeal. Bread is available in a wide range of shapes and sizes, crusty or soft crust, wrapped or unwrapped, sliced or unsliced

WHITE BREAD

Made from flour which contains only the endosperm, or central section of the grain .

WHOLEMEAL BREAD

Made from the whole of the wheat grain with nothing removed.

BROWN BREAD

Made from flour from which some bran and wheatgerm have been removed (about 85% of the whole grain).

SOFTGRAIN BREAD

Made from white flour with additional grains of softened rye and wheat to increase the fiber content .

Types

(1) The most common and largest selling type of bread is the wrapped and sliced varieties. This type of bread is usually manufactured by the large factory (plant) bakeries and includes sliced Pans, Sandwich Loaves, Batch Loaves,

(2) Medium and Small bakeries tend to avoid making factory type bread because they are unable to compete on price. Typical breads made by the smaller bakers includes: Plait, Cobourg, Cob, Bloomer, Vienna, Cottage, Barrel, Ciabatta, Focaccia, Baguette / French Stick, Soda Bread, Rye Bread, Challah, Bagels , Batch Bread, Turnover, Grinder, Waterford Blaa, Bread Rolls, Sourdough Bread, Multigrain,



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Basic Ingredients used in bread making are:

Flour – for use in yeast bread this should be a strong flour capable of producing a good quality gluten. The flour used in soda bread may be weaker as gluten strength is not as important.

Water – soft water is better than hard. Very hard water contains dissolved salts that slow yeast activity.

Salt – normally used a 1.5% to 2% based on flour weight. It is essential for flavour.

Yeast – this is a living organism which feeds on the sugar naturally present in flour to produce gas (CO₂). The gas is responsible for the increase in loaf volume during fermentation. Yeast also produces alcohol. Yeast is available in both fresh and dried forms. There are two types of dried yeast “active dried” and “instant or fast action”.

Other Ingredients – (used mainly in factory made bread)

Fats & Oils – helps to increase softness and shelf life.

L-ascorbic Acid – an “improving agent” which helps to speed up dough development.

L-cysteine Hydrochloride – an “improving agent” that helps the dough to relax during processing.

Soya Flour - an “improving agent” which helps with dough processing.

Emulsifiers – an “improving agent” which helps with dough processing.

Calcium Propionate – a preservative used to control mould growth.

Enzymes - including Amylase, Oxidase, Protease, Peptidase, Lipase, Phospholipase, Hemicellulase, Xylanase, Transglutaminase. Enzymes are used to improve dough processing.

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Bread Making Methods used in Ireland:

- (1) Chorleywood Bread Process (CBP).** This system was developed in Britain in 1950 and is used by all the factory/plant bakeries. It consists of mixing a large quantity of dough (800kg) for three minutes then depositing it directly into the baking shape. The process relies on “improving agents” to chemically develop the dough so there is no requirement for natural fermentation. The dough is allowed to prove (rise) and this takes about 45 minutes before it is baked. Baking can take as little as 20 minutes.
- (2) Activated Dough Development (ADD).** This system was also developed about 1950 and is used mainly by the small to medium size bakeries. It consists of mixing the dough (30 kg to 100kg) in a dough (spiral) mixer for 10 minutes. Following mixing the dough is relaxed for 10 minutes and then processed in the same way as the CBP above.
- (3) Natural Fermentation Method.** This is the system of dough making that was in use prior to the introduction of either the CBP or the ADD. Many small and artisan bakers use this method. It depends on natural fermentation and dough development and the use of “improvers” is not required. Methods vary depending on the time involved but the basic methods are very similar. The dough is mixed using a dough mixer (spiral or similar), usually for 10 minutes. The dough is then set aside to ferment and this process can vary from 30 minutes to 24 hours. The important difference between this type of dough and the dough made by the factory bakery is it is fermented NATURALLY. Naturally fermented bread is more flavoursome and more digestible. It is in fact REAL BREAD with nothing added and nothing taken away.



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Natural Fermentation Method of Bread Making

This particular system / method of making bread has been in use for thousands of years. About 3000 years ago the Egyptians discovered how to make leavened bread (the dough is fermented to help the dough rise). Prior to this our ancestors ate unleavened flat bread that was baked on a hot stone over a fire.

The Romans introduced leavened bread making throughout Europe and today each country has its own particular method. All these methods are based on some of the dough being pre-fermented for a period of time and then added to the remainder of the ingredients and mixed to form a dough. This give the final bread a distinctive flavour.

Germany – Sour Dough. German breads are made with varying amounts of wheat and rye and the majority contain sour dough. Sour dough can take up to 6 days to prepare.

France – Levain. French breads are made using a pre-fermented dough, usually wheat.

Italy – Biga. Italian breads are made in a similar way as French bread.

Poland – Poolish. Polish bakers traditionally used a slack pre-dough which was fermented for a period.

Ireland – Barm. An ancient method of bread making using a mixture of potatoes and cereals.

Britain – Sponge. A soft pre-dough made in advance of the final dough.

All these methods are based on a pre-ferment: Dough prepared in advance of the final dough. Used for a variety of reasons including: flavour, aroma, crust and crumb characteristics and extended shelf life. Pre-ferments impart the characteristics of natural fermentation to the final dough.



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Artisan Bread Making using the Ferment and Dough method



Final Year Students from Tullamore College – October 2013



Tailored Programmes for Secondary Schools

The Baking Academy of Ireland can offer your school a number of programmes to suit your student's needs.

Our standard fee is €400 per group of up to 35 students (that's less than €11.50 per pupil)

Example Programme:

Programme C - (Artisan Bread, Cupcakes and Cake Decoration):

This consists of a demonstration showing the pupils how to make Artisan Bread (a three string plaits) using yeast and fermenting the dough using the Ferment and Dough method. Students then make one ferment (between two) and allow it to rise.

While waiting for the dough to ferment the teacher will demonstrate how to professionally coat a cake using sugar paste and simple designs.

Next the students make the dough using the remainder of the ingredients and the risen ferment. They will knead the dough and after another short rest they will make a three string plaited loaf each.

Finally, each student will decorate 6 cupcakes as demonstrated by the teacher .

The students will each take a three string plaited artisan bread and six decorated cupcakes home with them.

This programme lasts about 3 hours.





The Baking Academy of Ireland: is an exciting new venture based in Palmerstown Village, Dublin 20, that offers hands-on courses in bread and cake baking, chocolate making and sugar craft cake decoration. The academy was established by Master Baker Derek O’Brien. Derek was previously Head of the National Bakery School, Dublin Institute of Technology, Kevin Street, Dublin 8. During his time with the DIT he introduced and managed the hugely popular part time Professional Baking courses. He is the team manager of the Irish National Baking Team that has been so successful in European baking competitions. Recently he was appointed by the International Baking Academy in Germany, as Head of the English language Diploma in German Baking programme. Derek and his team are aware that the consumer is becoming tired and bored with modern bland tasting sliced bread, synthetic flavoured boxed cakes and chocolates and products with “it never stales” shelf life and endless lists of ingredients.

Our philosophy: We know the joy and excitement of creating wonderful sugar craft decorations and chocolates or baking something really enjoyable and sharing it straight from the oven. Our aim is to provide the best educational experience for each and every student. We will demystify the science and technology and inspire you to create something fantastic. We will teach you the craft and skills to do it successfully - every time.

Tutors and visiting lecturers: Our tutors are specialists in the field of baking, confectionery, chocolate and sugar craft. Each has an in-depth knowledge and understanding of the art and craft of artisan techniques. They are uniquely experienced and enthusiastic bakers, confectioners and chocolatiers who will guide and inspire both beginners and seasoned enthusiasts alike.

Facilities: The Baking Academy of Ireland is located just off the N4 in Palmerstown Village, Dublin 20, and close to the Liffey Valley shopping centre. The Baking Academy's hands-on workshop is designed with the student in mind. The worktops and benches are stylish and are complemented by appliances supplied by Miele. The bakery is designed for a maximum of 12 students and each student has easy access to all the equipment needed at their own work station. Each student works alone - never in pairs or small groups - to ensure the perfect learning environment.