



— **OLIVIER MAGNE** —

MULTIGRAIN BREAD WITH FRUITS

BEGINNER LEVEL MASTERCLASS





TECHNICAL DESCRIPTION

TOTAL COMPLETION TIME

3 hours

COMPLETION TIME

30 minutes

BAKING TIME

1 hour

REST PERIOD

1 hour 30 minutes

INGREDIENTS

YIELDS 6 BREADS :

- o 21.2 oz spelt flour (600 g)
- o 7.1 oz T80 stone-ground flour (200 g)
- o 7.1 oz T170 rye flour (200 g)
- o 29.3 oz water (830 g)
- o 0.6 oz salt (18 g)
- o 0.4 oz yeast (12 g)
- o 0.7 oz sesame seeds (20 g)
- o 0.7 oz brown flax seeds (20 g)
- o 0.7 oz golden flax seeds (20 g)
- o 0.7 oz sunflower seeds (20 g)
- o 0.7 oz honey (20 g)
- o 3.5 oz squash seeds (100 g)
- o 3.5 oz dried figs (100 g)
- o 3.5 oz dried apricots (100 g)
- o 3.5 oz prunes (100 g)
- o 5.3 oz roasted hazelnuts (150 g)
- o 17.6 oz oatmeal (500 g)

We recommend you split and adjust the quantities according to the maximum holding capacity of your mixing bowl..

SPECIFIC UTENSILS

- o Mixer fitted with a dough hook attachment
- o Stainless steel non-stick cake molds: L 5.9 in x W 3.1 in x 2.8 in (L 15 x l 8.5 x h 7 cm)



STEP 1 – KNEADING & ADDING THE SEEDS AND FRUITS (1/2)

Pour part of the water into the bowl of your mixer that has been fitted with a dough hook, but make sure to set some water aside.

Add the spelt flour, the stone-ground flour and the rye flour.

Add the yeast on one side of bowl and add the salt on another.

Lastly, add the golden flax seeds, the brown flax seeds, the sesame seeds and the honey.

Proceed to fraisaige the dough while setting the mixer on Speed #1, so that all the ingredients get mixed properly.

Then knead for 5 minutes, again while setting the mixer on Speed #1.

Then knead the dough for 5 minutes while setting the mixer on Speed #4 (#4 or #2, depending on the mixer).

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CHEF TIPS

- o This bread has an extended shelf-life, it is called a “pain de garde” in French, meaning it can be kept for a longer period of time because of the flours that have been selected and because the honey optimizes the bread preservation.
- o You can knead the dough by hand if you want to.



STEP 1 – KNEADING & ADDING THE SEEDS AND FRUITS (2/2)

Once the dough has gained some elasticity and has developed a gluten network, add the rest of the fruits and seeds: the hazelnuts, the squash seeds, the dried figs, the dried apricots and the prunes.

Mix during one to two minutes on speed setting #1 in order to get a homogeneous dough and to properly add the garnish.

CHEF TIPS

- o Do not pour the entire volume of water into the bowl because the flours that have been selected for this recipe have different levels of absorbency.
- o Check your dough to decide, whether or not, you need to add more water.
- o Initially, the dough will be very supple because later, roasted and dehydrated hazelnuts will be added to it.
- o Once added at the end of the kneading process, the hazelnuts will rehydrate by absorbing the water that is present in the dough.
- o Be careful! Don't let your dough stay too supple, otherwise it will get sticky and it will be difficult to work with it.
- o Kneading at speed #2 (or #4) creates a gluten network and gives some elasticity to the dough before adding the garnish.
- o Wetting your hands allows you to handle the dough without having it stick to your fingers.
- o Toward the end of the kneading process, use a dough scraper to lift the dough and retrieve the garnish that has yet to be added properly.

ÉTAPE N°2 – DÉTAILLAGE, FAÇONNAGE ET APPRÊT

INGRÉDIENTS

- o 500 g de flocons d'avoine

ASTUCES DU CHEF

- o Mouiller le plateau de la balance, le plan de travail et les mains permet de travailler la pâte sans qu'elle colle.
- o Veiller à ce que le pâton soit bien humide pour que les flocons d'avoine collent bien à la pâte.
- o Faire une petite pression sur la pâte pour qu'elle épouse bien le moule.
- o Si l'apprêt est fait dans un espace où l'air est sec, où il fait froid, mettre un film plastique ou guitare pour éviter que la pâte ne croûte et assurer une bonne fermentation.
- o La pâte après pétrissage et avant cuisson peut-être conservée 24 heures au froid à +4°C, recouverte d'un film plastique.

Préparer une assiette creuse avec les flocons d'avoine.

Récupérer la pâte à l'aide de la corne.

Humidifier le plateau de la balance et le plan de travail avec de l'eau.

Peser des pâtons de 400 grammes.

Humidifier ses mains et mettre le pâton sur le plan de travail pour le façonner.

Façonner la pâte en la pliant et formant un cylindre.

Rouler le pâton dans les flocons d'avoine et le déposer dans le moule préalablement graissé.

Répéter l'opération.

Réaliser l'apprêt : mettre la pâte en pousse pendant 1h30 à température ambiante (24°C).



STEP 3 – BAKING & CUTTING

Oil the cutting side of the dough scraper and score the bread in the middle of the piece of dough, lengthwise.

Arrange the molds in staggered rows for best results.

Bake in a ventilated oven for 30 minutes at 220° C, then for an additional 30 minutes at 200° C.

Leave to cool on a rack before cutting the bread.

And VOILA CHEF! It is ready to eat, enjoy!

CHEF TIPS

- o At halfway point, it is possible to take the breads out of their molds, in order to let the side dry and get a bit of color.
- o You can eat the bread as it is or you can toast it, use it for sandwiches, add some spread or savour it by itself.
- o It can be kept at room temperature for several days.

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