



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.

RECIPES



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GENERAL GUIDELINES FOR RISING AND FERMENTING BREAD DOUGH IN THE PROOFER

Prepare the Proofer. For bread dough, the Proofer should always have the water tray filled one-third to one-half full with clean water, and the tray should be placed in the center of the warming plate. The wire rack goes on top of the water tray. With the sides in place and the lid on top, set the thermostat and allow the Proofer 5-10 minutes to come up to temperature.

Selecting a Temperature. There is a range of temperatures that work well for bread dough, and if the recipe or book you are using specifies a temperature, consider using that.

- **Sourdough** often benefits from fermenting at a temperature of 27-30C in order to give the wild yeast a boost.
- **Commercial yeast** is more vigorous, so dough made with it benefits from a lower temperature that promotes flavor development, 24-26C.
- **Sweet doughs and croissants** often contain butter and do best when temps are kept below the melting point of butter. We recommend 27C for these doughs.
- **Rye flour** has weaker gluten and higher enzyme activity, so higher Proofer temperatures are appropriate (27-30C) to shorten fermentation time and keep the enzymes from degrading the dough too quickly.
- **Cold dough** that has been retarded in the refrigerator often needs an extra hour (or more) per pound / 500g of dough added to its rising time, to allow the dough to come up to temperature. Ideally, frozen dough should be thawed in the refrigerator before proofing.
- **In a hurry?** Mix the dough with lukewarm (32-38C) water and ferment at up to 30C. However, we do not recommend going over that temperature as the yeast can produce off flavors.

Covering the Dough. Most dough and shaped loaves will not need to be covered while in the Proofer, as the water tray will provide the ideal humidity to keep the dough from forming a crust. However, if using the Proofer for an extended fermentation, such as an overnight (12 hours) biga or pre-ferment, it is safest to cover the bowl or container.

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.

Timing: Mix the dough the night before baking, then divide and proof the next day after lunch. There is a timetable (next page) to help time a pizza meal reliably.

Yield: Makes about 15 oz (425gm) of dough, enough for two 10-12 inch (25-30 cm) 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 Tbs | 18 g | 0.65 oz | 7.1% |
| Water, ice cold | ¾ cup | 179 g | 6.30 oz | 71.0% |
| Instant yeast | ½ 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) | | | | |

**Preferably an unbleached all-purpose flour with 10-10.5% protein and containing malted barley flour, such as Gold Medal Unbleached AP or Hecker's Unbleached AP.*

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. 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 but the dough is still rough and shaggy. Cover and place in the refrigerator for 20 minutes to hydrate the flour and begin chilling the dough.

Stretch and Fold. 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.

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 |

Pre-shape the Pizzas. Set up the Proofer with water in the tray and the rack in place. Set the thermostat to the temperature in the table that corresponds to the time you would like to remove the dough from the refrigerator.

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 pinching seams gently to close. Place the dough balls seam side down on a 23cm x 33cm pan or put each ball into a bowl.

Proof the Pre-shaped Crusts. 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 in the table 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. We find baking on parchment helps keep the oven free of burnt semolina and dripped toppings.

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 and work on the other pizza.

Top and Bake the Pizzas. If desired, cover the crusts and allow to proof for 30 minutes in order to create the most open crumb possible in the border of the pizzas (this is optional, but is built into the timetable). 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 warm the water to lukewarm (about 38C), autolyse 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.

Cranberry Pecan Boule

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

Polish

| | Volume | Grams | Ounces |
|------------------------|--------|-------|--------|
| Unbleached bread flour | ¾ cup | 118 g | 4.4 oz |
| Instant yeast | ¼ tsp | | |
| Water, 70-78F | ½ cup | 118 g | 4.4 oz |

Mix and Ferment the Polish. 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 polish 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 |
|--------------------------------------|---------|--------|---------|
| Polish, 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 | 2¾ cups | 284 g | 10.0 oz |
| Stone ground wheat flour | ¾ cup | 102 g | 3.6 oz |
| Salt | 2 tsp | 11.4 g | 0.20 oz |
| Dried cranberries | ½ cup | 72 g | 2.5 oz |
| Pecans, toasted and coarsely chopped | ½ 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 polish 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 on speed 4. 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 little 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 before slicing.

| Overall Bread Formula | Grams | Ounces | Baker's Percentage |
|------------------------------|--------------|---------------|---------------------------|
| Unbleached bread flour | 402 | 14.2 | 79.8% |
| Stone ground wheat flour | 102 | 3.6 | 20.2% |
| Water | 354 | 12.5 | 70.2% |
| Instant yeast | 4.0 | 0.14 | 0.8% |
| Salt | 11.4 | 0.40 | 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 | 3½ cups | 446 g | 15.75 oz | 81.7% |
| Whole wheat flour | ¾ cup | 100 g | 3.5 oz | 18.3% |
| Sugar | 2 Tblsp | 25 g | 0.88 oz | 4.6% |
| Unsalted butter, soft | 2 Tblsp | 28 g | 1.0 oz | 4.6% |
| Salt | 1½ tsp | 8.4 g | 0.29 oz | 1.5% |
| Instant yeast | 1½ tsp | 4.8 g | 0.17 oz | 0.9% |
| Water, 75-80F | 1¼ cups | 295 g | 10.4 oz | 54.0% |
| Whole milk | ¼ cup | 61 g | 2.1 oz | 11.2% |

Equipment: Brød & Taylor Proofer, 23 x 13cm loaf pan.

Mix and Knead the Dough. Set the Proofer to 29C 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.

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- 1½ 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

Country Sourdough

This wonderful 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 and has a bit of chew. Hearty and versatile, it's sublime with butter and pairs well with everything from cheese to main courses.

Timing: Mix the starter the night before baking and plan on mixing the main 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 stater* | 1 Tb + 1 Tsp | 18 | 0.6 |
| Unbleached flour, about 12% protein | 5½ Tbs | 50 | 1.8 |
| Whole grain rye flour** | 2 Tbs | 20 | 0.7 |
| Water | 2 Tbs + 1 tsp | 38 | 1.3 |

*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.

Mix the Leaven. Set up the Proofer with water in the tray and the thermostat at 22C. Weigh or measure all the leaven ingredients into a bowl and stir until smooth and well mixed. Transfer to a clean jar or container and cover. Ferment at 22C for 12 hours, until risen by 2.5x to a volume of about 267ccm.

Sourdough Starter

| | Volume | Grams | Ounces |
|-------------------------------------|---------------|-------|--------|
| Unbleached flour, about 12% protein | 2¾ cups | 341 | 12 |
| Whole wheat flour | ¾ cup | 55 | 1.9 |
| Water | 1 cup + 3 Tbs | 281 | 9.9 |
| Salt | 1½ tsp | 8.6 | 0.3 |

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 (use cooler water if room temp is quite warm). 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 leaven from above. Without mixing the leaven into the dough, draw the sides of the dough up and over the top of the leaven to encase it. Let sit for about 30 minutes in the Proofer.

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

Ferment the Dough at 26C. Set the dough in the Proofer and ferment for about 2.5 - 3.5 hours. During the first 90 minutes, give the dough three folds. For each fold, perform a four-way stretch and fold (all four sides get stretched and folded to the center), then stretch and fold the corners of the dough to the center as well. After the folds are complete, leave the dough undisturbed until it reaches a volume of 1 liter.

Pre-Shape the Dough. Gently stretch and fold four sides of the dough to create an even, square or rectangular shape, then cover and let rest for 15 minutes. While the dough is resting, prepare a sheet pan or proofing basket with baker's linen or a well-floured kitchen towel.

Shape into an Oval. Place the dough seam side up on a lightly floured surface, then fold the square package in half with the seam at the long edge closest to you. Seal the seam by pressing down. Flip the loaf over with 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 after making an indentation 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 pizza 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, rotate the loaf to facilitate even browning and remove the cover or steam pan. Cool to lukewarm before slicing.

Overall Formula

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

Gluten-Free Currant Oat Bread

This recipe is designed to use a few simple, whole-food ingredients that taste great and provide wonderful nutrition. It features whole grain oats, milk, eggs and dried currants, and comes together quickly in the food processor.

Currant oat bread is absolutely delicious toasted and topped with butter or cream cheese, and also makes good peanut butter sandwiches. For a more versatile flavor that is great for everything from ham sandwiches to grilled cheese, simply omit the cinnamon.

Timing: Start this recipe about four hours before serving time. Active preparation time is 20-30 minutes.

| | Volume | Grams | Ounces |
|---------------------------------|-----------|-------|--------|
| Currants or Small Raisins | 1 cup | 125 | 4.4 |
| Milk, scalded | 1½ cups | 392 | 13.8 |
| Chia seeds, ground fine* | 2 Tbs | 21 | 0.7 |
| GF rolled oats, old-fashioned** | 3½ cups | 304 | 10.72 |
| Instant Yeast | 2 tsp | 6.4 | 0.23 |
| Salt | 1 tsp | 6.0 | 0.21 |
| Cinnamon, optional | ½ - 1 tsp | 3.4 | 0.12 |
| Eggs | 2 | 100 | 3.5 |
| Butter | 2 Tbs | 28 | 1.0 |

*Chia seeds may be replaced with 15gm xanthan gum.

**Certified Gluten-Free rolled oats, such as Bob's Red Mill.

Equipment: Brød & Taylor Folding Proofer, food processor, 11.5 x 21.5cm loaf pan. If using chia seeds, a spice or coffee mill will be needed for grinding. An instant-read thermometer can be helpful for gauging temperature of the milk mixture and for taking internal temperature of the baked bread.

Soak the Fruit. Using either the stovetop or the microwave, scald the milk and pour over the dried fruit. Cover and allow to cool to about 35C (this will take at least an hour). While the mixture is cooling, grease the loaf pan and coat with GF flour (such as GF all-purpose or rice flour). Set up the Proofer with water in the tray and the rack in place, and set the temperature to 29C. Measure the chia seeds, then grind to a fine powder.

Grind the Oats into Flour. Add the GF Oats to the food processor along with the rest of the dry ingredients (chia or xanthan, salt, yeast and cinnamon), and process for two full minutes, until the oats are powder fine.

Process the Main Dough. Add the remaining ingredients (currant-milk mixture, eggs and butter) to the processor and pulse until combined. Then process the mixture for two full minutes.

Proof the Loaf. Scrape the wet, soft dough into the prepared loaf pan and smooth the top. If desired, sprinkle additional GF rolled oats over the top crust and press gently to adhere. Place in the Proofer and allow to rise for 1 hour at 29C. When proofed, the center of the loaf should be a little higher than the rim of the pan. About 30 minutes before baking, pre-heat the oven to 180C and place a rack in the lower third of the oven.

Bake. Transfer the loaf from the Proofer to the preheated oven and bake for 50-60 minutes, until nicely browned and the center reaches an internal temp of about 96C. (If making the xanthan gum version, bake five minutes longer to an internal temp of 99C). Allow to cool at least ten minutes, then remove bread from pan. Cool before slicing.

Ultimate Cinnamon Rolls

Made with the finest, all-natural ingredients, these are completely amazing cinnamon rolls, sure to wreck diets and inspire devoted culinary love wherever they go. The cornerstone of this recipe is the soft, moist and tender sweet dough. Flavored with milk and honey, it incorporates a simple cooked flour roux to hold in moisture. The roux and an extended kneading time are the secret to a pillowy, ethereal texture.

These skip the standard super-sweet powdered sugar frosting, and go instead for a richly flavored, creamy glaze that rounds out the cinnamon and makes the flavors sing. Don't be put off by the white chocolate base for this wonderful glaze, even tasters who dislike white chocolate didn't realize it was there and absolutely loved this frosting.

Yield: 12 Rolls. Make 12 rolls in two 23cm round cake pans if you have the Shelf Kit accessory, or one 23 x 33cm rectangular pan.

Timing: Most of the work on these rolls can be done the day before baking. On day 1 the dough can be made, chilled, rolled and cut, then the rolls are refrigerated overnight. In the morning, pull the rolls out of the fridge about 2¼ hours before serving time, then proof and bake. Alternative timing notes are at the end of the recipe.

Equipment: Brød & Taylor Folding Proofer. A stand mixer is helpful for the long kneading time and sticky dough texture.

Milk & Honey Sweet Dough

| | Volume | Grams | Ounces |
|-------------------------------|-------------|-------|--------|
| Unbleached flour, 12% protein | 2 c spooned | 250 | 8.8 |
| Milk | ¾ cup | 182 | 6.4 |
| Instant yeast | 1½ tsp | 4.8 | 0.17 |
| Salt | ¾ tsp | 4.5 | 0.16 |
| Honey | 3 Tbs | 60 | 2.1 |
| Egg yolk | 1 yolk | 15 | 0.5 |
| Water | 1 Tbs | 15 | 0.5 |
| Butter, very soft | 4 Tbs | 57 | 2.0 |

**Use a strong unbleached All-Purpose flour or Bread Flour.*

Make the Roux. Measure the flour into the bowl of a stand mixer. Add the milk to a small saucepan and whisk in 45gm of the flour from the mixer bowl. (If you are weighing ingredients, put 30g of bread flour into the milk and 220g into the mixer bowl.) Heat over medium-high heat, whisking constantly, until uniformly thickened and bubbling, about 20-30 seconds after the mixture first begins to boil. Cover and chill until cool to the touch.

Set up the Proofer and check on the butter. The butter will incorporate more easily with the dough if it is so soft that it's gone all melty at the edges. It can be warmed in the Proofer at 29C. To prepare for rising the dough, lightly oil a container and mark it at the 1 liter level (2 liters if making a double recipe).

Mix the Dough. Add the instant yeast and salt to the flour in the mixer bowl and stir to combine. Add the water, cooled roux, honey and egg yolk. Mix on low speed until flour is moistened. Once the dough comes together it should stick to the sides of the bowl. If necessary, add 1 more tablespoon of water to achieve the right consistency.

Knead Intensively for an Ethereal Texture. Raise mixer to medium-low and knead for 5 minutes. The dough should still be sticking to the sides of the bowl. Add the butter in four parts, kneading until each piece is incorporated before adding the next. Scrape down the sides of the bowl as necessary. Once all the butter is incorporated, knead for 10 more minutes on medium-low. The dough should pull away from the sides of the bowl, although it may still stick on the bottom.

Ferment the Dough. Check that the Proofer is set up with water in the tray and the temperature at 29C. Scrape the dough into the oiled container, place in the Proofer and allow to rise until doubled, about 75-80 minutes.

Fold and Chill. Turn the dough out onto a lightly oiled surface and stretch and fold all four sides to the middle, creating a square package. Wrap loosely and chill (a relaxed, cool dough will be less sticky and easier to roll out without adding too much flour). After 30 minutes, deflate the dough and re-wrap. Chill 30 more minutes or until it's convenient to roll the dough, up to 24 hrs.

Cinnamon Pecan Filling

| | Volume | Grams | Ounces |
|---------------------------|---------|-------|--------|
| Butter, melted and cooled | 4 Tbs | 57 | 2.0 |
| Light brown sugar | 2 Tbs | 27 | 1.0 |
| Cinnamon | 2 tsp | 2 tsp | 2 tsp |
| Vanilla | ½ tsp | ½ tsp | ½ tsp |
| Egg white, cold | 1 white | 32 | 1.1 |
| Pecans, chopped | ¾ cup | 85 | 3.0 |

While the Dough is Chilling, Make the Filling. Butter the bottom and sides of the pans and chop the pecans finely. Whisk together the melted butter, brown sugar, cinnamon and vanilla until well combined. Quickly whisk in the cold egg white to thicken and emulsify the mixture.

Roll and Fill the Dough. Lightly flour the top and bottom of the dough, then roll out to a 30 x 36 cm rectangle. Spread the filling over the dough, extending all the way to the edges on the short sides and leaving a small bare border on both long sides. Sprinkle the nuts over the filling. Starting from a long side, roll the dough into a log and press lightly to seal the seam. Use plain dental floss to cut the roll into 12 pieces. If using a knife to slice rolls, it may be easier if the log is chilled first. Arrange the rolls in the pan with smaller rolls in the middle. Cover and chill overnight.

Proof the Cinnamon Rolls. Set up the Proofer with water in the tray and the temperature at 32C. Use the rack with the fold-out legs on the lower level. Place one pan of rolls on the lower rack, off to one side. Then add the shelf supports and shelf and place the second pan on the upper level, off to the opposite side. Close the lid and allow the rolls to proof until the dough springs back slowly when the side of a roll is dented with a finger, about 90 minutes. Half way through proofing, rotate the pans 180 degrees.

Cinnamon Mocha Topping

| | Volume | Grams | Ounces |
|-----------------------------------|--------------|-------|--------|
| Fine quality white chocolate bar* | one 3 oz bar | 85 | 3.0 |
| Butter | 2 Tbs | 28 | 1.0 |
| Cinnamon | ¼ tsp | ¼ tsp | ¼ tsp |
| Coffee or Espresso (brewed) | 1 Tbs | 15 | 0.5 |
| Powdered sugar | 2 Tbs | 14 | 0.7 |

**Lindt or Green & Black's white chocolate bars are delicious in this recipe. White chocolate chips are formulated not to melt and won't work well.*

Preheat the Oven. Place racks in the upper and lower thirds of the oven and preheat to 190C.

Make the Glaze. Break or chop the white chocolate into pieces and put in a small bowl along with the coffee, cinnamon and butter. When the cinnamon rolls are fully proofed, remove them from the Proofer, then turn the thermostat up to 49C. Remove the upper rack and fold up the legs on the lower rack so that it rests close to the warming element. Place the topping mixture in the center of the rack and close the lid. (Because the white chocolate is being melted with coffee and butter, it's OK to leave the water tray in the Proofer- a little steam won't hurt it.)

Bake the Cinnamon Rolls. Cover each pan of rolls with aluminum foil (to seal in moisture and encourage the fullest oven spring possible) and place in the oven on the lower rack. Bake for 10 minutes, then remove the foil, rotate pans 180 degrees and place on upper rack to encourage browning. Bake 15-20 more minutes, until nicely browned and the rolls reach an internal temperature of 88C.

Cool and Top the Rolls. When the cinnamon rolls are done, remove from the oven and cool in the pan for 10 minutes. While the rolls are cooling, whisk the melted glaze ingredients until they emulsify and are thick and smooth. Add the powdered sugar and whisk until smooth. Unmold the rolls onto a serving plate and drizzle the glaze over the warm rolls.

Alternative Timing: The rolls can be made all in one day. After the first rise/bulk ferment, chill the dough only for the minimum time of 1 hour. Then roll, fill and cut the rolls. Skip the overnight time in the refrigerator and shorten the final proof to 70-75 minutes (the dough will be warm and will take less time than refrigerated dough). Start these rolls 5½-6 hours before serving time.

Making Yogurt: Custard-Style or Greek

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

Custard-Style Yogurt

It uses two key techniques for creating thicker, creamier yogurt: hold the milk at 90C for ten minutes, and culture with our High-Low method. This method starts with a hot temperature to speed culturing and provide the most food-safe conditions, then switches to a low temperature to achieve a smooth, firm set.

Metric

By Volume

| | | | | |
|----------------------------------|---------|----------|----------|----------|
| Milk (whole, low fat or skim) | 1 litre | 2 litres | 4 litres | 8 litres |
| Plain Yogurt* | 30 ml | 59 ml | 118 ml | 237 ml |

By Weight

| | | | | |
|----------------------------------|-------|---------|--------|--------|
| Milk (whole, low fat or skim) | 976 g | 1.95 kg | 3.9 kg | 7.8 kg |
| Plain Yogurt* | 31 g | 61 g | 122 g | 245 g |

**Either store-bought plain yogurt with live cultures or homemade yogurt reserved from a previous batch.*

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 in place and the temperature at 49C.

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 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 the whey separation and lumpy texture that come from culturing too hot.

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 more flavor and acidity. 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. To make Greek yogurt, line a colander or strainer with several layers of cheesecloth or one layer of paper coffee filters. Set the strainer over a bowl and spoon in the yogurt. Cover and refrigerate. Allow to strain for 2-4 hours for thick Greek-style yogurt, or overnight for the thickest possible texture.

Classic-Style Yogurt Recipe

This classic yogurt recipe makes yogurt that tastes fresh, with fruity undertones and moderate sour.

By comparison, our Custard-Style Recipe makes a yogurt that is thicker, has more of a cooked milk/custard taste, and is less sour. Both styles benefit from our High-Low method, which starts the culture hot but then allows the yogurt to set at a lower temperature to encourage a smooth texture.

Metric

By Volume

| | | | | |
|----------------------------------|---------|----------|----------|----------|
| Milk (whole, low fat or skim) | 1 litre | 2 litres | 4 litres | 8 litres |
| Plain Yogurt* | 30 ml | 59 ml | 118 ml | 237 ml |

By Weight

| | | | | |
|----------------------------------|-------|---------|--------|--------|
| Milk (whole, low fat or skim) | 976 g | 1.95 kg | 3.9 kg | 7.8 kg |
| Plain Yogurt* | 31 g | 61 g | 122 g | 245 g |

**Either store-bought plain yogurt with live cultures or homemade yogurt reserved from a previous batch.*

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 thoroughly clean and dry.

Step One: Heat Milk to 74C. Using either a microwave or the stovetop, heat milk to 74C. If using the stovetop, stir frequently to prevent scorching.

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 in place and the temperature at 49C.

Step Three: Add Yogurt. 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 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 the whey separation and lumpy texture that come from culturing too hot.

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 more flavor and acidity. When the yogurt is ready, chill thoroughly. Be sure to reserve enough yogurt to start your next batch.

Lactose-Free Yogurt

Regular milk and classic live cultures create a delicious, pure yogurt with a naturally tart flavor.

Metric

| By Volume | | | | |
|----------------------------------|---------|----------|----------|----------|
| Milk (whole, low fat or skim) | 1 litre | 2 litres | 4 litres | 8 litres |
| Plain Yogurt* | 30 ml | 59 ml | 118 ml | 237 ml |

| By Weight | | | | |
|----------------------------------|-------|---------|--------|--------|
| Milk (whole, low fat or skim) | 976 g | 1.95 kg | 3.9 kg | 7.8 kg |
| Plain Yogurt* | 31 g | 61 g | 122 g | 245 g |

**Either store-bought plain yogurt with live cultures or homemade yogurt reserved from a previous batch.*

Equipment: Brød & Taylor Folding Proofer, thermometer, glass mason jars or other heat-proof containers 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 stovetop, stir frequently to prevent scorching. Once the milk reaches 93C, remove it from the heat. Cover and keep warm for ten 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 the 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 culturing jars, cover the jars and set 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 the 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.

See the next page for less tart Lactose-Free options.

Making Lactose-Free Honey-Vanilla Yogurt

The 19-hour culture (above) creates a lactose-free yogurt that is thick and creamy but quite tart. To create a mild, lightly sweetened honey-vanilla yogurt, start with the long-cultured, tart yogurt above. 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, but is still delicious.

| | |
|---------------------------|----------------------------|
| Plain lactose-free yogurt | 1 cup (8 oz/ 250 ml) |
| Baking soda | ¼ teaspoon |
| Vanilla extract | ¼ teaspoon |
| Honey (or sugar) | 2-3 teaspoons, 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 to start the culture. 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 sweeter taste than lactose.

Cultured Butter

Fresh cultured butter is sublime. Choose your favorite cream and culture it lightly or deeply, adding only as much salt as desired. The Proofer maintains the right temperature for the cream culture to produce diacetyl, the delicious flavor component that intensifies buttery flavors.

Timing: The cream can be cultured for as little as 12 hours or as long as 48 hours. An hour of chilling before churning is recommended. Churning, draining and washing take about 30 minutes.

Yield: Approximately 300 ml of butter plus about 500 ml of buttermilk. The recipe can easily be halved or doubled.

Equipment: Brød & Taylor Folding Proofer, culturing jar(s), butter muslin or fine strainer.

| Ingredients | U.S. | | Metric | |
|---|-------------------|--------|-------------------|---------|
| Heavy Cream* | 2 pints | 32 oz | 1 liter | 1,000 g |
| Plain yogurt, buttermilk, or sour cream** | 3 Tbs | 1.5 oz | 50 ml | 44 g |
| Salt (optional) | ½ tsp or to taste | | ½ tsp or to taste | |

**Preferably pasteurized rather than ultra-pasteurized; avoid whipping cream as it contains problematic additives.*

***Must contain live cultures.*

Get Ready. Allow the cream to warm to room temperature. Set up the Proofer with the thermostat at 22C.

Culture the Cream. Mix the live culture yogurt (or buttermilk or sour cream) into the heavy cream. Put it in a covered jar or bowl and place in the Proofer to culture. Check the mixture after 12 hours – it should have a noticeable cultured or yogurt-y aroma and should look thicker than when you started. When ready, it can be churned or allowed to culture longer to develop more flavor.

Tip: if you'll be churning butter in jars (shaking), it's convenient to culture the cream in jars that are half full.

Chill the Cultured Cream (optional). For easier churning, the cream can be chilled in the refrigerator for an hour or so after culturing. Chilling is recommended if using a food processor to churn the butter, to avoid melting.

Churn the Butter. Once the cream is cultured, it will need agitation to separate into butter and buttermilk. It can be shaken in a jar (tightly lidded and half full at most), whipped with a mixer, or processed in the food processor. First the mixture will turn into whipped cream. After a few more minutes, you will notice solids starting to form (the cream will turn lumpy). Next, it will look a bit like a sponge separating from the liquid. Keep going until the solids have come together into a larger mass and separated completely from the buttermilk. If you are not sure if the butter is fully formed, go a little longer.

Drain the Buttermilk. Place either a very fine strainer or any strainer/colander lined with butter muslin over a bowl. Pour the butter mixture into the strainer and let the buttermilk drain. This is “real” buttermilk and can be used for baking or pancakes (and also to start your next batch of butter). If you are using the butter muslin you can gather up the edges and squeeze to get out more buttermilk.

“Wash” the Butter. Remove as much of the remaining buttermilk as possible, so that the butter will not go rancid very quickly. Put the drained butter into a bowl and pour about a cup of cold water over it. Mash the butter against the bowl with the back of a spoon to work the water through. Drain and repeat until the water comes through completely clear (it usually takes 3-6 washes). The cold water washes will also have the effect of cooling and firming the butter – by the final wash you may need to use your hands to knead the butter.

Add Salt. Salt is optional. Adding salt will not only affect the saltiness of the butter but will also change the flavor. The more salt is added, the less noticeable the cultured flavor will be. Add salt to taste, mixing a small bit at a time through the butter, and taste as you go to avoid adding too much and losing the cultured flavor. If too much does end up in the butter, you can repeat the washing process to reduce it.

Storage. Wrap the butter in wax paper. If you plan to use it relatively quickly, keep it well wrapped in the refrigerator, where it should keep for several weeks. Alternatively, it freezes well.

French-Style Cheese

This easy recipe is perfect for beginners and has a wide appeal among both adults and kids. It has a soft, creamy texture that is easy to spread or can be crumbled. It's great on pizza, as part of a burrito or taco filling, or by itself with crackers or fresh bread. You can also coat the outside of it with herbs or cracked pepper for a lovely party-ready presentation.

Timing: It is convenient to start this recipe in the evening and allow the milk to ripen overnight in the Proofer. Drain the curds in the morning and put the finished cheese into molds or jars later that evening. Total elapsed time is about 24 hours. If using goat milk for this recipe, it will need an additional 12 hours of refrigerated draining time (total elapsed time is about 36 hours).

Yield: The recipe makes 1.1 kg of cheese, or about eight 250 ml jars or molds.

| | U.S. | Metric |
|---|--------------------|----------------------|
| High-quality whole milk (cow or goat)* | One gallon | 4 liters |
| Mesophilic starter (such as Flora Danica) | ½ tsp (one packet) | ½ tsp (one packet) |
| Rennet, to be diluted | 3 drops | 3 drops |
| Water, non-chlorinated | ½ cup | 79 ml |
| Salt, non-iodized (Kosher or cheese salt) | 1-3 tsp, to taste | 6-18 grams, to taste |

**Ideally a pasteurized (rather than ultra-pasteurized) milk.*

Equipment: Brød & Taylor Folding Proofer, instant-read thermometer, butter muslin, and a large thick-bottomed stockpot with a lid, not taller than 20cm . Cheese molds are optional.

Note: Everything that will touch the milk and cheese should be scrupulously clean.

Get ready. Set up the Proofer with the rack in place and the thermostat at 22C. Allow it to preheat. Measure the water and stir in the 3 drops of rennet (not all the diluted rennet will be used).

Warm the milk to 30C. Pour the milk into a large stainless steel pot and slowly heat to 30C. Stir continuously to prevent scorching.

Add the starter, then the rennet. When the milk reaches 30C, sprinkle the cheese starter over the surface of the milk and stir well to combine. Once the starter is well distributed, add 2 teaspoons of the rennet water to the milk and stir. Put the lid on the pot and place the pot in the Proofer. Ripen undisturbed at 22C for 12 hours.

Spoon the Curd into Muslin. After 12 hours, check that the milk has transformed into a yogurt-like curd. If necessary, continue to ripen until set. (If ultra-pasteurized milk was used, the ripening time may be longer.) Drape a 90 cm square piece of butter muslin over a bowl large enough to hold all the curd, extending the excess muslin over the sides. Spoon the curd into the muslin.

Drain the Cheese. Bring the corners of the muslin together at the top, forming a bag, and tie a string around the top. It can be useful to lift the bag of cheese out of the bowl and transfer it to another bowl so there is less whey to contend with. Once the bag is tied securely, form a noose with the other end of the string and hang the bag in a secure place with a bowl underneath it to catch the whey. Allow the cheese to drain for 6-12 hours.

If making goat milk cheese, it will need an additional 12 hours (24 hours total) draining time. Put the muslin bag into a colander nested over a bowl, cover and refrigerate for 12 hours.

Add the Salt and Chill. After the cheese has drained, untie the bag and scrape the cheese into a bowl. Rinse the muslin (butter muslin can be washed and re-used). Add the salt to the cheese and mix gently to combine. Spoon it into molds or jars and refrigerate. Cheese molds have small holes to allow cheese to drain, so set them on a plate in order to collect any drips and wrap them in plastic. The cheese is ready to eat at this point and will stay fresh in the refrigerator for a week to 10 days.

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 $\frac{3}{4}$ of the chocolate in a heat-proof bowl, setting aside the other $\frac{1}{4}$ 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. 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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