



# Folding Proofer & Slow Cooker



## Recipes

Models FP-105 / FP-205

[www.brodandtaylor.com](http://www.brodandtaylor.com)

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

# Three Modes of Operation

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## PROOFER - HUMID

A consistent low-temperature humidity controlled proofing environment is available at the touch of a button. Perfect for sourdough and yeast breads.

## SLOW COOK

Turn any covered metal stock pot or Dutch oven into a fabulous slow cooker by placing it directly on the metal heating plate. Create an array of easy one-pot meals in your Proofer.



## PROOFER - DRY

The Proofer is perfect for culturing yogurt and butter, ripening soft cheese and fermenting healthy probiotic foods such as kombucha, kefir and tempeh. Melting and tempering chocolate are foolproof.



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Find recipes for all these applications and more:

[www.brodandtaylor.com/recipes/](http://www.brodandtaylor.com/recipes/)

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# Yeast Breads and Sourdough



## PROOFER MODE - Humid

### USE RACK AND WATER TRAY



*Best for:*

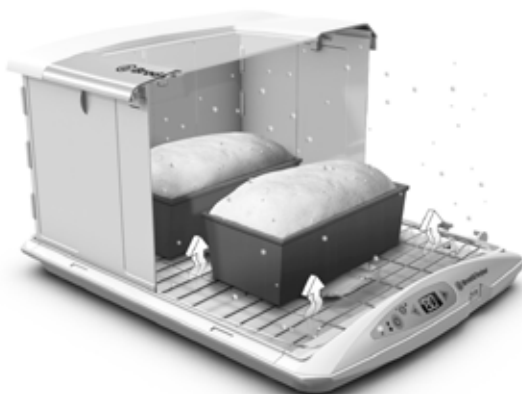
**Bread dough  
Sourdough  
Yeast Preferments**

- Place containers **ON RACK** above the heating plate.
- **USE** water tray with water for humidity

### Temperature Range

**70 - 95 °F / 21 - 35 °C,**

- Use open containers: bread dough and preferments in open bowls, loaf, or sheet pans.
- Set point temperature is for the inside of the dough or preferment, not the air inside the Proofer.



*NOTE: The Proofer is calibrated to keep the contents of a jar or bowl at the designated temperature setting, not the air inside. Objects in the Proofer are warmed both by the air inside, and directly from the heating plate by infrared radiative heating. At lower temperatures, 70 - 95 °F / 21 - 35 °C, the Proofer is calibrated with open containers and using the water tray (Humid). At higher temperatures, closed containers are used without the water tray (Dry). These calibrations match the most common Proofer applications. If used for other applications, small adjustments in setpoint temperature may be required for best results.*

*If the ambient temperature of the room where the Proofer is located is quite cool, lower than 60 °F / 15 °C, or very warm, above 77 °F / 25 °C, then the temperature setting may need to be adjusted a few degrees higher or lower to achieve the desired result.*

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## General Guidelines and Tips

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 10 -15 minutes to pre-heat. Our bread recipe specifications have been written for the Proofer with water in the tray and no cover on the dough. Covering the dough container with plastic wrap can result in a warmer dough temperature and over-proofing.

**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 80 - 86 °F / 27 - 30 °C in order to give the wild yeast a boost.
- **Commercial yeast** is more vigorous. Dough made with it benefits from a lower temperature that promotes flavor development, 75 - 79 °F / 24 - 26 °C.
- **Sweet doughs and croissants** often contain butter and do best when temperatures are kept below the melting point of butter. We recommend 74 °F / 23 °C for these doughs.
- **Rye flour** has weaker gluten and higher enzyme activity. Higher Proofer temperatures are appropriate 80 - 86 °F / 27 - 30 °C 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 90 -100 °F / 32 - 38 °C water and ferment at up to 86 °F / 30 °C. 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 at a lower temperature, such as an overnight or 12 hour biga or pre-ferment, it is safest to cover the bowl or container.

The most common temperature for rising bread is 80 °F / 27 °C. This is a temperature that can work for nearly any type of bread, from sweet rolls to sourdough and even rye. You can use a warmer setting of 86 °F / 30 °C if you are in a hurry, but for many recipes 80 °F / 27 °C represents a nice balance between a slower, more flavor-producing speed and a faster, more convenient speed.

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# No-Knead Brioche

Brioche is beautiful, delicious and surprisingly simple to make. No kneading or long, complicated mixing required.

**Yield:** One loaf.

**Timing:** Start this bread at least 4 hours before serving.

Ingredients	Volume	Grams	Ounces
Milk	½ C + 1 tsp	125.0	4.4
Yeast, instant	1½ tsp	5	0.18
Egg	1 large	50	1.8
Butter, unsalted	3½ T	50	1.8
Bread flour*	1½ C + 2 T*	250.0	8.8
Salt, fine	¾ tsp	4	0.14
Sugar	2 T	25	0.9
Additional egg, for glaze	1 T	15	0.5

*\*Measure by dipping the cup into a container of flour, then removing the excess with the flat side of a knife.*

**Equipment:** Brød & Taylor Proofer, bread pan 8 x 4" / 20 x 10 cm.

**Get ready.** Set the Proofer to 85 °F / 30 °C and fill the water tray half full with water. Combine the yeast, milk, butter and egg into a bowl and stir briefly, then set the mixture in the Proofer to warm for an hour. Grease the loaf pan with shortening or butter.

**Mix the ingredients.** In a large bowl, stir to combine the flour, sugar and salt. Add the milk mixture and mix until the dough is uniform, with no dry flour or butter lumps.

**Rise and fold the dough.** Put the dough in the bowl into the Proofer to rise. During the first 30 minutes that the dough is in the Proofer, give it three folding sessions. To fold, scrape a section of dough from the side of the bowl, lift it, and fold it to the center. Do this eight times for each folding session, rotating the bowl to work all of the dough evenly.

After the three folding sessions, allow the dough to rise undisturbed until it has doubled, a volume of about 4 cups / 1 liter for about 30 minutes more. Total rise time for the first rise is 60 minutes.

**Shape the dough.** When the dough has doubled, turn it out onto a lightly floured work surface and deflate it by gently pressing it down and forming

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a rectangle. With a sharp knife, cut the dough into three pieces, about 5.8 ounces / 165 g each.

Shape each piece into a ball. To do this, gently stretch each side of the piece and fold to the center. After four stretch and folds, the dough should resemble a square. Next, stretch and fold the corners of the dough until a round shape is formed. Turn the ball seam side down and allow to rest while shaping the other two pieces of dough. Arrange the three rounds next to each other in the prepared bread pan.

**Proof the bread.** Place the loaf in the Proofer and allow it to rise for about one hour. In most pans, the loaf will rise a little higher than the rim



of the pan. The loaf is ready to bake when a finger poked gently into the dough makes an indent that springs back slowly.

**Preheat the oven.** While the loaf is proofing, preheat the oven to 350 °F / 175 °C, and lightly beat the egg for the glaze.

**Bake the brioche.** When the brioche has finished proofing, brush the top with the beaten egg and then bake until nicely browned, about 25 minutes. Cool in the pan for 10 minutes. Loosen the sides of the loaf by running a table knife around the edge of the pan, then unmold the brioche and cool on a rack.

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# 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.

Ingredients	Volume	Grams	Ounces	Baker's Percentage
Unbleached AP flour*	2 C, spooned	234	8.25	92.9 %
Whole wheat flour	2 T	18	0.65	7.1 %
Water, ice cold	¾ C	179	6.30	71.0 %
Instant yeast	½ tsp	1.6		0.6 %
Salt, preferably sea salt	1 tsp	5.6		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.*

**Yield:** Makes about 15 oz / 425 g of dough, enough for two 10 -12" / 25 - 30 cm thin crust pizzas.

**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.

**Equipment:** Brød & Taylor Folding 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 chilled dough out and stretch into a rectangle. Fold the rectangle in thirds 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.

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**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 6:00 pm, then setting the Proofer to 75 °F / 24 °C would mean taking the dough out of the refrigerator 4.5 hours ahead of baking, at about 1:30 pm.

Proofer Temperature	Approximate Time in Proofer	When to Take the Dough out of the Refrigerator
70 °F / 21 °C	4 hrs 30 min	5 hrs 30 min before baking
75 °F / 24 °C	3 hrs 20 min	4 hrs 20 min before baking
80 °F / 27 °C	2 hrs 30 min	3 hrs 30 min before baking
84 °F / 29 °C	2 hrs 10 min	3 hrs 10 min before baking
84 °F / 29 °C 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 9 x 13" / 23 x 33 cm pan or put each ball into a bowl.

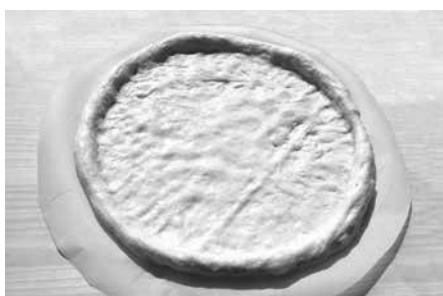
**Preheat the Oven.** One hour before baking, place a pizza stone in the lower third of the oven and preheat to 500 °F / 260 °C. The goal is for the underside of the crust to be crisp and browned at the same time that the topping ingredients are cooked. If the pizzas are done on top but not browned enough 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.

**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.

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**Shape the Crusts.** Sprinkle semolina or flour over a 12" / 30 cm 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 step is optional but included in 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.

Use the same ingredients and procedure as above, except warm the water to lukewarm of about 100 °F / 38 °C, mix and allow to 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 84 °F / 29 °C 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.

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# Cranberry Pecan Boule

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

**Yield:** One boule

**Timing:** Poolish takes about 4 hours. Dough mixing, kneading, shaping and fermenting is about 90 min to 2 hours. Baking time is 30 minutes. Total about 7.5 hours.

## Poolish

	Volume	Grams	Ounces
Unbleached bread flour	¾ C	118.0	4.4
Instant yeast	¼ tsp	0.8	0.025
Water, 70-78 °F / 21-25 °C	½ C	118.0	4.4

## Main Dough

	Volume	Grams	Ounces
Poolish, all from above			
Water, room temp 75-84 °F / 24-29 °C	1 C	236.0	8.0
Instant yeast	1 tsp	3.2	0.1
Unbleached bread flour	2¾ C	284.0	11.0
Stone ground wheat flour	½ C	50.0	3.5
Salt	2 tsp	11.4	0.4
Dried cranberries	½ C	72.0	2.5
Pecans, toasted and coarsely chopped	½ C	57.0	2.0

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

**Mix and Ferment the Poolish.** Set the Proofer to 73 °F / 23 °C and put the water tray in the middle of the warming plate with ¼ C / 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.

**Mix and Knead the Dough.** Increase the Proofer temperature to 80 °F / 27 °C 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

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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 80 °F / 27 °C. 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 will take a little while to rise fully.

**Preheat 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 500 °F / 260 °C degrees.

**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.

**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 ½ C / 120 ml of water to the cast-iron skillet and quickly close the door. Bake for 5 minutes, then lower the temperature to 450 °F / 232 °C 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 205 °F / 96 °C. Allow the loaf to cool before slicing.

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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%

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*Recipe courtesy of Melissa Langenback, [thebakersguide.com](http://thebakersguide.com)*

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# 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.

**Yield:** One loaf

**Timing:** about 4 hours.

Ingredients	Volume	Grams	Ounces	Baker's Percentage
Unbleached bread flour	3½ C	446	15.75	81.7 %
Whole wheat flour	¾ C	100	3.5	18.3 %
Sugar	2 T	25	0.88	4.6 %
Unsalted butter, soft	2 T	28	1.0	4.6 %
Salt	1½ tsp	8.4	0.29	1.5 %
Instant yeast	1½ tsp	4.8	0.17	0.9 %
Water, 75-80 °F / 24-27 °C	1¼ C	295	10.4	54.0 %
Whole milk	¼ C	61	2.1	11.2 %

**Equipment:** Brød & Taylor Proofer, 9" x 5" (23 x 13cm) loaf pan.

**Get Ready.** Set the Proofer to 84 °F / 29 °C and put the water tray in the middle of the warming plate with ¼ C (60 ml) of water in it.

**Mix and Knead the Dough.** 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 does not become dry or tough.

**Ferment the Dough.** Form the dough into a ball and transfer to a lightly oiled bowl. Place the bowl in the Proofer at 84 °F / 29 °C for 1 to 1.5 hours, or until the dough has doubled in volume.

*Shape and Proof the Loaf. Prepare an oiled loaf pan and set aside. 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 the prepared pan with seam side down. Place the pan into the Proofer, still set at 84 °F / 29 °C, and allow the dough to rise until the top of the dough domes over the rim of the pan by 1" / 2.5 cm. This will take about 45-60 minutes.*

**Preheat the Oven & Bake the Loaf.** About 45 minutes before baking, preheat the oven to 350 °F / 177 °C. 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 200 °F / 93 °C. Let cool before slicing.

*Recipe courtesy of Melissa Langenback, thebakersguide.com*

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# 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.

**Yield:** One loaf.

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

## Sourdough Starter [ Leaven ]

	Volume	Grams	Ounces
Sourdough starter*	1 T + 1 tsp	18	0.6
Unbleached flour, about 12% protein	5½ T	50	1.8
Whole grain rye flour**	2 T	20	0.7
Water	2 T + 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.*

## Main Dough

	Volume	Grams	Ounces
Unbleached flour, about 12% protein	2¾ C	341	12.0
Whole wheat flour	¾ C	55	1.9
Water	1 C + 3 T	281	9.9
Salt	1½ tsp	8.6	0.3

**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.

**Mix the Leaven.** Set up the Proofer with water in the tray and the thermostat at 72 °F / 22 °C. Mix all the leaven ingredients into a bowl and stir until smooth. Transfer to a clean jar or container and cover. Ferment in the Proofer at 72 °F / 22 °C for 12 hours, until risen by about two and a half times in volume.

**Mix and Autolyse the Main Dough.** Check that the Proofer has water in the tray and set the thermostat to 79 °F / 26 °C. Warm the water to about 84 - 90 °F / 29 - 32 °C (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 the sourdough leaven. 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 79 °F / 26 °C.** 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 shaped dough 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 79 °F / 26 °C, 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.** An hour before baking, place a pizza stone in the middle of the oven and preheat to 450 °F / 232 °C. Prepare to steam the oven using your regular method: **1.** Tossing ice on a preheated cast iron or sheet pan. *or* **2.** Set out a deep, oven-proof rectangular pan ready nearby to cover the loaf and create a steam chamber.

**Slash and Bake with Steam at 450 °F / 232 °C.** 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 200 °F / 93 °C. 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%

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# Gluten-Free Currant Oat Bread

This recipe is designed to use a few simple, whole-food ingredients that taste great and provide wonderful nutrition. Featuring whole grain oats, milk, eggs and dried currants, it 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.

**Yield:** One loaf.

**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 C	125	4.4
Milk, scalded	1½ C	392	13.8
Chia seeds, ground fine*	2 T	21	0.7
GF rolled oats, old-fashioned**	3½ C	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 T	28	1.0

\*Chia seeds may be replaced with 1T / 15 gm xanthan gum.

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

**Equipment:** Brød & Taylor Folding Proofer, food processor, 8.5 x 4.5" / 21.5 x 11.5 cm 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 95 °F / 35 °C. 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 84 °F / 29 °C. 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. 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.

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**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 84 °F / 29 °C. When proofed, the center of the loaf should be a little higher than the rim of the pan. About 30 minutes before baking, preheat the oven to 350 °F / 180 °C 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 205 °F / 96 °C.

*Note: If making the xanthan gum version, bake five minutes longer to an internal temp of 210 °F / 99 °C.*

Allow to cool at least ten minutes, and then remove bread from the pan and cool completely before slicing.

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# Homemade Cinnamon Rolls

Made with the finest, all-natural ingredients, these amazing cinnamon rolls have a soft, moist sweet dough flavored with milk and honey.

**Yield:** 12 Rolls. Make 12 rolls in two 9" / 23 cm round cake pans if you have the Shelf Kit accessory, or one 9 x 13" / 23 x 33 cm rectangular pan.

**Timing:** Most of the work on these rolls can be done the day before baking. On the first day the dough can be made, chilled, rolled and cut. Refrigerate the rolls overnight. In the morning, pull the rolls out of the fridge about 2.25 hours before serving time, to proof and then bake. Alternative timing notes are at the end of the recipe.

## Milk & Honey Sweet Dough

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

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

## Cinnamon Pecan Filling

	Volume	Grams	Ounces
Butter, melted and cooled	4 T	57	2.0
Light brown sugar	2 T	27	1.0
Cinnamon	2 tsp	12	.4
Vanilla	½ tsp	½ tsp	½ tsp
Egg white, cold	1 white	32	1.1
Pecans, chopped	¾ C	85	3.0

## Cinnamon Mocha Glaze

	Volume	Grams	Ounces
Fine quality white chocolate bar*	one 3 oz bar	85	3.0
Butter	2 T	28	1.0
Cinnamon	¼ tsp	1.6	.05
Coffee or Espresso (brewed)	1 T	15	0.5
Powdered sugar	2 T	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 in this recipe.*

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**Equipment:** Brød & Taylor Folding Proofer. If using 2 round or 2 square pans, the Brød & Taylor accessory Shelf Kit is necessary. A stand mixer is helpful for the long kneading time and sticky dough texture.

**Make the Roux.** Measure the flour into the bowl of a stand mixer. In a small saucepan, add the milk and whisk in 1.6 oz / 45 g of the flour from 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 softened in the Proofer at 84 °F / 29 °C. To prepare for rising the dough, lightly oil a container and mark it at the 1 quart / liter level or 2 quarts / 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 / 15ml 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 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 84 °F / 29 °C. 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 more flour. After 30 minutes, deflate the dough and re-wrap. Chill 30 more minutes or until it is convenient to roll the dough, up to 24 hrs.

**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 12 x 14" / 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

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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 90 °F / 32 °C. 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.

**Preheat the Oven.** Place racks in the upper and lower thirds of the oven and preheat to 375 °F / 190 °C.

**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 120 °F / 49 °C. 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 is acceptable to leave the water tray in the Proofer. A little steam will not affect results.

**Bake the Cinnamon Rolls.** Cover each pan of rolls with aluminum foil to seal in moisture and encourage the highest dough rise and place in the oven on the lower rack. Bake for 10 minutes. 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 190 °F / 88 °C.

**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 in one day. After the first rise / bulk ferment, chill the dough for a minimum time of 1 hour. Then roll, spread filling, 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 to rise than refrigerated dough. Start these rolls 5½ - 6 hours before serving time.

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# German-Style Soft Pretzels

These delicious soft pretzels have deep brown color and plenty of authentic pretzel flavor. But what really makes a pretzel a pretzel is the uniquely flavored, dark brown crust. The crust is the result of a dip in strong alkaline solution, which creates the distinctive flavor and color.

**Yield:** Eight 4.4 - 5" / 11.5 - 13 cm pretzels.

**Timing:** Start these pretzels about 4 hours before serving time.

## Pretzel Dough:

	Volume	Grams	Ounces	Baker's Percentage
Bread Flour*	2¾ C	429	15.1	100%
Instant Yeast	1 tsp	3.2	0.1	0.7%
Salt, fine	1 tsp	6	0.2	1.4%
Water, 80 °F / 26 °C	1 C	237	8.3	55%
Butter	3 T	43	1.5	9.9%
Malt Syrup or Molasses	2 tsp	14	0.5	3.2%

## Finishing:

Baking Soda	1½ C (375 g) or 3 T according to option
Egg (optional, for shine)	1
Coarse or Pretzel Salt	½ tsp (3 g) or to taste

*\*Unbleached AP flour can be used. Reducing the water by 1-2 T / 15-30 g maintains dough consistency.*

**Equipment:** Brod & Taylor Folding Proofer, preferably fitted with a Brod & Taylor Shelf Kit. Two Proofer-sized sheet pans, each at least 9 x 13" / 23 x 33 cm but not bigger than 14.25 x 12" / 36 x 30 cm.

**Get ready.** Set up the Proofer with water in the tray and the temperature set to 80 °F / 26 °C. Mark a dough rising container at the 9 C / 2L level.

**Mix the Dough.** In a mixing bowl add the flour, salt and yeast and stir to combine. Add the butter, malt syrup and lukewarm water. Mix by hand or machine until the dough comes together.

**Develop Structure.** Knead until the dough is moderately well developed, about 7 minutes by hand or 6 minutes in a stand mixer on low.

**Let the dough rise.** Transfer the dough to the marked rising container and allow it to rise in the Proofer until tripled. The peak of the dough will just reach 9 C / about 2 liters in about 90 minutes.

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**Make the washing soda.** While the dough is rising, preheat the oven to 350 °F / 175 °C and line a large sheet pan with foil. Spread 1.5 C / 375 g baking soda out over the foil and bake until the pretzels begin their final proof, about 75 - 90 minutes.

**Divide and pre-shape the dough.** When the dough has risen, turn it out onto a sparsely floured work surface and de-gas by pressing it into a rectangle. With a sharp knife, cut the dough into eight pieces about 3.1 oz / 90 g each. Throughout dividing, pre-shaping and shaping, work with one piece of dough at a time and keep the rest covered. Press each piece into a little rectangle and then roll it up into a cylinder, starting from a long end. Pinch the seam closed and seal the ends, then allow the cylinders to rest, covered, for 5 minutes.

**Preheat the oven.** While the pretzels are resting, remove the washing soda from the oven and set it aside to cool. Set oven to 400 °F / 205 °C.

**Shape the pretzels.** Lightly dust the two Proofer-sized sheet pans with flour. Starting in the middle and using a fair amount of pressure, roll the cylinders into ropes with your hands, until they reach a length of about 20 inches / 50 cm. For a pretzel with a chubby lower loop, leave the dough thicker in the middle. Form a U shape, then twist and bring the ends down to create the classic pretzel shape. Press lightly to seal the ends.

**Proof the pretzels.** Proof the pretzels in the Proofer for 15 minutes. Alternatively, the pretzels can be proofed, covered, on the countertop. In a 68 °F / 20 °C room, they will take about 25 - 30 minutes. The pretzels should still be underproofed when they begin the finishing process.

**Set up the finishing station.** Starting at one end of a work area, set up a non-reactive container with one quart / one liter of cool water. Ideally, this first dipping container should be large enough to float four pretzels in one layer. Our kitchen used a stainless steel frying pan. Next to that container, place a bowl with about 1.5 quarts / 1.5 liters of cool water for rinsing the pretzels. Rinsing prevents the crust from being bitter. After the dipping and rinsing bowls, prepare two pieces of parchment, or silicone liners, to line the baking pans. Lightly beat one egg, if including an egg wash, and set out the sprinkling salt.

**Sensible precautions.** Keep washing soda away from eyes and avoid reactive surfaces such as aluminum. If the solution gets on seasoned stone surfaces it will remove the seasoning.

Slowly and carefully pour the washing soda, now reduced to about 1¼ C / 190 g, into the first dipping container while whisking, then continue to whisk until dissolved.

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**Dip and finish the pretzels.** When the pretzels are finished proofing, gently remove the first batch from their sheet pan and float them top side down in the washing soda solution. Allow them to float for 3 - 4 minutes, occasionally spooning dipping solution over the part that is not submerged. While the pretzels are floating, tap the flour out of the now-empty sheet pan and line it with the parchment. One by one, gently remove the pretzels from the dipping solution and turn them briefly in the rinse bowl. Drain and place on the parchment-lined pan. Rinsing keeps the crust from being bitter.

Float the second batch of pretzels in the dipping solution and prepare the second sheet pan in the same manner as the first. If using the egg wash, brush the first batch of pretzels with egg wash and sprinkle with about half of the salt. When the second batch is dipped and rinsed, egg wash and salt it too.

**Bake the pretzels.** Load the pretzels into the center of the oven and bake for 20 - 25 minutes, rotating half way through baking to promote even browning. Remove to racks to cool.

**Alternative Finishing Option.** If you prefer to boil the pretzels in a baking soda solution, skip the “Making the washing soda” step. When it comes time to “Set up the finishing station”, do the following:

Bring one quart or liter of water to a boil in a wide pan. While the water is coming to a boil, set out a slotted spoon and parchment or silicone liners for the sheet pans. Have the sprinkling salt ready. When the water boils, stir in 3 T / 47 g of baking soda to dissolve and keep it at a low simmer.

When the pretzels are ready, boil them, about 10 seconds on each side. Remove them from the pot, drain and set on the parchment-lined sheet pan. Sprinkle with salt, then bake according to the recipe.

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# Yogurt, Butter, Cheese, Chocolate, Kefir, Kombucha, Tempeh

## PROOFER MODE - Dry

USE RACK, NO WATER TRAY



Also for:

**Sour Cream, Creme Fraiche, Natto**

- Place containers **ON RACK** above the heating plate.

### Temperature Range

**70 - 120 °F / 21 - 49 °C**

- Use closed containers for culturing yogurt. Setpoint temperature is for contents of Proofer, not the air inside.
- If the Proofer is used dry (no water tray) at 70 - 95 °F / 21 - 35 °C food temperatures may be several degrees below the setpoint.



*NOTE: The Proofer is calibrated to keep its contents at the designated temperature setting, not the air inside the Proofer. Objects in the Proofer are warmed both by the surrounding warm air, and directly from the heating plate via infrared radiative heating. For best results at temperatures of 95 - 120 °F / 35 - 49 °C, use covered containers. Do not use a water tray.*

*If the ambient temperature of the room where the Proofer is located is quite cool, lower than 60 °F / 15 °C, or very warm, above 77 °F / 25 °C, then the temperature setting may need to be adjusted a few degrees higher or lower to achieve the desired result.*

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# General Guidelines and Tips

**Yogurt.** The Folding Proofer with degree-by-degree temperature control excels as a yogurt maker. It avoids the factory pre-sets of traditional yogurt makers that often overheat the culture. Make up to 2 gallons / 8 liters, or as little as one jar using standard glass containers. Our unique “High-Low” temperature method works in just 4 hours producing food-safe, thick yogurt with a creamier texture that has earned wonderful reviews. Use the temperature control to make Greek-style, goat’s milk, lactose-free, and dairy-free yogurt.

**Chocolate.** The Proofer provides risk-free melting and tempering chocolate, even for easy-to-scorch white chocolate. Hold chocolate at an ideal working temperature after tempering. There is ample room to keep your bowls and tools warm too. Dramatic chocolate curls are simple to make from a block of chocolate warmed in the Proofer.

**Cheese.** Use the Folding Proofer to make delicious soft cheese with fresh ingredients and ensure consistent flavors by using the right temperature for each cheese culture. The Proofer makes the ripening period foolproof.

**Butter and Buttermilk.** What could be more special than homemade cultured butter? Make it in the Proofer - no butter churner required. High quality heavy cream will produce delicious cultured butter with a bonus of delicious buttermilk to use in another recipe.

**Fermented Foods.** The Proofer is uniquely suited to maintain the perfect temperature for days, weeks, or even months at a time to grow the delicious probiotic microbes in fermented foods. Live probiotic cultures boost the immune system and promote digestive health. Fermented foods can include either dairy and non-dairy foods such as kombucha, milk kefir, water kefir, natto, tempeh, kim-chi, soy sauce, tofu, assorted pickled vegetables and even beer.

**Kombucha.** Fizzy and delicious probiotic kombucha is another fermented food to make in the Proofer. You choose the tea, the amount of added sugar, and any flavorings you like while you save on your grocery budget by not buying expensive individual bottled kombucha in the store.

**Water Kefir.** With an even more diverse population of beneficial microbes than either yogurt or kombucha, water kefir is completely caffeine-free and has a short fermentation cycle making it one of the easiest and quickest fermented foods to make.

**Tempeh.** As the major daily protein source for hundreds of millions in Southeast Asia tempeh is the most widely consumed soy food in the world and has no cholesterol. The nutty, savory flavor blends well with a wide range of recipes. Produced from fermentation, tempeh contains easy to digest nutrients and is a good source of calcium. Making tempeh requires only soybeans, tempeh starter, vinegar and a Folding Proofer.

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# Custard-Style & Greek-Style Yogurt

Our yogurt recipe makes thick “custard-style” yogurt without the need for additives like gelatin or powdered dry milk.

## Two key techniques create this thick creamy yogurt:

1. Holding the temperature of the milk at 195 °F / 90 °C for ten minutes creates a spoon-able texture.

2. Culturing using our High-Low method. This method starts with a hot temperature 120 °F / 49 °C to speed culturing while providing the most food safe conditions, then switches to a low temperature 86 °F / 30 °C to achieve a smooth, firm set.

**Timing:** Preparation - 1 hour plus culturing for 3 - 4 hours.

### By Volume

Milk (whole, low fat or skim)	4 C / 1 L	2 quart / 2 L	1 gal / 4 L	2 gal / 8 L
Plain Yogurt Starter*	2 T / 30 ml	¼ C / 59 ml	½ C / 118 ml	1 C / 237 ml

### By Weight

Milk (whole, low fat or skim)	976 g	1.95 kg	3.9 kg	7.8 kg
Plain Yogurt Starter*	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 without water tray, thermometer, large spoon or whisk, glass mason jars or other heat-proof containers with a capacity of 1 quart / 1 liter or less. Everything that will touch the milk should be thoroughly clean and dry.

*Note: When using the Folding Proofer to make yogurt, be certain there is no water in the water tray. The water tray is not needed for making yogurt. You can remove it from the Proofer, if you like, or leave it empty. But do not add water because it can affect temperature settings.*

**Step One: Heat Milk to 195 °F / 90 °C and Hold for 10 Minutes.** Heat the milk to 195 °F / 90 °C. Stir frequently to prevent scorching. Hold the temperature of the milk above 195 °F / 90 °C for ten minutes. Depending on batch size, it may be necessary to use low heat on the stovetop.

*Note: Stirring or whisking the milk to cover the surface with bubbles will prevent the milk from forming a skin during heating and cooling.*

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**Step Two: Cool Milk to 115 °F / 46 °C.** Remove the milk from the heat and allow to cool to at least 115 °F / 46 °C. 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 to 120 °F / 49 °C.

**Step Three: Add Yogurt Starter to the Milk.** Put the yogurt starter with live cultures into a small bowl. Gradually stir in a small quantity of 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.

*Note: 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 120 °F / 49 °C for an Hour, then Lower the Heat to 86 °F / 30 °C.** Set a kitchen timer for one hour, then after that hour turn the Proofer down to 86 °F / 30 °C. It is important not let the setting remain at 120 °F / 49 °C 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 120 °F / 49 °C plus one hour at 86 °F / 30 °C. 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-Style Yogurt** can be made by straining our Classic, Custard-Style, Lactose-Free, Goat or Soy yogurt. To strain yogurt, line a colander or strainer with a large paper coffee filter or several layers of cheese cloth. Set the strainer over a bowl and pour or spoon in the yogurt. Cover and refrigerate. Allow to strain for 3-4 hours for thick Greek-style yogurt, or overnight for the thickest possible texture.



*Spoon or pour yogurt into lined strainer, keeping the level of the yogurt below the rim. Cover and refrigerate. After 12 hours, uncover, and lift strainer from bowl and refrigerate whey for another use. Gently roll yogurt out of filter into clean bowl.*

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# Classic-Style Yogurt Recipe

This classic recipe makes yogurt that tastes fresh with fruity undertones and is minimally tart.

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.

## By Volume

Milk (whole, low fat or skim)	4 C / 1 L	2 quart / 2 L	1 gal / 4 L	2 gal / 8 L
Plain Yogurt*	2 T / 30 ml	¼ C / 59 ml	½ C / 118 ml	1 C / 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 without water tray, 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.

*Note: When using the Folding Proofer to make yogurt, be certain there is no water in the water tray. The water tray is not needed for making yogurt. You can remove it from the Proofer, if you like, or leave it empty. But do not add water because it can affect temperature settings.*

**Step One: Heat Milk to 165 °F / 74 °C.** Using either a microwave or the stovetop, heat milk to 165 °F / 74 °C. If using the stovetop, stir frequently to prevent scorching.

*Note: 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 115 °F / 46 °C.** Remove the milk from the heat and allow to cool to at least 115 °F / 46 °C. 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 120 °F / 49 °C.

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**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.

*Note: 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 120 °F / 49 °C for an Hour, then Lower the Heat to 86 °F / 30 °C.** Set a kitchen timer for one hour, then after that hour turn the Proofer down to 86 °F / 30C. It's important not to let the yogurt remain at 120 °F / 49 °C for more than an hour in order to avoid the whey separation and lumpy texture that result from culturing at too high a temperature for too long.

**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 120 °F / 49 °C plus one at 86 °F / 30 °C). 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.

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# Lactose-Free Yogurt

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

**Timing:** The cream can be cultured for as little as 12 hours or as long as 48 hours or more.

## By Volume

Milk (whole, low fat or skim)	4 C / 1 L	2 quart / 2 L	1 gal / 4 L	2 gal / 8 L
Plain Yogurt*	2 T / 30 ml	¼ C / 59 ml	½ C / 118 ml	1 C / 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 without water tray, 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.

*Note: When using the Folding Proofer to make yogurt, be certain there is no water in the water tray. The water tray is not needed for making yogurt. You can remove it from the Proofer, if you like, or leave it empty. But do not add water because it can affect temperature settings.*

**Step One. Scald the Milk.** Using either the microwave or stovetop, heat the milk to 200 °F / 93 °C. If using the stovetop, stir frequently to prevent scorching. Once the milk reaches 200 °F / 93 °C, 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 115 °F / 46 °C.** Uncover the milk and allow to cool until just below 115 °F / 46 °C. 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 120 °F / 49 °C.



**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 liquified 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 120 °F / 49 °C for an Hour, then Lower the Heat to 86 °F / 30 °C.** Set a kitchen timer for one hour, then turn the heat down to 86 °F / 30 °C. Do not let the yogurt remain at 120 °F / 49 °C 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 120 °F / 49 °C plus two at 86 °F / 30 °C, 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 120 °F / 49 °C and 18 hours at 86 °F / 30 °C. 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.

# Lactose-Free Honey-Vanilla Yogurt

The 19-hour culture on the previous recipe in this booklet creates a lactose-free yogurt that is thick, creamy and also quite tart. To create a mild, lightly sweetened honey-vanilla yogurt, start with the long-cultured tart yogurt recipe on the previous page. Stir in the baking soda and allow to sit for a few minutes while some of the acid is neutralized. Then combine the vanilla, honey, or sugar, to taste. The yogurt will thin slightly after stirring, but will remain delicious.

Ingredients	U.S.	Metric
Plain lactose-free yogurt	1 C	250 ml
Baking soda	¼ tsp	1 g
Vanilla extract	¼ tsp	1.25 ml
Honey (or sugar)	2 - 3 tsp, or to taste	10-15 ml

## 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. This recipe 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.

Additional recipes for **Goat Milk Yogurt** and **Non-Dairy Yogurt** including **Soy Yogurt** and **Coconut Yogurt** can be found on our website:

[brodandtaylor.com/yogurt-recipes/](http://brodandtaylor.com/yogurt-recipes/)

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# 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.

**Yield:** Approximately 1¼ C / 300 ml of butter plus about 2 C / 500 ml of buttermilk. The recipe can easily be halved or doubled.

**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.

Ingredients	U.S.		Metric	
Heavy Cream*	2 pints	32 oz	1 liter	1,000 g
Plain yogurt, buttermilk, or sour cream**	3 T	1.5 oz	50 ml	44 g
Salt (optional)	½ tsp or to taste		0.4 g or to taste	

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

*\*\*Must contain live cultures.*

**Equipment:** Brød & Taylor Folding Proofer without water tray, culturing jars, butter muslin or fine strainer.

*Note: Everything that will touch the milk and butter should be scrupulously clean. When using the Folding Proofer to make butter, be certain there is no water in the water tray. The water tray is not needed for making butter. You can remove it from the Proofer, if you like, or leave it empty. But do not add water because it will affect temperature settings.*

**Get Ready.** Allow the cream to warm to room temperature. Set up the Proofer with the thermostat at 72 °F / 22 °C.

**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 yogurt aroma and should look thicker than when you started. When ready, it can be churned or allowed to culture longer to develop more flavor.

*Note: If you'll be churning butter in jars by shaking, it is helpful 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

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separate into butter and buttermilk. It can be shaken in a jar with the lid sealed tight and half full, whipped with a mixer, or processed in a food processor. First the mixture will turn into whipped cream. After a few more minutes, you will notice solids starting to form and 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 or to start your next batch of homemade cultured 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 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.

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# Homemade Fresh Cheese

This easy recipe has a soft, creamy texture that is easy to spread or can be crumbled.

**Yield:** The recipe makes 39 oz / 1.1 kg of cheese, or about eight 1 cup / 250 ml jars or molds.

**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.

Ingredients	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 C	79 ml
Salt, non-iodized (Kosher or cheese salt)	1-3 tsp, to taste	6-18 g, to taste

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

**Equipment:** Brød & Taylor Folding Proofer without water tray, instant-read thermometer, butter muslin, and a large thick-bottomed stockpot with a lid, not taller than 8" / 20 cm. Cheese molds are optional.

*Note: Everything that will touch the milk and cheese should be scrupulously clean. When using the Folding Proofer to make cheese, be certain there is no water in the water tray. The water tray is not needed for making cheese. You can remove it from the Proofer, if you like, or leave it empty. But do not add water because it will affect temperature settings.*

**Get ready.** Set up the Proofer with the rack in place and the thermostat at 72 °F / 22 °C. Allow it to preheat. Measure the water and stir in the 3 drops of rennet.

*Note: not all the diluted rennet will be used.*

Warm the milk to 86 °F / 30 °C. Pour the milk into a large stainless steel pot and slowly heat to 86 °F / 30 °C. Stir continuously to prevent scorching.

**Add the starter, then the rennet.** When the milk reaches 86 °F / 30 °C, 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 72 °F / 22 °C for 12 hours.

**Spoon the Curd into Muslin.** After 12 hours, check that the milk has

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transformed into a yogurt-like curd. If necessary, continue to ripen until set.

*Note: If ultra-pasteurized milk was used, the ripening time may be longer.*

Drape a 35" / 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 in the future. 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.

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# Tempering Chocolate

Tempering allows the right crystal structure to form from the cocoa butter in chocolate, making the texture smooth, shiny and crisp. All chocolate is tempered when you buy it and that is why it is shiny and snaps when broken. Melting chocolate causes it to go “out of temper”, so you must temper to restore the shine and snap.

*\*All surfaces in contact with the chocolate should be completely clean and dry. Think about the temperature and humidity of any surfaces your chocolate will come in contact with. For example, a very cold spoon could develop condensation when moved to a warm area. The resulting moisture will likely cause your chocolate to seize becoming lumpy and undesirable.*

**Yield:** Equals amount selected per recipe.

**Equipment:** Brod and Taylor Folding Proofer without water tray, thermometer, bowls, spoons or utensils, all clean and dry.

**Step One.** Melt the Chocolate. Set up the Proofer with wire rack in place and the thermostat at 115 °F / 46 °C. 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



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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. A quarter pound, 113g, of chocolate will be completely melted in 60 minutes or less while 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 90 °F / 32 °C for dark chocolate or 86 °F / 30 °C 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 91 °F / 33 °C for dark chocolate or 86 °F / 30 °C 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.

### Chocolate Tempering Table

Dark Chocolate	86 - 90 °F / 30 - 32 °C
Milk Chocolate	84 - 86 °F / 29 - 30 °C
White Chocolate	84 - 86 °F / 29 - 30 °C

*Temperature to maintain temper while frequently stirring. Do not exceed temperature range.*

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# Water Kefir Basics:

## How to Make Your Own

**Yield:** 2 quarts / 2 liters. The recipe can be halved or multiplied. The Folding Proofer will hold up to 8 quart or liter sized jars.

**Timing:** 30 minutes hands-on. 2 days for first fermentation, optional 1 - 3 days for second fermentation.

Ingredients	Volume	Metric	Ounces
Water	1 C	250 ml	8
Sugar*	½ C	100 g	3.5
Fresh water kefir grains**	4 T	11 g	.15
Additional water, non-chlorinated	6½ C	1.7 L	52

*\*Preferably a less-refined type such as organic blonde sugar. Do not use honey.*

*\*\*Note: If the water kefir grains are dried, they need to be hydrated and activated before the first use.*

**Equipment:** Brod & Taylor Folding Proofer, a stainless steel or plastic funnel (not aluminum), a fine stainless steel or plastic strainer and heat-proof mason jars, not more than 8" / 20 cm tall. An instant read thermometer is helpful for making sure the water mixture has cooled adequately.

**Get Ready.** Set up the Proofer with the rack in place and the thermostat at 75 °F / 24 °C. Glass mason jars and the thermometer should be thoroughly clean and dry. Set out coffee filters or clean cloths and rubber bands to cover jars.

**Make the Water Mixture.** Combine all of the sugar with 1 C / 250 ml of water and heat, stirring, until the sugar dissolves, about 150 °F / 65 °C. Remove from heat and cool for ten minutes.

Transfer the warm sugar water to mason jars, dividing evenly between jars if using more than one. Add additional non-chlorinated water to the jars to fill, leaving a small space at the top to prevent spills.

**Check the Temperature.** Before adding the culture, make sure the sugar-water mixture is below 85 °F / 29 °C. If necessary, allow the mixture to cool.

**Add the Water Kefir Grains and Cover.** Add the grains to the sugar water, using about 2 T / 12 g of kefir grains for each quart or liter. Cover the jars with a breathable cover such as a coffee filter or clean cloth, secured with a rubber band. The culture does not require oxygen, but a breathable cover prevents leaks and explosions in the Proofer and also helps minimize trace alcohol levels produced by the culture.

**Ferment for 48 Hours.** Place jar/s in the Proofer to ferment. For the most accurate temperature control, arrange the jars so that they are not directly

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over the center of the Proofer. Allow the culture to ferment for 48 hrs at 75 °F / 24 °C.

*Note: for a riper flavor or stronger carbonation, the temperature can be increased to 78 °F / 26 °C, or up to 82 °F / 28 °C.*

When the water kefir is done, the surface will have a few visible bubbles, smell a bit yeasty like bread dough, and should taste mild and slightly sweet. Even though the acidity will have increased with the pH about 4.3 - 4.5 at this point, the water kefir will not taste very tart yet.

**Non-Carbonated Water Kefir for Smoothies.** The easiest way to finish your Water Kefir is to store it plain and use it for smoothies. No flavoring is needed, as water kefir has a slightly sweet, neutral taste that will blend easily with many different smoothie recipes. Plain water kefir can also be blended with fresh or frozen fruit and frozen in popsicle molds.

When the two-day fermentation is complete, fit a clean storage jar with a non-aluminum funnel and fine strainer, then pour the fermented water kefir through, allowing the grains to collect in the strainer. Seal jars with loosely screwed on lids and refrigerate. Use the grains to start your next batch, or store them according to the directions here: [culturesforhealth.com/take-break-water-kefir](http://culturesforhealth.com/take-break-water-kefir).

**Create Naturally Carbonated Water Kefir.** Water kefir turns into a delightful sweet-tart probiotic soda through a second fermentation in the bottle. We recommend using swing-top bottles because they are strong enough to prevent explosions and tightly sealed enough to capture carbonation.

If you're just getting started with water kefir, consider flavoring your bottles with one of the following beginner-friendly options:

- **Sweet Fruit Juice.** Fill each 8 oz / 250 ml bottle about one-fourth full with juice. Grape, apple or orange juice are all great options. The juice will be less sweet and a little more tart after fermenting in the bottle.
- **Citrus Water Kefir.** Add about 1 T / 15 ml lemon or lime juice per 8oz / 250 ml, or fill bottles about one-fourth full with grapefruit juice. If desired, add about ½ tsp / 3 g sugar per 8 oz / 250 ml to offset the tart juice and encourage carbonation.
- **Ginger.** Add plenty of thin-sliced or minced fresh ginger to each bottle. Use about 1" / 8 g ginger root and consider storing a day or two in the refrigerator after the bottle fermentation is complete, as the ginger will be somewhat slow to add flavor.

After adding flavoring to your bottles, fit one with a non-aluminum funnel and strainer. Before pouring in the fermented water kefir, give it a good stir with a spoon to evenly distribute the probiotics. Then pour it into the bottles, allowing the grains to collect in the strainer. Leave a little airspace at the top of the bottle. Use the grains to start your next batch, or store them according to the directions at this website:

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[culturesforhealth.com/take-break-water-kefir](http://culturesforhealth.com/take-break-water-kefir).

**Second Fermentation in the Bottle.** Seal the bottles and allow them to ferment at cool room temperature, below 70 °F / 21 °C, for 2 - 3 days. Check the carbonation of one of the bottles after two days by tasting a little. If it's noticeably fizzy, chill the bottles. If it isn't yet fizzy enough, allow the bottles to ferment 12 - 24 hours more. (If a cool environment is not available, bottle ferment for a shorter time, 1 - 2 days, and consider burping the bottles to prevent explosions.) After bottle fermentation is complete, chill and serve cold.

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# How to Brew and Bottle Kombucha

Providing healthy probiotics and potent antioxidants, kombucha can also boast anti-inflammatory benefits when flavored with ginger or sour cherry juice. It takes only 30 minutes once a week to brew kombucha, making it a low-maintenance, easy project.

**Yield:** One gallon / 4 L. This recipe can easily be halved or doubled, the Proofer will hold up to 2 gallons / 8 L of kombucha, as long as the containers are no taller than 8" / 20 cm.

**Timing:** Brewing and bottling take about 30 minutes of active time. The brewing cycle is approximately one week long (unattended).

Ingredients	Volume	Metric	Ounces
Water	3 C	700 ml	24
Sugar	1 C	200 g	7
Tea	6 - 7 tea bags	12-14 g loose tea	0.5 oz loose tea
Fermented kombucha*	2 C	500 ml	16
Additional water, non-chlorinated	10-11 C	2.5-2.75 L	80-88
Scoby, fresh**	1	1	1

*Note: Tea can be black, oolong, green, white or decaf, or a blend of any of those types. Herbal teas should not be used as they do not provide adequate nutrition for the culture.*

*\*Unflavored, mature kombucha, usually reserved from the previous batch.*

*\*\* The key to making kombucha at home is obtaining a scoby, the cellulose disc that contains the culture. A new scoby is formed with each batch of kombucha, so a friend who makes kombucha can be a great source for a spare scoby. Or you can get started with our excellent method for growing a scoby from a bottle of store bought kombucha. See website: [brodandtaylor.com/kombucha-scoby/](http://brodandtaylor.com/kombucha-scoby/)*

**Equipment:** Brød & Taylor Folding Proofer, one gallon non-metal brewing jar no more than 8" / 20 cm tall, tightly woven fabric or paper cover and rubber band. An instant-read thermometer can be helpful for making sure the tea has cooled adequately. One widely available glass container that works well in the Proofer is Anchor Hocking's Heritage Hill 1- gallon / 4 L jar (without lid).

**Get Ready.** Set up the Proofer with the rack in place and the thermostat at 75 °F / 24 °C. Choose a location where the Proofer is away from direct sunlight because light can reduce nutrients. For best scoby formation, place the Proofer where it will not need to be moved so the jar and scoby remain still.

**Make the Tea Concentrate.** Bring 3 C / 700 ml water to a boil. Remove from heat, add all of the sugar and stir to dissolve. Add black or oolong tea and brew for 20 minutes. If using green or white tea, brew for only 4 minutes or the resulting kombucha will be bitter. Remove the tea at the end of the brewing time.

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**Cool the Tea Concentrate.** When brewing is complete, allow the tea concentrate to cool for at least ten minutes.

Tip: It often works well to bottle your previous batch of kombucha while the tea concentrate is brewing and cooling.

**Fill the Brewing Jar.** Add the two cups of kombucha (reserved from a previous batch) and at least half of the remaining water to the brewing jar. Slowly pour in the tea concentrate (adding the hot concentrate after the jar is partially filled helps protect glass from abrupt temperature changes). Top off with as much water as necessary to bring the level up to 2" / 6 cm below the rim of the jar.

*Tip: Leave some airspace at the top of your brewing jar, because carbon dioxide can build up under the scoby and cause it to bulge upwards. If the container is too full, the scoby will spill kombucha as it rises.*

**Check the Temperature.** Before transferring your scoby to the new batch of kombucha, check to see that the temperature is below 85 °F / 29 °C. Cool further if necessary.

**Add the Scoby.** When the mixture in the brewing jar has cooled, place the scoby into the jar. Cover with a clean cloth, tea towel or commercial size coffee filter and secure the rim with a rubber band.

**Ferment for 7-10 days.** Place the covered kombucha onto the rack in the Proofer and close the lid. Leave to ferment for 7 days. Check occasionally to see whether scoby is rising out of jar and to allow fresh air.

After 7 days, taste the kombucha by slipping a clean drinking straw between the scoby and the side of the brewing jar (you may need to gently break the seal formed by the scoby). Push the straw down about 2" / 5cm into the kombucha, seal the top with your finger and withdraw the straw from the container. Taste the kombucha in the straw and decide whether it has a good balance of sweet and sour, or needs more time to ferment (i.e. whether it is too sweet and/or not tart enough).

If you plan to bottle ferment the kombucha, it should be slightly sweeter than you would ultimately like to drink, because the culture will consume more sugar during bottle fermentation.

**Bottling and Flavoring Kombucha.** Kombucha develops beautifully blended flavors and an appealing natural carbonation through a second fermentation in the bottle. For maximum carbonation, we recommend swing-top bottles because they are strong enough to prevent explosions and seal tightly enough to contain the natural carbonation. However, if you are only looking for a little carbonation, the bottles commercial kombucha is sold in work well. They often don't seal tightly enough to produce more than a light fizz.

Pour kombucha into bottles through a fine stainless steel mesh. After the kombucha is bottled, it should be sealed and then left to ferment at cool room temperature for two days. Remember that light can reduce nutrients. After that it should be stored in the refrigerator. If your environment is quite cool, it may need three days to build up a pleasant carbonation, while warmer rooms

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may require only one day.

**Less Sweet Flavors.** These flavors often benefit from having a little extra residual sugar at the end of the first fermentation, so that the culture still has enough sugar to consume for a second fermentation in the bottle.

- **Classic Kombucha.** Kombucha has plenty of flavor on its own and can be bottled without adding additional flavorings. This is a particularly nice option if you have invested in premium quality tea or are learning the art of blending teas.
- **Ginger.** Ginger is one of the easiest and most popular kombucha flavors. Add plenty of fresh, thin sliced or minced ginger to bottles and fill with brewed kombucha.
- **Lemon or Lime.** Fresh squeezed lemon or lime juice, with or without a little of the peel, make for a particularly refreshing flavor. Use 1 or 2 T / 15 - 30 ml of juice per pint / 500 ml, and keep the amount of peel modest (too much can inhibit the culture).
- **Tart Cherry.** For pure sour cherry juice without added sweetening, add 4 to 6 T / 500 ml per pint.
- **Ginger-Lime Green Tea.** For 6 pints / 3 L of kombucha add the juice of 1 or 2 limes, 1 to 3 tsp of sugar and thin slices of fresh ginger (2 slices of ginger per pint / 500 ml works well).

**Sweeter Fruit Juice Flavors.** For flavors that add a sweet juice, the kombucha can be brewed slightly longer, one or two days, for the flavors above, or to taste.

- **Mango.** The tartness of kombucha balances the tropical sweetness of mango juice beautifully. Use about 4 or 5 T / 60 - 75 ml per pint / 500 ml, or to taste.
- **Apricot.** Apricot nectar blends well with kombucha. Use about 5 or 6 T / 75 -90 ml per pint / 500 ml, or to taste.
- **Peach.** Mellow peach nectar needs a little more juice for its flavor to come through, use about 7 - 8 T / 105 -120 ml per pint / 500 ml.
- **Concord Grape.** Kombucha brings a delicious tart balance to this juice, use about 4 T - 60 ml per pint / 500 ml.

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# How to Make Tempeh

**Yield:** Makes two cakes, approximately 14 ounces each.

**Timing:** 12 hours to soak the beans, 45 - 60 minutes to dehull and split the beans, 30 - 45 minutes to cook the beans, and 24 - 48 hours in the Proofer.

## Ingredients

	Volume	Metric	Ounces
Soybeans, dried whole	2 C	400 ml	14
Vinegar, white distilled	2 T	30 g	1
Tempeh starter*	1 tsp	3.4 g	.12

*\* Tempeh starter, also called powdered tempeh starter or tempeh culture, is a dried mixture of live Rhizopus spores with substrate, which can be soybeans or rice.*

**Equipment:** Brod and Taylor Folding Proofer, large bowl, colander, 4 qt / L pot, 2 qt / L clear plastic bags, and a skewer.



**Soak the soybeans.** Place the rinsed soybeans into a large bowl, and cover with enough water to submerge all of the beans. Soak the beans overnight for 12 hours. The beans can triple in size.

**Dehull and split the beans.** The hulls need to be removed in order for the spores to inoculate the beans. Use your hands to work the beans. Swirl the water and drain into a colander in the sink. Refill the bowl. The hulls will start to float to the top. Repeat the process until the majority of the beans are split and hulls removed.

**Cook the beans.** Simmer the beans partially covered for about 30 - 45 minutes until tender.

**Dry and cool the cooked beans.** Drain the cooking water. Dry the beans by patting with a clean towel and let them cool to below body

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temperature.

*NOTE: Keeping the tempeh too moist as it cultures is the most common reason for spoilage, so make sure that the beans are dry to the touch before continuing.*

**Add the vinegar.** Place the beans in a dry, clean bowl. Add the vinegar and mix well. The acid from the vinegar helps to prevent the growth of unwanted bacteria.



**Add the tempeh starter.** Sprinkle the tempeh starter over the beans and mix well to evenly distribute the starter throughout the beans.

**Put the beans in clear plastic bags.** 1 - 1.5" / 2.5 - 4 cm thick.

**Prick holes in the bags to create air vents at 1" / 2.5 cm intervals using the skewer.** This will allow the mold to breathe.

**Culture the beans at 88 °F / 31 °C for 24 - 48 hours.** Place the bags in the Proofer. After 24 hours, white spores will begin to cover the surface of the beans and will continue to grow.

**Check at 12 hours.** The fermentation will cause the beans to generate their own heat and you may want to lower the Proofer temperature after 12 hours. Use a thermometer to check the actual tempeh temperature to be sure.

**Stop the fermentation.** After 24 - 48 hours, when the beans have become a firm mass held together by the white mycelium, the tempeh is finished. It should smell nutty and mushroomy. You may see some black or grey spots near the air holes, but they are nothing to be alarmed about.

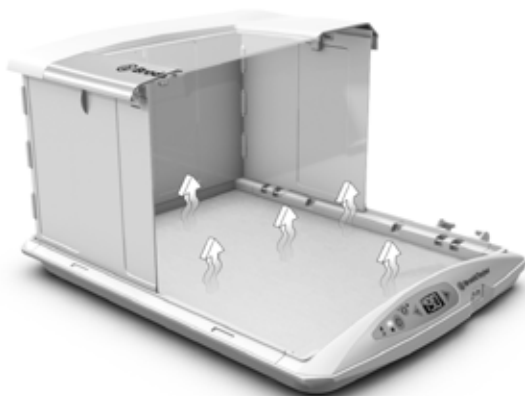
NOTES:

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# Slow Cooking

## SLOW COOK MODE

DO NOT USE RACK, NO WATER TRAY



*Best for:*

**Traditional Slow Cooking,  
Black Garlic, Sous Vide**

- Place containers **DIRECTLY** ON the heating plate.
- Temperature range 85 -195 °F / 30 - 90 °C.
- For best results use a heavy bottom Dutch oven or stock pot with a tight fitting lid.

### **Temperature Range** **85 - 195 °F / 30 - 90 °C**

- Use covered containers.  
Set point temperature is for contents of the Proofer, not the air inside.



### **Food safety**

*When slow cooking, food should reach 140 °F / 60 °C in less than 2 hours. For this reason, frozen meat should never be placed directly in a pot for slow cooking. For best results and increased food safety, we recommend pre-heating the pot and searing thawed meat.*

### **Pre-heating**

*Many recipes call for sauteing onions, garlic, or other items and searing meat before slow cooking for optimum flavor. Using the Proofer, all this can be done in a single pot. After searing, put the hot pan in the pre-heated Proofer **DIRECTLY** on the heating plate with **NO RACK**. Always put a lid on the pot and also close the lid of the Proofer. Do not remove lid or pot top for first 2 hours. Meat should not touch the top of the pot.*

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# General Guidelines

**Slow Cook Mode.** In Slow Cook Mode temperatures may be set from 85 -195 °F / 30 - 90 °C in 5 degree increments. For slow cooking recipes that recommend a setting of “Low” on a traditional slow cooker, set the temperature to the maximum setting of 195 °F / 90 °C. Always use a lid on the pot when slow cooking.

This appliance is calibrated to keep the contents of a container near the temperature setpoint. Actual temperatures may vary 5 degrees from setpoint depending on the type of container and lid used (cast iron, stainless, metal or glass lid). Results for any specific pot will be repeatable.

**Pre-heating.** Many recipes call for sauteing onions, garlic, or other items and searing meat before slow cooking for optimum flavor. Using the Proofer, all this can be done in a single pot. After searing, put the hot pan in the pre-heated Proofer DIRECTLY on the heating plate with no rack. Always put a lid on the pot and also close the lid of the Proofer. Do not remove lid or pot top for first 2 hours. Meat should not touch the top of the pot.

**Cleaning.** The Proofer base plate can be wiped clean with a damp cloth after use. For prevention of accidental spills reaching the Proofer base plate, a sheet of aluminum foil may be placed directly on the base plate and the pan placed on top of the foil during slow cooking.

**Other Applications.** Other slow cooking processes, such as slow roasting black garlic or sous vide cooking may be done at lower temperatures. We recommend checking the internal pot or water bath temperature at regular intervals to ensure it is appropriate. When slow cooking, always put a lid on the pot.

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# Hearty Slow - Cooked Chuck Roast

This delicious one-pot recipe is surprisingly easy to make. In just 20 minutes you can prepare the roast and will find it ready to enjoy hours later.

**Yield:** About 6-8 servings

**Timing:** 20 minute's preparation, overnight marinade, and 8 -10 hours in the Folding Proofer.

Ingredients	Volume	Grams	Ounces
Beef chuck roast	3.5 lb	1,580	56
Black pepper, fresh ground	½ tsp	1.5	.05
Salt	½ tsp	4	.15
Bay leaves	2	.4	.02
Rosemary, fresh sprigs	3	9	.32
Onions	2	140	5
Hearty red wine	3 C	675	24
Carrots, large thickly sliced	4	500	18
Celery stalks, thickly sliced	4	50	1.8
Butter	2 T	30	1
Olive oil	2 T	28	1
Garlic cloves, thinly sliced	2	10	.4

**Equipment:** Folding Proofer, large covered bowl or plastic bag to marinate the roast overnight, metal 6-quart covered stock pot less than 8" / 20 cm tall with lid and short handles. Less than 8" / 20cm total height will allow the pot to rest in the center of the Proofer during slow cooking.

*Note: The original Folding Proofer product, Model FP-101, may also be used. Set the Proofer to 120 °F / 49 °C and place the stockpot directly on the base plate of the Proofer. Follow the recipe and check the internal temperature of the roast after 8 hours.*

**Prepare the chuck roast.** Sprinkle the salt and pepper lightly over the roast on all sides. Place the chuck roast in a large plastic bag or large bowl with the onions, bay leaves, and rosemary. Pour the wine over the roast, cover, and let marinate overnight.

**Get ready.** Remove the water tray and rack from the Proofer. Select the Slow Cook Mode. Set the temperature at 195 °F / 90 °C.

**Prepare vegetables.** After the roast has marinated, slice carrots, celery, and garlic. Place butter and oil in the stock pot with some of the sliced vegetables. Lay the roast on top with all of the marinade and add the remaining vegetables.



**Cover and cook.** Cover the stock pot and gently place in the center of the Proofer, close the Proofer lid and allow the roast to cook for 8 to 10 hours. After 6 hours check the interior of the roast with a thermometer and then turn the roast over. We recommend a temperature of 190 - 200 °F / 88 - 93 °C for a tender and juicy roast.

*Note: Gently place the stock pot in the center of the Proofer base and avoid sliding your pot to prevent scratching the aluminum surface on the base of the Proofer. Scratching will not damage the function of the Proofer, just appearance. Placing a sheet of aluminum foil on the Proofer base plate will also protect the base from spills.*

**Serve.** Remove the bay leaves and rosemary sprigs. Blend some of the celery, carrots and onion with some of the juices until you have a smooth puree. Spoon some of the puree sauce on each serving plate and top with the roast.

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## Slow - Cooked Pulled Pork

Enjoy pulled pork, an easy one-pot recipe which is delicious and surprisingly simple to make. Moist and tender pork is perfect for sandwiches or on tacos. Try our No-Knead Brioche with pulled pork.

**Yield:** About 6 - 8 servings

**Timing:** 15 minutes preparation; 10 -11 hours in the Folding Proofer. If it is convenient, turn the pork butt over midway through the cooking.

Ingredients	Volume	Grams	Ounces
Smoked paprika	3 T	36	1.3
Salt	1 T	24	.6
Black pepper	2 tsp	6	.2
Cayenne pepper	¼ tsp	.5	.02
Brown sugar	1 tsp	5	.2
Ground cumin (optional)	¾ tsp	1.2	.04
Honey	½ C	170	6
Red wine vinegar	¼ C	56	2
Olive oil	¼ C	56	2
Garlic cloves, thinly sliced	3	15	.5
Onion, large	1	340	12
Pork butt (or pork shoulder)	3 - 3.5 lbs	1.6kg	56

**Equipment:** Folding Proofer, metal 6-quart covered stock pot with short handles and less than 8" / 20 cm tall with lid. Less than 8" / 20 cm will allow the pot to rest in the center of the Proofer during slow cooking.

*Note: The original Folding Proofer product, Model FP-101, may also be used. Set the Proofer to 120 °F / 49 °C and place the stockpot directly on the base plate of the Proofer. Follow the recipe and check the internal temperature of the pork after 10 hours.*

**Get ready.** Remove the water tray and rack from the Proofer. Select Slow Cook Mode. Set the temperature at 195 °F / 90 °C.

**Combine.** Whisk together the smoked paprika, salt, black pepper, cayenne pepper, cumin and brown sugar in a small mixing bowl. Add honey, red wine vinegar, and olive oil to the spices. Stir until thoroughly combined. Gently stir in garlic slices just enough to coat them.

**Prepare pot.** Cut the onion into thick slices and place on the bottom of your stock pot. Cut the pork butt in half and place each piece on top of

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the onion slices. Spread the honey spice mixture over the top of the pork and place the lid on the pot.



**Cover and cook.** Place the covered stock pot directly on the center of the aluminum heating plate in the Proofer. Close the Proofer and allow the pork to cook for a total of 10 or 11 hours. Midway during the slow cook process you can turn the pork over once. After 10 hours check the interior of the pork with a thermometer. We recommend a temperature of 190 - 200 °F / 88 - 93 °C for tender, juicy pork which pulls apart easily.

*Note: Gently place the stock pot in the center of the Proofer base and avoid sliding your pot to prevent scratching the aluminum surface on the base of the Proofer. Scratching will not damage the function of the Proofer, just the appearance. Placing a sheet of aluminum foil on the Proofer base plate will also protect the base from spills.*

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## Slow - Cooked Balsamic Chicken

This easy one-pot balsamic chicken highlights the benefits of stove top to Folding Proofer & Slow Cooker simplicity. Start this luscious recipe in a stockpot or Dutch oven on the stove and transfer directly to the Slow Cooker. Boneless chicken thighs stay moist and tender as they are infused with flavor. Spoon over rice or polenta or serve with roasted potatoes. Try our No-Knead Brioche recipe and make buns for tasty sliders.

Yield: About 6 - 8 servings

Timing: 15 - 25 minutes preparation; 2 - 3 hours slow cooking.

Ingredients	Volume	Grams	Ounces
Extra-virgin olive oil	1 T	16	.5
Onion (medium, diced)	1	340	12
Fresh thyme, fresh*	5 tsp	4	.14
Tomato paste	1 T	15	.5
Garlic cloves, minced	3	15	.5
Red pepper flakes	¼ tsp	.4	.02
Flour, all-purpose	3 T	45	1.6
Balsamic vinegar	½ C	112	4
Can diced tomatoes*	1	408	14.5
Chicken broth, low-sodium	½ C	112	4
Dry red wine	¼ C	56	2
Bay Leaves	2	4	.14
Kosher salt	¾ tsp	3.6	0.1
Ground black pepper	½ tsp	1.5	.05
Boneless chicken thighs, skin removed	10-12	1,800	4 lbs
Swiss chard stalks with stems removed & leaves sliced about 1" wide*	1 bunch	170	6

Substitutions:

Fresh thyme = dried thyme 1.5 tsp / 4 g

Canned tomatoes = 2 medium fresh tomatoes, diced

Swiss chard = substitute fresh spinach to taste

**Equipment:** Folding Proofer & Slow Cooker, metal 4 - 6 qt / L covered stock pot with short handles and less than 8" / 20cm tall with lid.

*Note: The original Folding Proofer product, Model FP-101, may also be used. Set the Proofer to 120 °F / 49 °C and place the stockpot directly on the base plate of the Proofer. Follow the recipe and check the internal temperature of the chicken after 2 hours.*

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**Get ready:** Remove the water tray and rack from the Proofer. Set to Slow Cook Mode and adjust the temperature to 195°F / 90°C.

**Prepare pot:** Heat oil in the stockpot over medium-high heat on a stove top until shimmering. Reduce heat and add onion, thyme, tomato paste, garlic, and red pepper flakes. Cook until the onion is soft and just begins to brown, about 8 minutes. Stir in flour and cook for one minute. Slowly whisk in balsamic vinegar, scraping any browned bits from the bottom of the stockpot. Cook for 2 - 3 minutes. Add diced tomatoes, chicken broth, red wine and bay leaves and stir to combine.

**Add chicken:** Lightly season the chicken with salt and pepper. Submerge each piece in with the prepared ingredients in the stock pot.

**Cover and cook:** Place the covered stock pot directly on the center of the aluminum heating plate in the Proofer. Close the Proofer and allow the pork to cook for a total of 10 - 11 hours. Midway during the slow cook process you can turn the pork over once. After 10 hours check the interior of the pork with a thermometer. We recommend a temperature of 190 - 200°F / 88 - 93°C for tender, juicy pork which pulls apart easily.

*Note: Gently place the stock pot in the center of the Proofer base and avoid sliding your pot to prevent scratching the aluminum surface on the base of the Proofer. Scratching will not damage the function of the Proofer, just appearance. Placing a sheet of aluminum foil on the Proofer base plate will also protect the base from spills.*

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## Slow - Cooked Pork Al Pastor

Enjoy wonderful pork marinated in the sweet juices of a fresh pineapple, an easy one-pot recipe which is delicious and surprisingly simple to make. Prepare ingredients ahead in just 15 - 20 minutes and enjoy hours later. Moist and tender pork is perfect for sandwiches or on tacos.

**Yield:** About 6 - 8 servings

**Timing:** 15 - 20 minutes preparation; 10 -11 hours in the Proofer. If it is convenient, it is best to turn the pork over midway through cooking.

Ingredients	Volume	Grams	Ounces
Shallot flakes, dried	1 T	6	.2
Kosher salt	2 ½ tsp	7	.24
Oregano, dried	2 tsp	1.2	.13
Coriander, ground	1 tsp	2	.02
Cumin seeds	1 tsp	2	.03
Chipotle powder, to taste	½ -1 tsp	4	.09
Whole pineapple	1	900	32
Pork shoulder, cut in half	3-4 lbs	1360-1815	3-4 lbs
Garlic clove, sliced	2	12	.4
Guajillo or New Mexico chile, seeded and cut in long strips	1	5.6	.2
Yellow Onion, medium sliced	1	227	8
Apple Cider Vinegar	¼ C	56	2

### To Serve as Tacos:

Corn tortillas	12	238	8.4
Cilantro leaves, chopped	1 C	16	.56
Whole limes, cut in wedges	2	200	7

**Equipment:** Folding Proofer, metal 6-quart covered stock pot with short handles and less than 8" / 20 cm tall with lid. Less than 8" / 20 cm will allow the pot to rest in the center of the Proofer during slow cooking.

*Note: The original Folding Proofer product (FP-101) may also be used. Set the Proofer to 120 °F / 49 °C and place the metal stock pot directly on the base of the Proofer. Follow the recipe and check the internal temperature of the pork after 6 hours. Internal meat temperature should be at least 195 °F / 90 °C for tender pork.*

**Get ready:** Remove the water tray and rack from the Proofer. Set the Slow Cook Mode and set the temperature to 195°F / 90°C.

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**Combine spices with pork:** Whisk the first 6 ingredients together in a small bowl. Place the two pieces of pork shoulder in the stock pot with fat side down and sprinkle the spice mix evenly over the meat.

**Prepare pineapple:** Place the pineapple on a large cutting board. Trim the top and bottom off the pineapple and discard. Stand the pineapple upright on the cutting board. Slice 5 or 6 strips lengthwise down all around the exterior of the pineapple, just deep enough to remove most of the interior brown seed coverings. Set these pieces aside and reserve. Now halve the remaining pineapple lengthwise. Remove and discard the core. Cut the remaining pineapple fruit into 1" / 2.5 cm cubes.

**Add ingredients:** Place the diced pineapple, chili pepper, garlic and onion slices, over the top of the pork in stock pot. Add apple cider vinegar around the sides, taking care not to wash spices off of the pork. Lay the reserved pineapple peels over the top with cut-sides facing down.

**Cover and cook:** Cover the stock pot and place the pot directly on the center of the aluminum heating plate in the Proofer. Be sure the water tray and rack have been removed from the Proofer. Close the Proofer and allow the pork to cook for a total of 8-10 hours. If convenient, midway during the slow cook process turn the pork over to ensure both sides of the pork will be moist and immersed in flavor. After 6 hours check the interior of the pork with a thermometer. Continue to cook until the meat reaches a temperature of 195F / 90C. The results will be a tender, juicy and fully cooked pork which pulls apart easily.

*Note: Gently place the stock pot in the center of the Proofer base and avoid sliding your pot to prevent scratching the aluminum surface on the base of the Proofer. Scratching will not damage the function of the Proofer, just the appearance. Placing a sheet of aluminum foil on the Proofer base plate will also protect the base from spills.*

**To serve:** Discard pineapple skins. Remove pork and transfer to a large platter with cooked onions and pineapple to the side. Gently pull the pork apart, discarding any fat. Season with flaky salt, if desired, and serve on corn tortillas with cilantro, and lime wedges.

**Optional:** After removing meat, onions and pineapple cubes, strain the remaining broth through a colander into a bowl. Cool the strained broth in the refrigerator. Note: A fast way to cool the broth is to set the bowl of broth in a large bowl of ice cubes.

When the broth is cold the fat will harden. Remove fat from the top of the broth and discard. Return the broth to a saucepan and simmer uncovered until the liquid is reduced by half, about 7-10 minutes. Add the shredded pork, onions, and cooked pineapple pieces to a saucepan. Stir gently to heat thoroughly. Serve with rice.

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# Black Garlic - How to Make at Home

Black garlic has a soft, slightly sticky, intensely sweet and savory, rich flavor which is quite different from normal fresh garlic. The Folding Proofer provides an ideal environment for making black garlic.

**Ingredients:** Garlic bulbs.

**Timing:** 15 minutes set up & 3 to 4 weeks in the Proofer.

**Equipment:** Brod and Taylor Folding Proofer, metal pot with snug lid.

Determine how many bulbs will fit into your metal pot. The pot should be paired with its original fitted lid or one that is snug. The Proofer will easily hold a 6-quart stock pot. As the garlic ages in the Proofer there is a noticeable aroma of garlic emitted. One solution for reducing the garlic smell is to wrap the entire pot and lid tightly with heavy aluminum foil before placing it in the Proofer. Just make sure the bottom of the pot fully contacts the aluminum heating plate in the Proofer.

**Prepare garlic bulbs.** If necessary, clip any long roots off the bulb. If the stalk on the bulb is long, trim it to about ½" / 1.25 cm. If the outer papery skin of the bulb has soil or debris, remove just enough to expose clean skin.

*Note: Trying to clean the garlic bulbs after you've made black garlic is difficult because each interior clove will become very soft and they can be smashed with handling. Garlic purchased in most grocery stores is ready to wrap with foil. Select fresh and firm bulbs for best results.*

**Wrap in foil.** Cover each bulb with a generous sheet of aluminum foil. Press the foil tightly against the bulb to ensure it is completely wrapped with no exposed surfaces. If there is a tear in the foil, use another piece to cover the tear. This will prevent the bulb from drying out and allow the bulb to retain its natural moisture.

**Transfer to pot.** Place all of the foil wrapped bulbs inside the pot and place the lid on the pot.

**Prepare Proofer.** Set the Folding Proofer on a surface which will tolerate about 140 °F / 60 °C temperatures. Natural wood surfaces such as butcher block can expand and contract with fluctuations in heat. Marble, granite, ceramic tile, concrete, or plastic composite (such as Formica) countertops work well. Remove the water tray and wire rack from the bottom of the Proofer. Place the lidded pot containing the bulbs directly in the center of the Proofer and on the metal surface in the base of the Proofer. Close the lid of the Proofer. Select Slow Cook Mode, using no rack or water tray. Set the Proofer to 140 °F / 60 °C and allow it to remain on for 3 - 4 weeks.

**Check garlic.** After 3 weeks remove one bulb from the pot and gently peel back the aluminum. Using a small knife, separate one clove and peel it open to expose the interior. It should be a very dark brown or black in color. If the bulb is not dark enough, place it back in the Proofer and allow it to remain in

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the Proofer for approximately 1 more week.

**Storage.** To store black garlic, the bulbs can be separated into individual cloves, left in their skins, wrapped in air tight plastic bags, and stored in the freezer for at least 1 year.

Black garlic has a soft, slightly sticky, intensely sweet and savory very rich flavor which is quite different from fresh garlic. It can be used with lamb, beef, poultry, seafood, pizzas, pastas, risottos, aioli, egg and even in desserts.

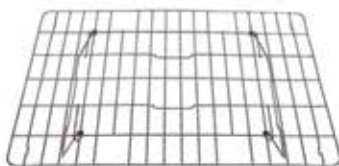
### Black Garlic Orange Glazed Salmon



### Black Garlic & Orange Glazed Salmon

Season salmon with salt and pepper to taste. Heat olive oil in skillet, add remaining ingredients to skillet except ghee and cook until slightly thickened. Remove rosemary and whisk in ghee. Bake salmon for about 10 - 15 min at 350 °F / 175 °C and pour glaze over salmon before serving.

# Folding Proofer & Slow Cooker



FP - 165 SHELF KIT ACCESSORY



U.S. Patent 8,939,069

EP 2 358 206 B1

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