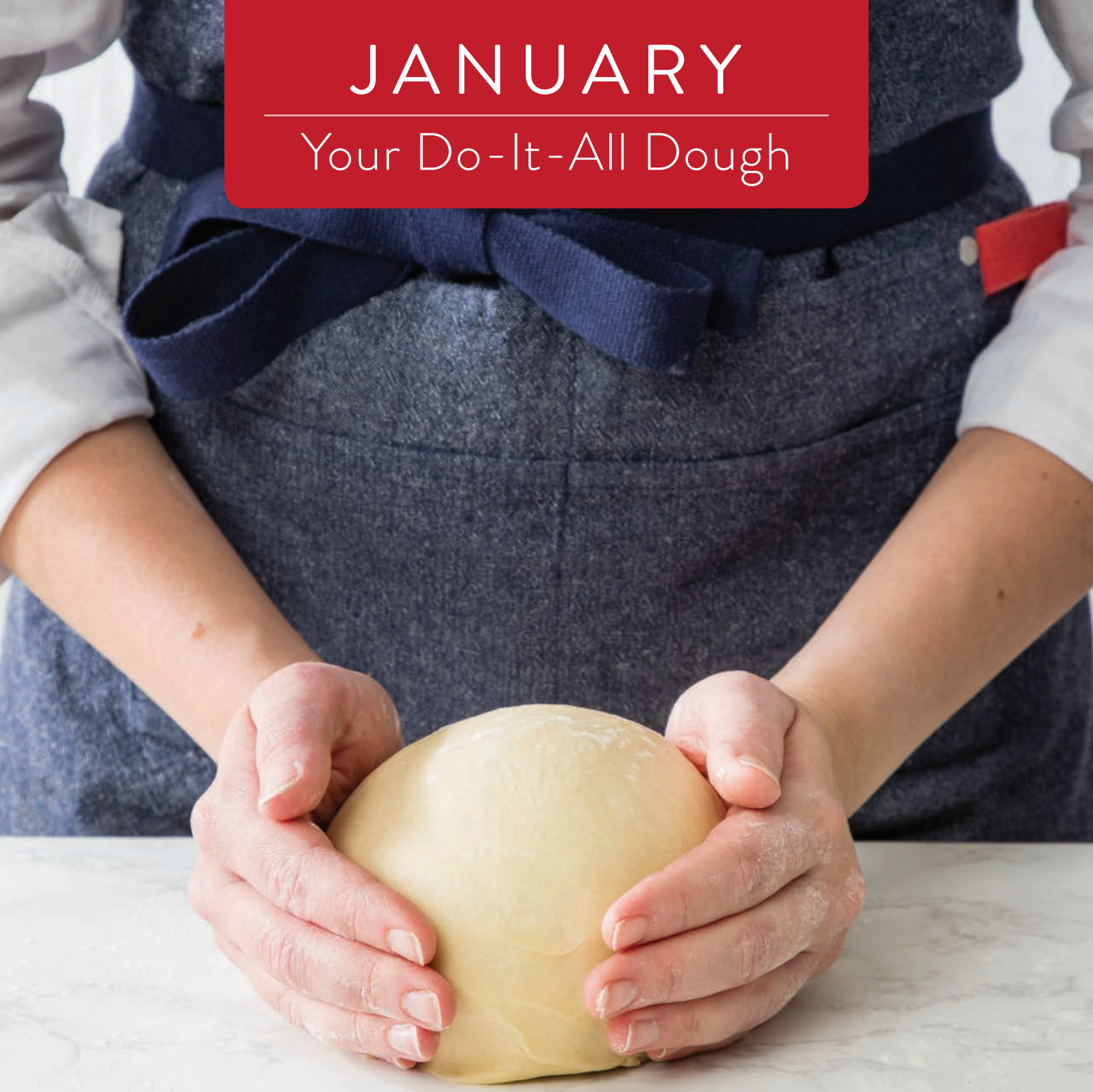
JANUARY

Your Do-It-All Dough



We're kicking off our Better Baking Academy with our Do-It-All Dough, a versatile enriched dough powered by Bob's Red Mill Organic All-Purpose Flour. This miracle recipe can go sweet or savory, depending on the baker's whim. Our module includes info on everything from how the ingredients work to how to knead, proof, and shape your dough to perfection. Your first step to becoming a better baker? Preheat your oven!

INGREDIENT BREAKDOWN

Great recipes require great ingredients. Here's how each key ingredient helps make this enriched dough so adaptable.

BOB'S RED MILL ORGANIC ALL-PURPOSE FLOUR: This versatile all-purpose wheat flour has a protein content of 10% to 12% and is an excellent choice for baking bread, cookies, cakes, muffins, piecrusts, pizza crusts, and more.

GRANULATED SUGAR: Sugar feeds the yeast. We opt for a small amount (2 tablespoons) so the dough can go sweet or savory easily. Plus, using sugar makes this a true enriched dough.

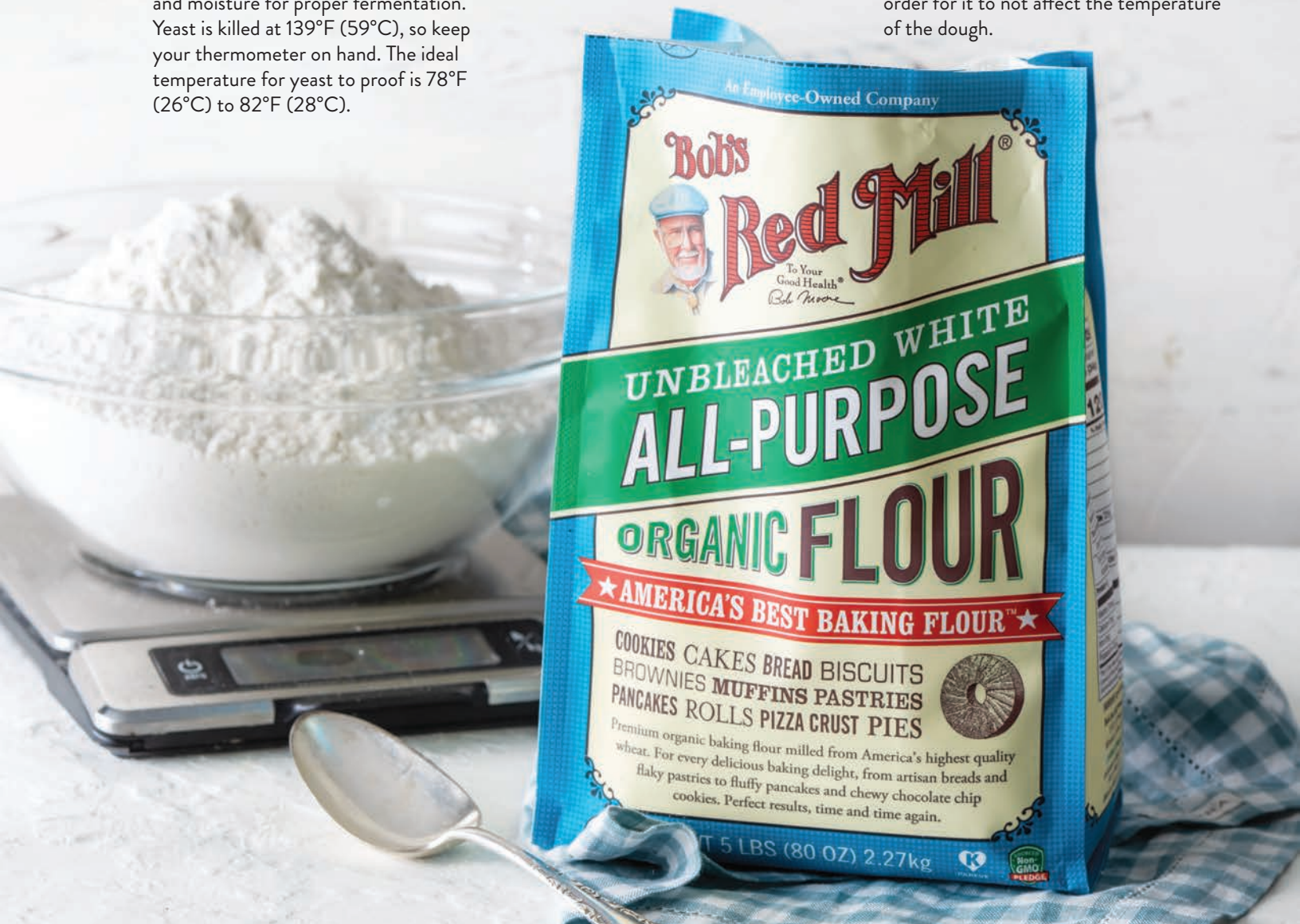
ACTIVE DRY YEAST: Yeast is essential to all bread doughs. It needs food (sugar and carbohydrates), warmth (water temperature and room temperature), and moisture for proper fermentation. Yeast is killed at 139°F (59°C), so keep your thermometer on hand. The ideal temperature for yeast to proof is 78°F (26°C) to 82°F (28°C).

KOSHER SALT: The ratio of salt to flour in breads needs to be 1.8% to 2% by weight. That means it's important to weigh your salt because different salt crystals measure differently. Dough without enough salt easily overferments. Salt enhances flavor, increases shelf life, and helps with crust color.

WATER AND WHOLE MILK: We use milk to add both fat and flavor, but we cut it with water to keep the dough from getting too dark during baking. The temperature of the liquid is important. Warmer doughs ferment faster than colder, and heat is needed to correctly activate the yeast. Whisking the yeast into the flour insulates it, so the temperature of our liquids (120°F/49°C to 130°F/54°C) is slightly warmer than when blooming in order to jump-start yeast activation.

UNSALTED BUTTER: We use unsalted butter to control how much salt is added into the bread, as different brands have various ranges of salt in their salted butter. The milk fat in butter helps tenderize the dough, making it "enriched."

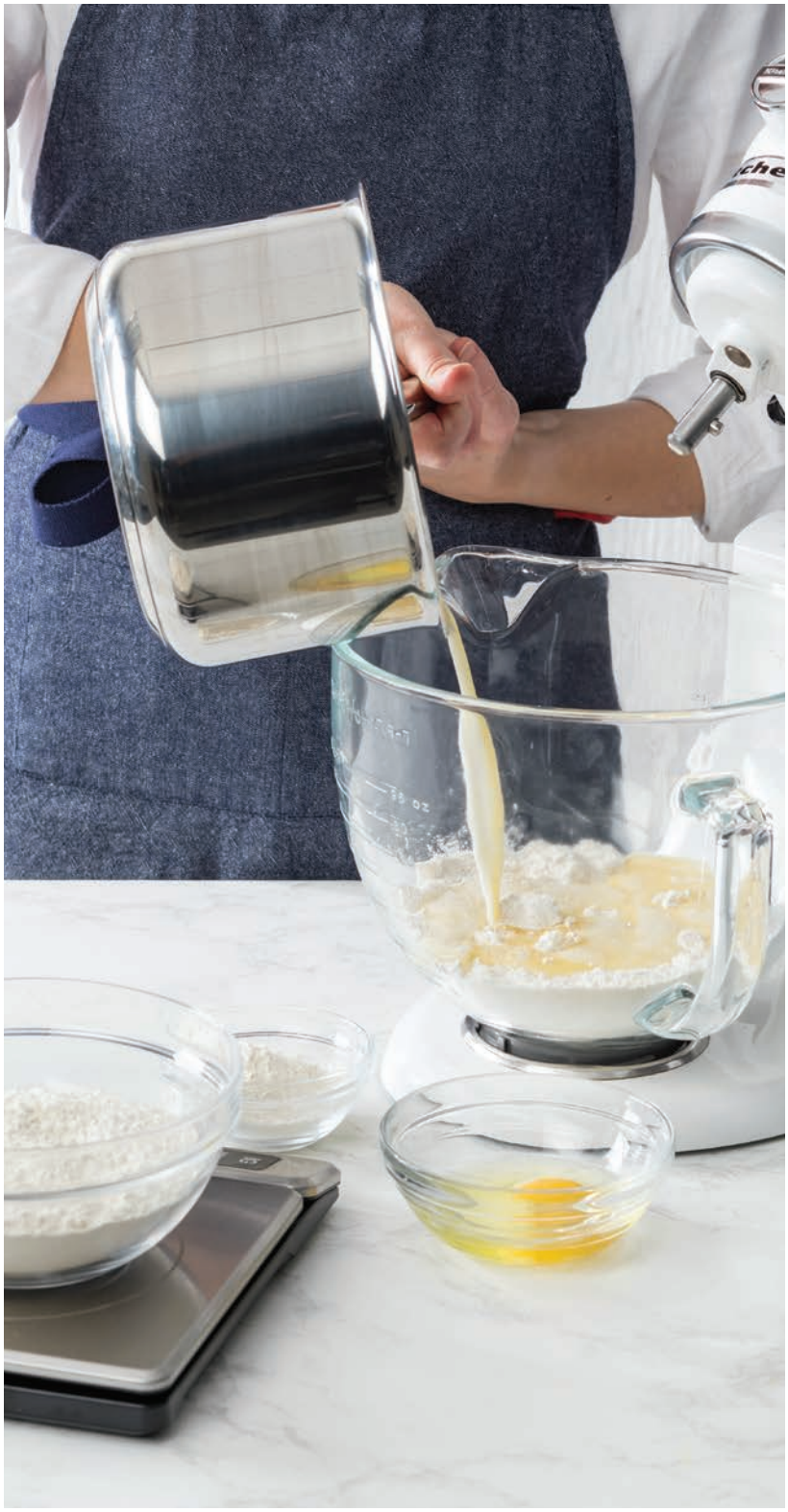
EGG: Adding an egg also makes this an enriched dough, incorporating a boost of fat. It must be room temperature in order for it to not affect the temperature of the dough.

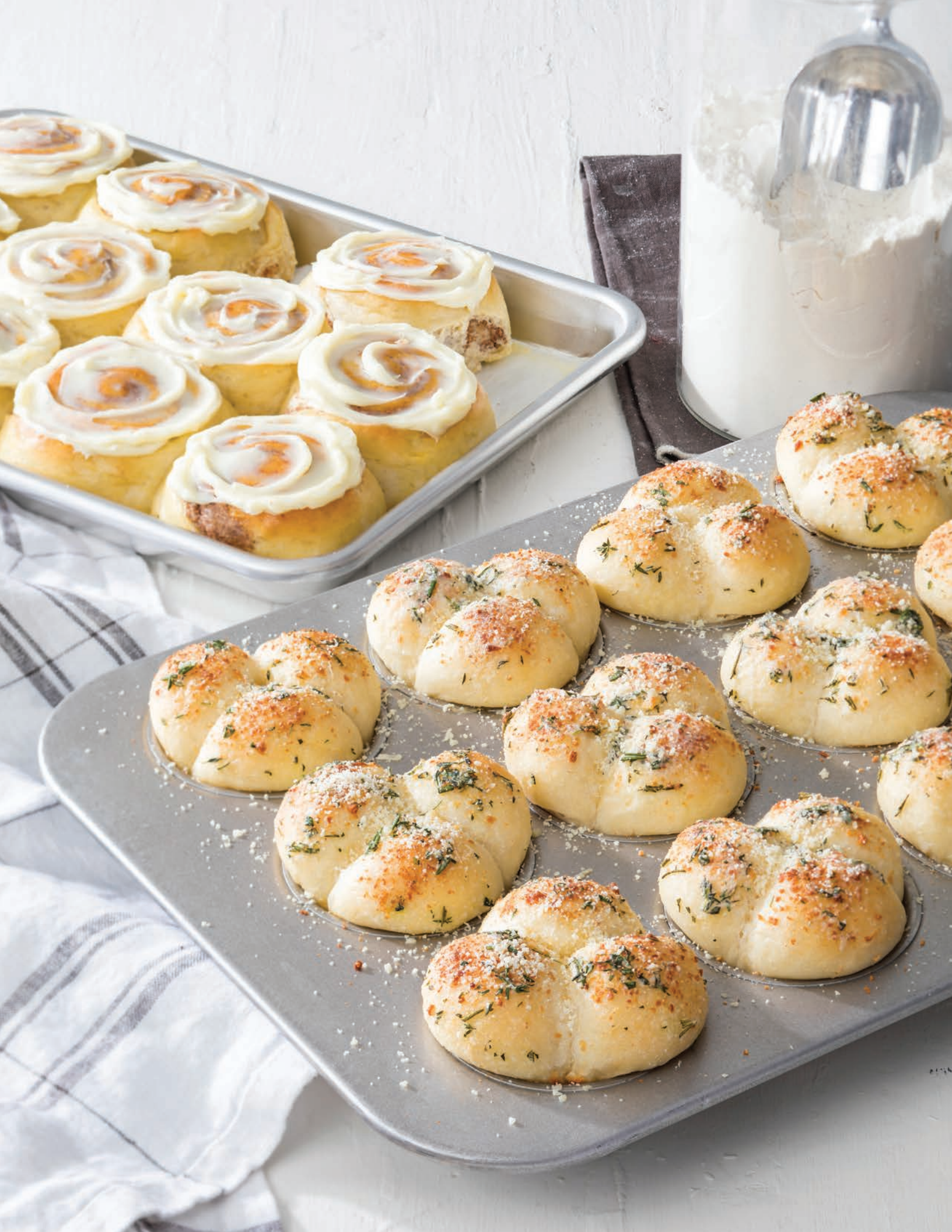


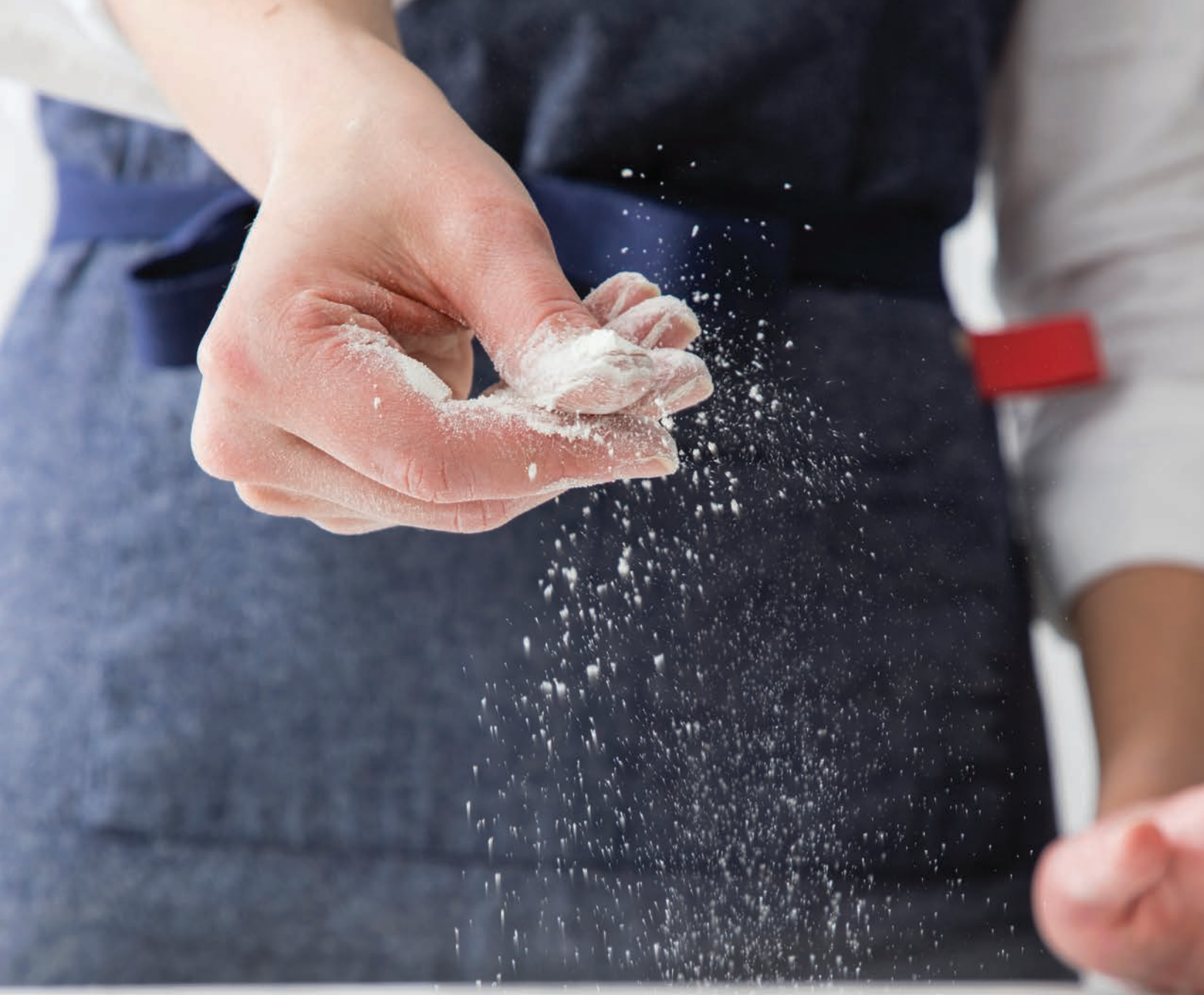
ENRICHED DOUGH 101

What it is, how you make it, why it works

An enriched dough is a bread dough made with the baker's richest ingredients: milk, butter, eggs, and sugar. They're set apart from lean doughs, like sourdough and focaccia, by these incorporations. They take a good amount of mixing to properly develop gluten. Because both of our recipes (Almond Cream Rolls and Garlic Herb Clover Rolls) require rolling and shaping, gluten is essential to help them hold their final form. We conduct a windowpane test (see tutorial on Testing for Proper Gluten Development) to see if we've nailed the gluten structure. With all of its added fat affecting fermentation, enriched dough can take longer to proof than lean dough. To efficiently check proofing, we measure and track the dough in height using a large 8-cup measuring cup or ruler and then conduct a finger dent test. (See tutorial on Testing for Proofing.) After shaping, the enriched dough will rise again, but it won't be the standard "doubled in size," puffing up only 66% to 77%. Then we perform another finger dent test. As for baking, all enriched doughs are done when a thermometer inserted into the bread registers 190°F (88°C).







DO-IT-ALL DOUGH

Makes enough for 12 rolls

This flexible enriched dough will become the most trusted recipe in your bread repertoire. Luxuriously rich with milk, butter, an egg, and just a dash of sugar, our Do-It-All Dough can become the tender base for both Almond Cream Rolls and Garlic Herb Clover Rolls.

- **3¾ cups (469 grams) Bob's Red Mill Organic All-Purpose Flour, divided**
- **2 tablespoons (24 grams) granulated sugar**
- **1 tablespoon (9 grams) kosher salt**
- **1 (0.25-ounce) package (7 grams) active dry yeast**
- **½ cup (120 grams) whole milk**
- **½ cup (120 grams) water**
- **⅓ cup (76 grams) unsalted butter**
- **1 large egg (50 grams), room temperature**

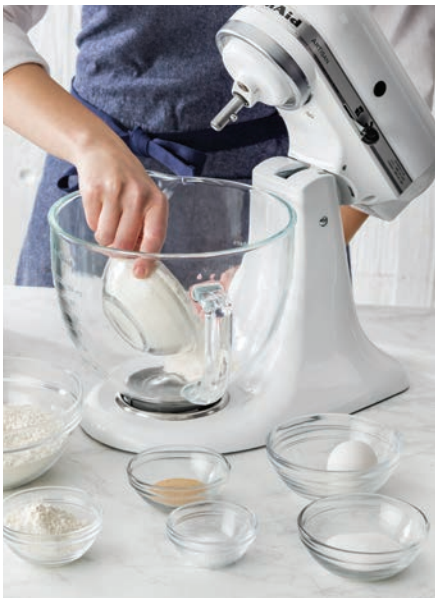
1. In the bowl of a stand mixer fitted with the paddle attachment, combine 1½ cups (188 grams) flour, sugar, salt, and yeast.

2. In a medium saucepan, heat milk, ½ cup (120 grams) water, and butter over medium heat until an instant-read thermometer registers 120°F (49°C) to 130°F (54°C). Add warm milk mixture to flour mixture, and beat at medium speed until combined. Add egg, beating until combined. With mixer on low speed, gradually add 2 cups (250 grams) flour, beating just until a shaggy dough comes together and stopping to scrape sides of bowl.

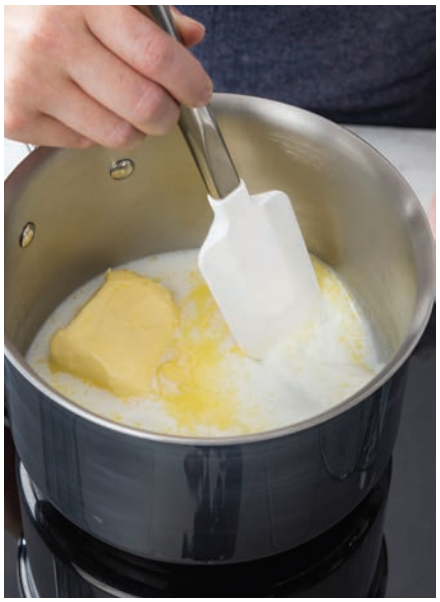
3. Switch to the dough hook attachment. Beat at low speed until a soft, somewhat sticky dough forms, 6 to 7 minutes, stopping to scrape dough hook and sides of bowl. Add up to remaining ¼ cup (31 grams) flour, 1 tablespoon (8 grams) at a time, if dough is too sticky. Turn out dough onto a lightly floured surface, and shape into a smooth round.

4. Lightly oil a large bowl. Place dough in bowl, turning to grease top. Cover and let rise in a warm, draft-free place (75°F/24°C) until doubled in size, 40 minutes to 1 hour.

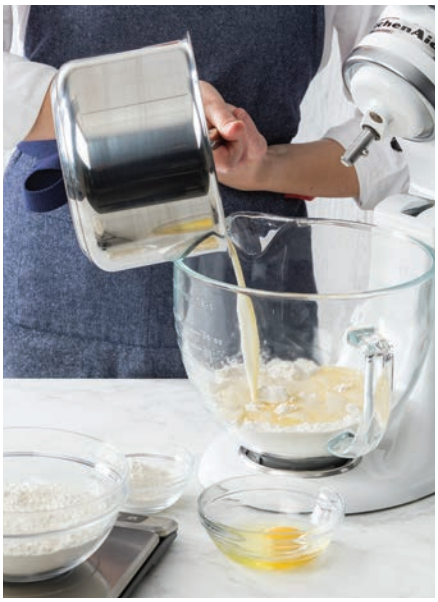
STEP-BY-STEP



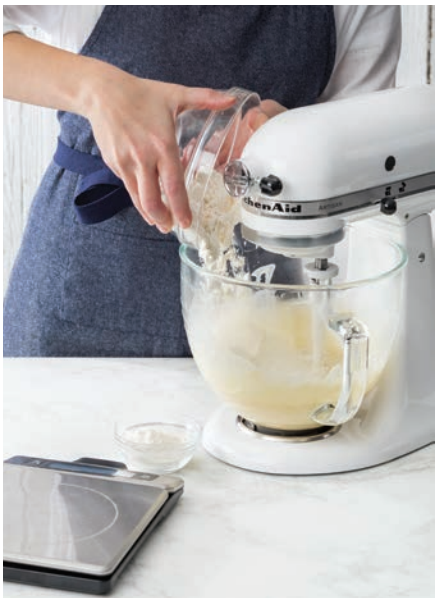
1. In the bowl of a stand mixer fitted with the paddle attachment, combine 1½ cups (188 grams) flour, sugar, salt, and yeast.



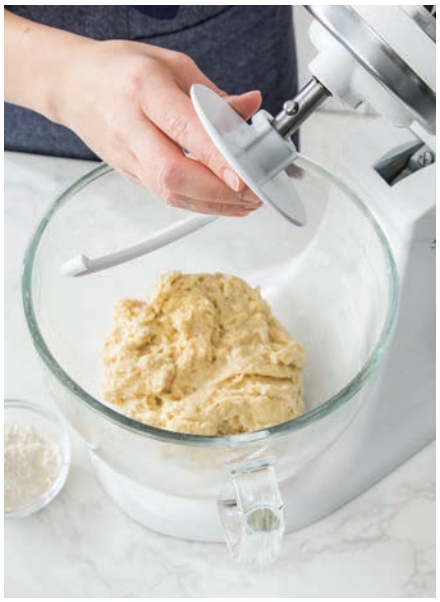
2. In a saucepan, heat milk, water, and butter over medium heat until an instant-read thermometer registers 120°F (49°C) to 130°F (54°C).



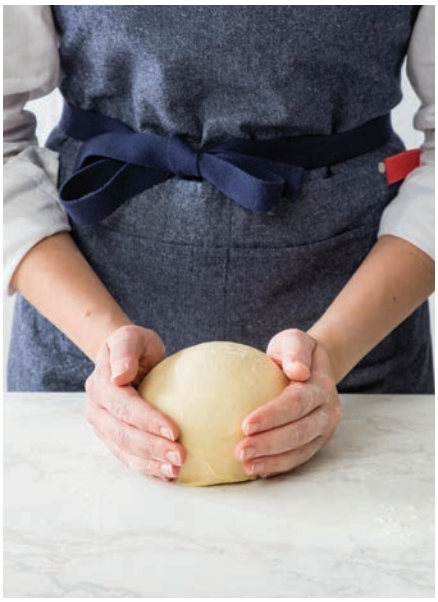
3. Add warm milk mixture to flour mixture, and beat at medium speed until combined. Add egg, beating until combined.



4. With mixer on low speed, gradually add 2 cups (250 grams) flour, beating just until a shaggy dough forms, and stopping to scrape sides of bowl with a silicon spatula or bowl scraper.



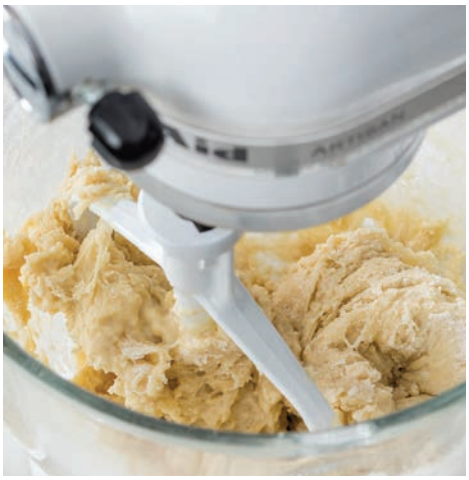
5. Switch to the dough hook attachment. Beat at low speed until a soft, smooth dough forms, 6 to 7 minutes, stopping to scrape dough hook and sides of bowl, as needed.

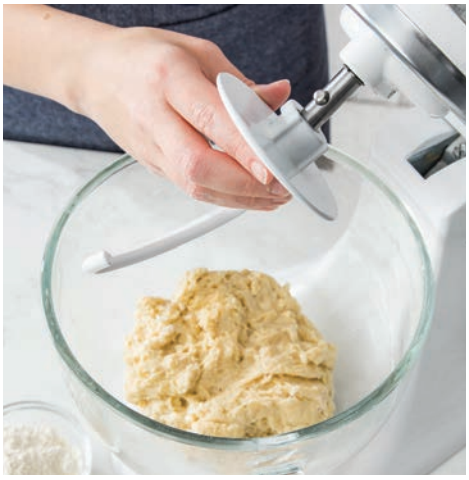


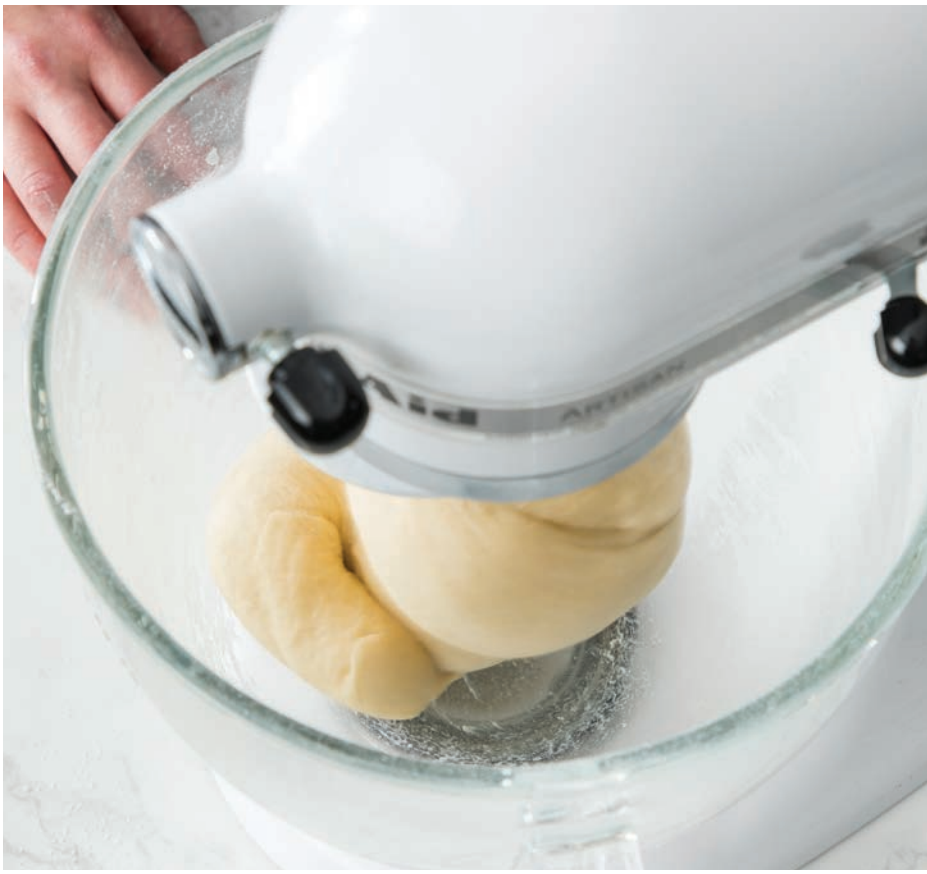
6. Turn out dough onto a lightly floured surface. Shape into a smooth round by cupping the dough and gently dragging it toward you. Repeat this process several times until the dough is smooth and taut.

MIXING YOUR DOUGH

First, a little science behind our mixing method. We use the paddle attachment to incorporate ingredients to decrease kneading time. We beat it at low speed with the paddle because 6 to 7 minutes with a sticky dough can be hard work on a stand mixer. Once that's done, we switch to the dough hook attachment for kneading and the final addition of flour.



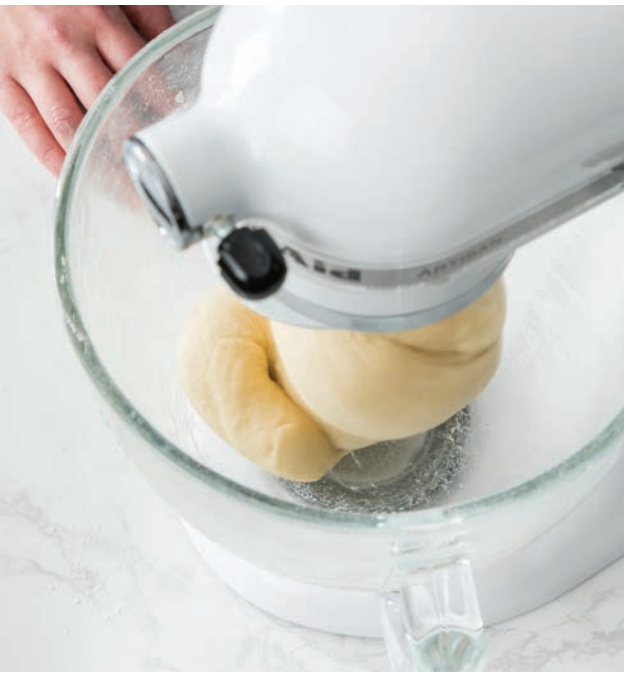


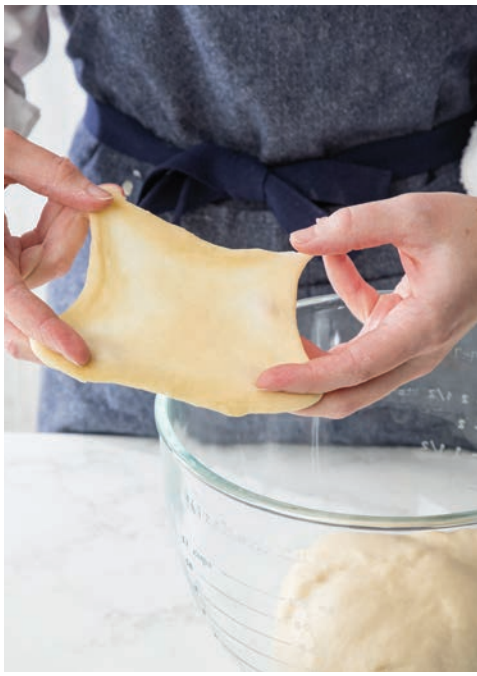


The dough will still be very sticky after incorporating the first two additions of flour. Then comes the delicate act of adding just enough of the remaining ¼ cup (31 grams) flour to create the proper dough consistency. Because absorbent flour is highly sensitive to moisture—even the humidity in the air—you'll find that adding an exact amount of flour to create the perfect dough will vary from time to time. Sometimes you'll add 3 tablespoons of flour, other times the full ¼ cup. Be cognizant of your dough's stickiness after adding each tablespoon of flour. If the dough is not sticky enough, it will be hard to roll it out and create rolls. You are looking for the dough to be tacky but not stick to your fingers when touched.

TESTING FOR PROPER GLUTEN DEVELOPMENT

There are a number of ways to test your enriched dough to see if it has been properly kneaded. We teach you how to use your senses (sight, sound, and touch) to tell if it's ready.



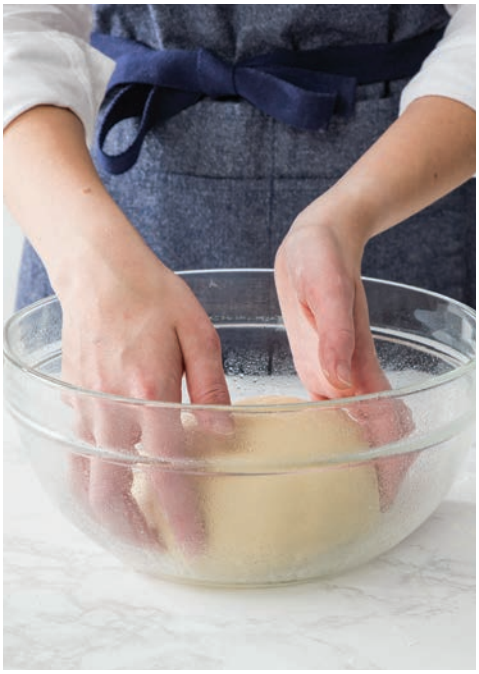


THE SOUND TEST: Don't just use your eyes! The sound of the dough will also indicate its gluten development. The dough will slap or knock against the sides of the bowl as a sign that the dough is close to being properly kneaded.

THE WINDOWPANE TEST: Pinch or cut—but don't tear, because this damages the gluten strands—a small, golf ball-size piece of dough. Then gently and slowly pull and rotate the dough out from the center. If the dough is ready, you will be able to stretch it until it's thin and translucent. If it fails to hold during the stretch, give your dough another minute of work and then test again. If it is too hard to stretch, it's been overmixed. (See Expert Tip on Overmixing and Overproofing for more information.)

TESTING FOR PROOFING

Like testing for gluten development, checking for proper fermentation of your dough can be achieved with a couple of tests. Here are two foolproof ways to know if you've expertly fermented your dough.

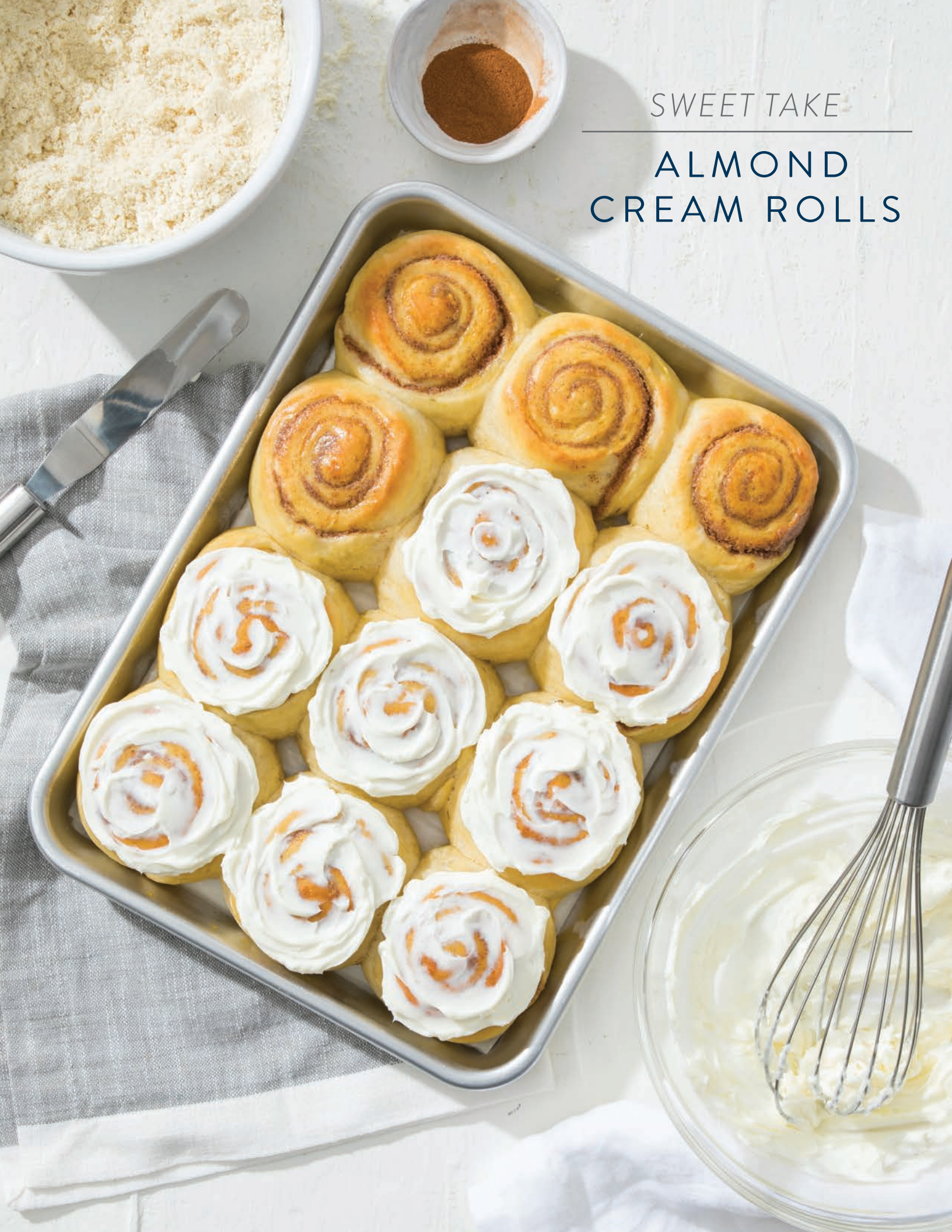


DOUBLED IN SIZE: First, shape the dough into a smooth round; it'll be easier to tell when the dough has doubled in size and it's a good way to make sure the dough has been evenly kneaded in the mixer. It's best to use a straight-sided container like a plastic tub or a tall-sided bowl. If you have a large container that has measurements on the sides, like an 8-cup measuring cup, that works great. If not, measure the height of the dough, double it and mark it with a piece of tape to know when the dough is doubled in size.

THE FINGER DENT TEST: After your dough has rested for 40 minutes to 1 hour, lightly flour the surface of the dough, and gently press your finger about ½ inch into the surface. If your dough has properly fermented, you should be able to watch the dough spring back slightly but still show an indentation. If the dent disappears, the dough is underproofed and needs more time. If the indentation stays completely, you've overproofed the dough. (See Expert Tip on Overmixing and Overproofing for more information.) Apply this method for the rise right before the shaping to ensure your dough has the perfect flavor and texture.

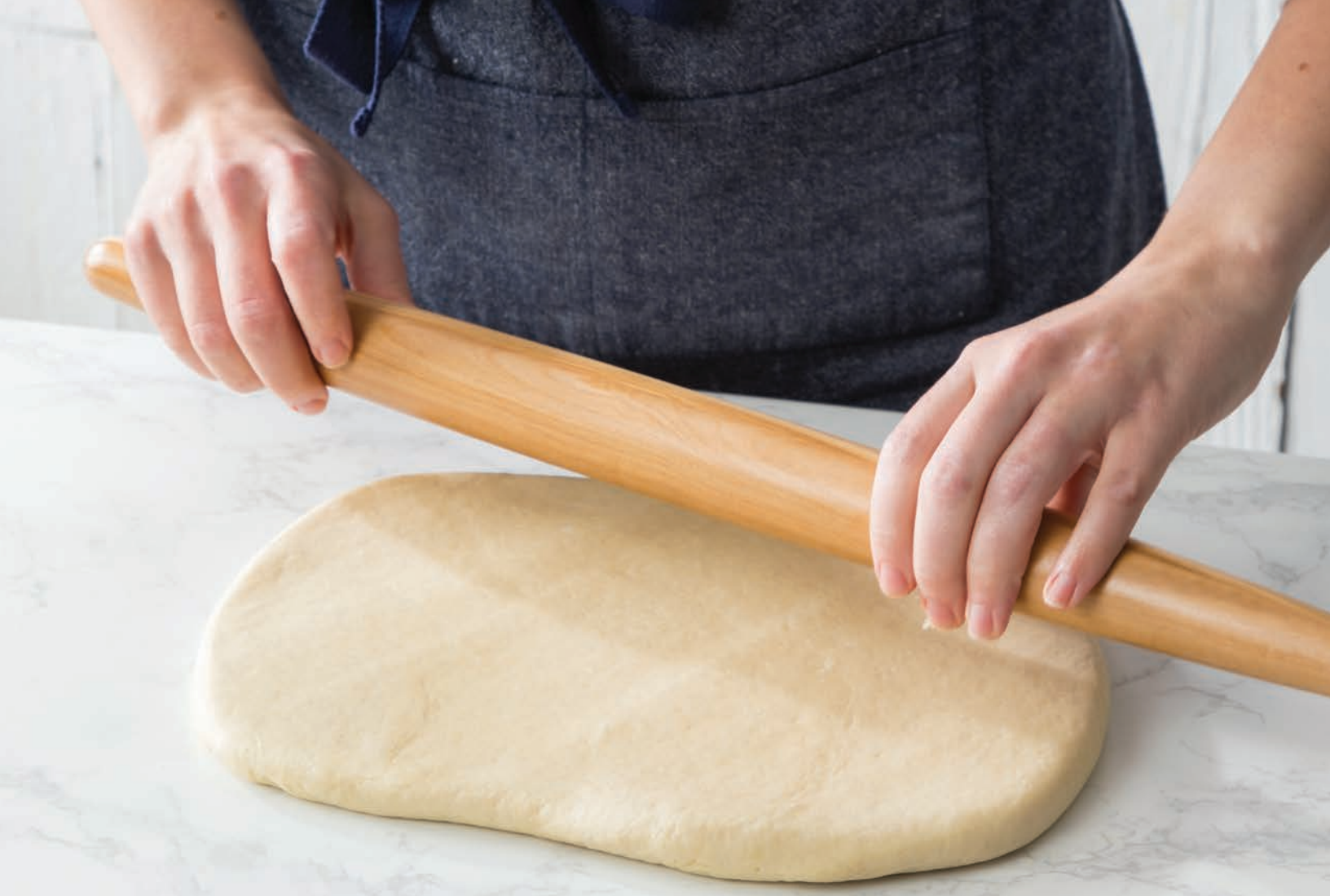
EXPERT TIP ON OVERMIXING AND OVERPROOFING

If you overmix or overproof the dough, don't throw it away or give up! Make a note so you remember for next time. It takes practice! You can still use the dough; just be prepared for it to be harder to work with. Overmixed dough will be harder to roll out, and overproofed dough will be denser after baking.



SWEET TAKE

ALMOND CREAM ROLLS



ALMOND CREAM ROLLS

Makes 12 rolls

With the Do-It-All Dough as its swirling base, these almond cream-filled delights show off the sweet versatility of the dough.

- **3 tablespoons (42 grams) unsalted butter, softened**
- **¼ cup (50 grams) granulated sugar**
- **⅔ cup (64 grams) Bob's Red Mill Super-Fine Natural Almond Flour**
- **1 large egg (50 grams), separated**
- **⅛ teaspoon almond extract**
- **¼ cup (31 grams) Bob's Red Mill Organic All-Purpose Flour**
- **1 tablespoon (6 grams) ground cinnamon**
- **⅛ teaspoon kosher salt**
- **Do-It-All Dough (recipe precedes)**
- **1 tablespoon (15 grams) whole milk**
- **Almond Cream Cheese Glaze (recipe follows)**

1. Preheat oven to 350°F (180°C). Line a rimmed quarter (13x9-inch) sheet pan with parchment paper. Spray sides with cooking spray.

2. In a medium bowl, beat butter and sugar with a mixer at medium speed until fluffy, about 1 minute. Beat in almond flour until combined. With mixer on low speed, add egg white and almond extract, beating until combined. Beat in flour, cinnamon, and salt. Refrigerate almond cream until ready to use.

3. Punch down Do-It-All Dough, and let stand for 5 minutes. Turn out dough onto a lightly floured surface, and roll into an 18x11-inch rectangle. Using a small offset spatula, spread almond cream onto dough, leaving a ½-inch border on one long side. Starting with opposite long side, roll up dough, jelly roll style. Gently shape log to 18 inches long and even thickness, if necessary. Using a serrated knife dipped in flour, cut log into 12 slices (about 1½ inches thick), trimming ends if needed. Tuck ends of rolls under, and place, tucked-end down, on prepared pan, leaving even space between rolls. Cover and let rise in a warm, draft-free place (75°F/24°C) until puffed, 20 to 30 minutes.

4. In a small bowl, whisk together egg yolk and milk. Brush tops and sides of rolls with egg wash.

5. Bake until golden brown and an instant-read thermometer inserted in center registers 190°F (88°C), 14 to 16 minutes. Let cool for 5 minutes. Spread Almond Cream Cheese Glaze onto warm rolls. Serve warm or at room temperature.

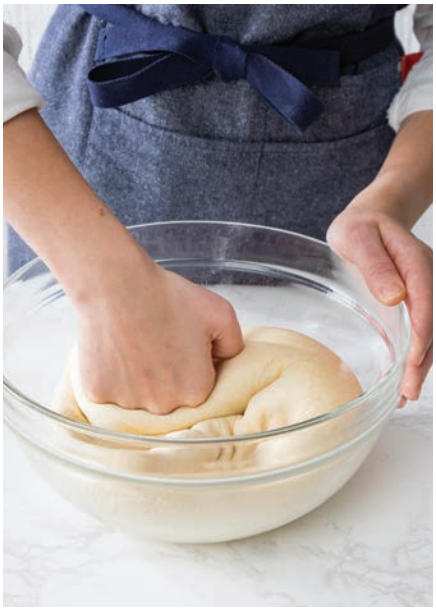
Makes ¾ cup

- **6 ounces (170 grams) cream cheese, softened**
- **¼ cup (30 grams) confectioners' sugar**
- **1 tablespoon (15 grams) whole milk**
- **⅛ teaspoon kosher salt**
- **⅛ teaspoon almond extract**

1. In a medium bowl, beat cream cheese until smooth, about 1 minute. Add confectioners' sugar and all remaining ingredients, and beat until smooth.

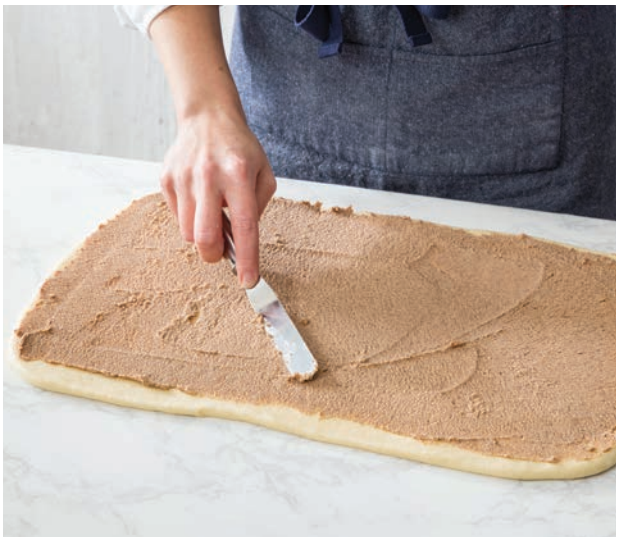
SHAPE AND BAKE YOUR ALMOND CREAM ROLLS

You've mixed, kneaded, and proofed your Do-It-All Dough. Here's how to transform it into sweet Almond Cream Rolls.

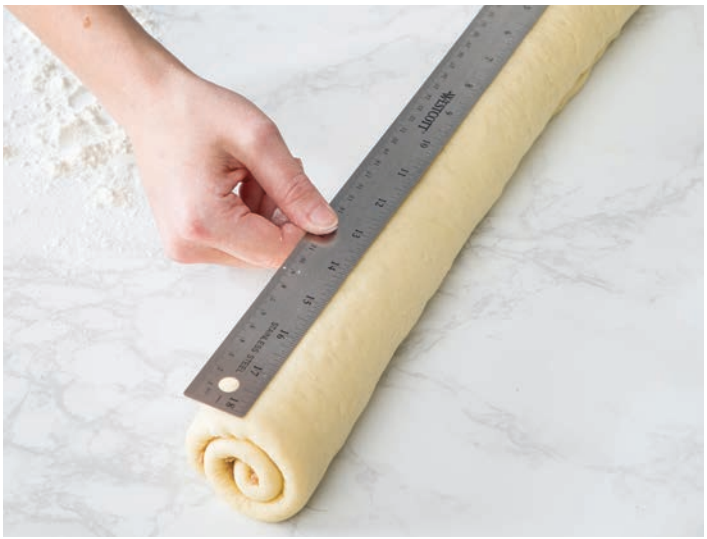


Punch down the dough to remove excess air. Then let it stand for 5 minutes, allowing the gluten to relax. These steps make it easier to shape and roll out.

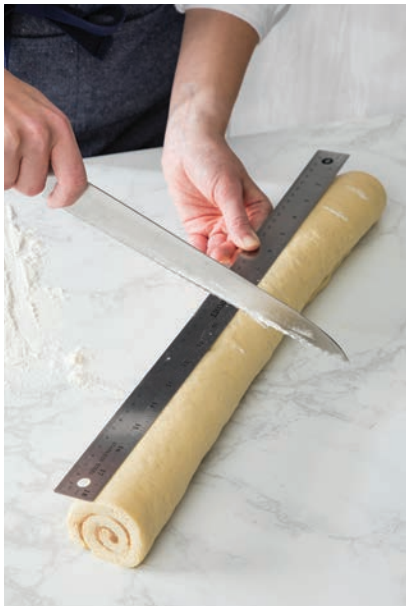
When rolling out the dough, preshape it into a rectangle and then roll out into a larger rectangle, rolling from the center to the corners to keep your corners sharp. Use your hands and eyes to look for even thickness throughout the dough. Use a ruler to check your dimensions.



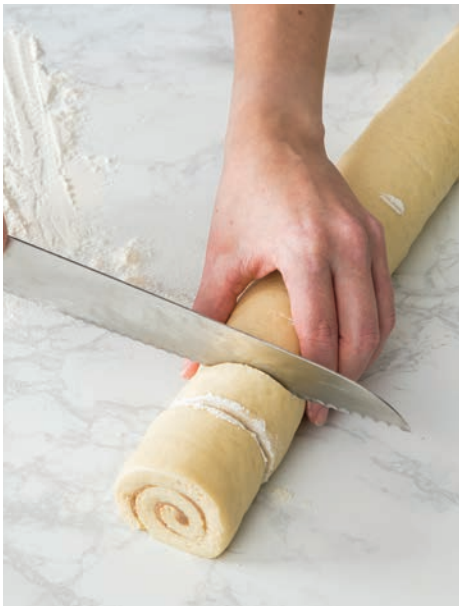
When spreading the almond cream onto the dough, leave a ½-inch border on one long side. When you roll up the dough into a tight spiral, this border will allow the dough to form an airtight seal.



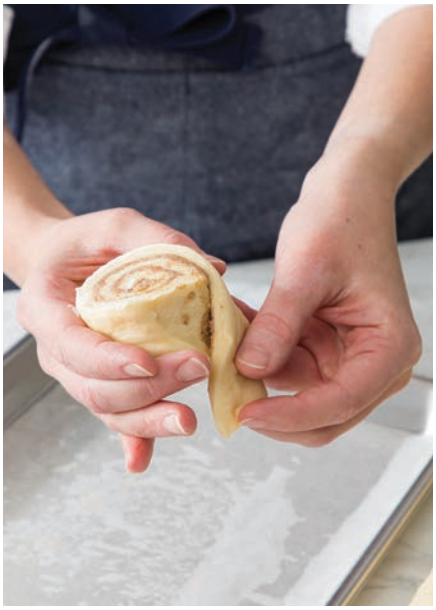
Once you roll up the dough, make sure you take the time to double-check that it is at least 18 inches long and even in thickness. If it is slightly longer than 18 inches or if the ends are not level or even, trim the dough to get it to the right size.



We use a ruler to score (or mark) the dough at 1½-inch intervals so we can make even cuts. We use a sharp serrated knife for cutting because its jagged edges more easily cut through the roll without pushing out the filling.



Always cut using a knife dipped in flour. Place your flour on the counter so you can easily place your knife in it as needed. As you cut, don't press down too hard. Instead, let the blade do the work so you don't smush the dough.



Once the dough is cut, take the end seam of each roll, tuck it in under the roll, and press the roll, tucked-end down, on the prepared pan. This adds height to the roll and can help the center pop up into a scroll.

When placing the rolls on the pan, leave enough space for them to proof. You don't want them to double in size here, only puff up about 66% to 75%. Conduct the finger dent test in an inconspicuous place (see tutorial on Testing for Proofing) to check for proper proofing.

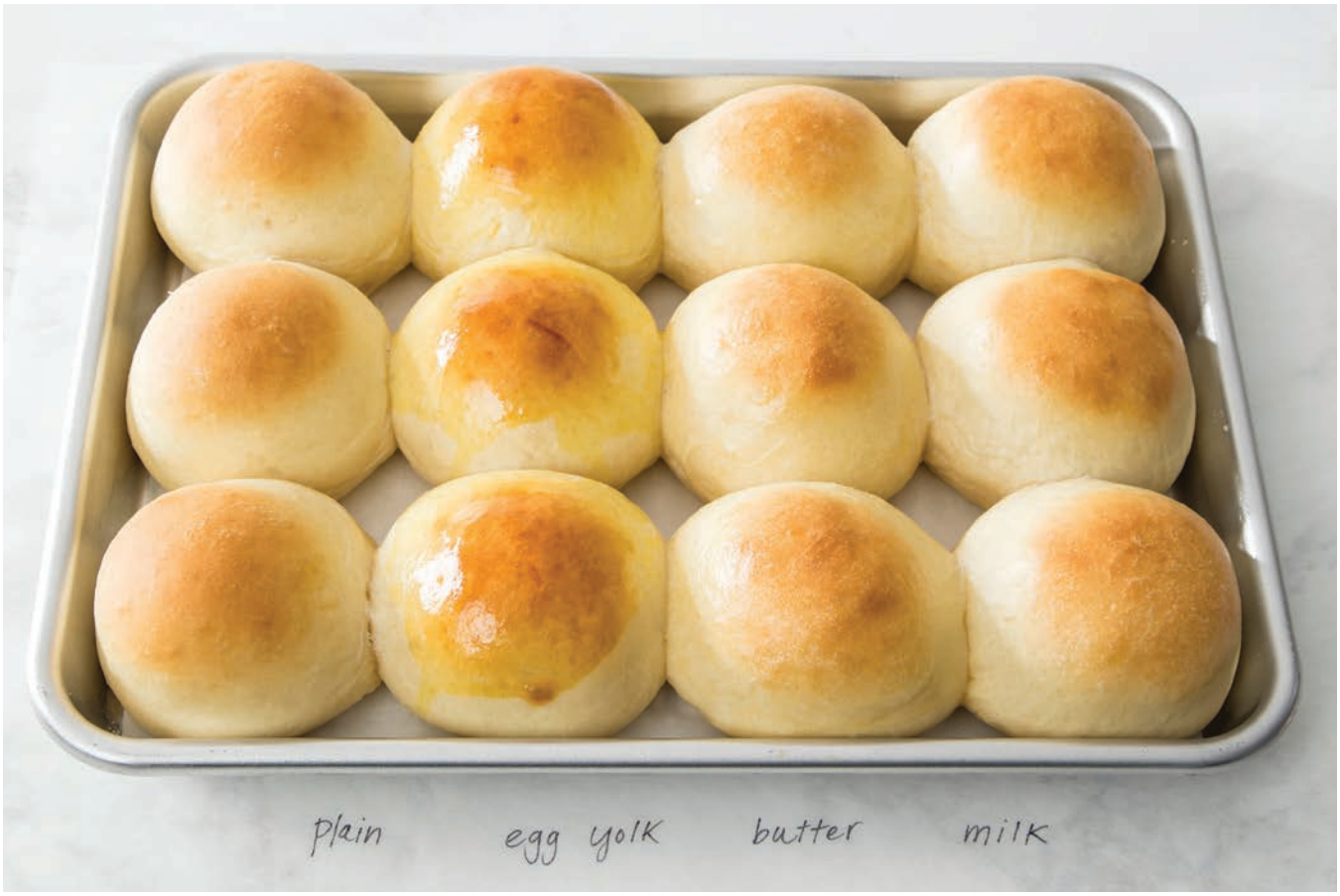
Before baking, we brush the dough with egg wash to add color and shine to the final product. Egg wash can be made with whole eggs, yolks, or whites and is thinned out with water or milk. You can also brush the dough with whole milk or butter—the fat will help it brown, but it will not be as shiny. (See tutorial on Which Wash.)

EXPERT TIP

Instead of cutting your rolls with a serrated knife, you can also use unscented dental flooss. Take the floss under the roll, line up with the score, and bring the floss together to create a quick, even cut.

WHICH WASH

There are a number of egg washes you can use to give your bread dough a golden, glossy finish. Here, we brush three of the four columns of plain rolls with a different egg wash, leaving the first unwashed for a control so you can see how each one affects your final bake.



PLAIN (UNWASHED): The bread browns but appears paler than any other bread dough that does have a wash on top. It also lacks that attractive glossiness.

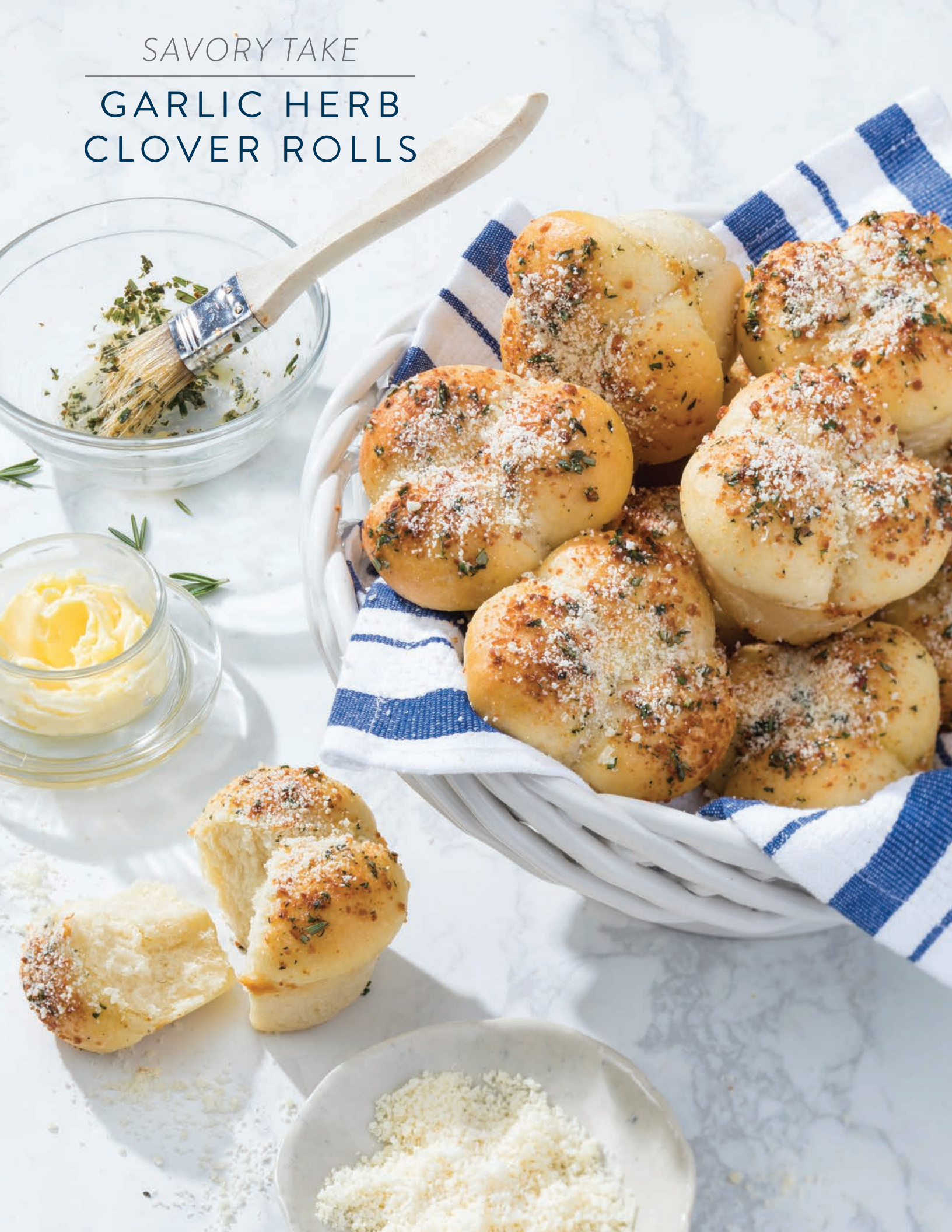
EGG YOLK WITH MILK: This finish is glossy in the extreme and colors the most. We cut the egg with a little milk so that it's easy to brush on.

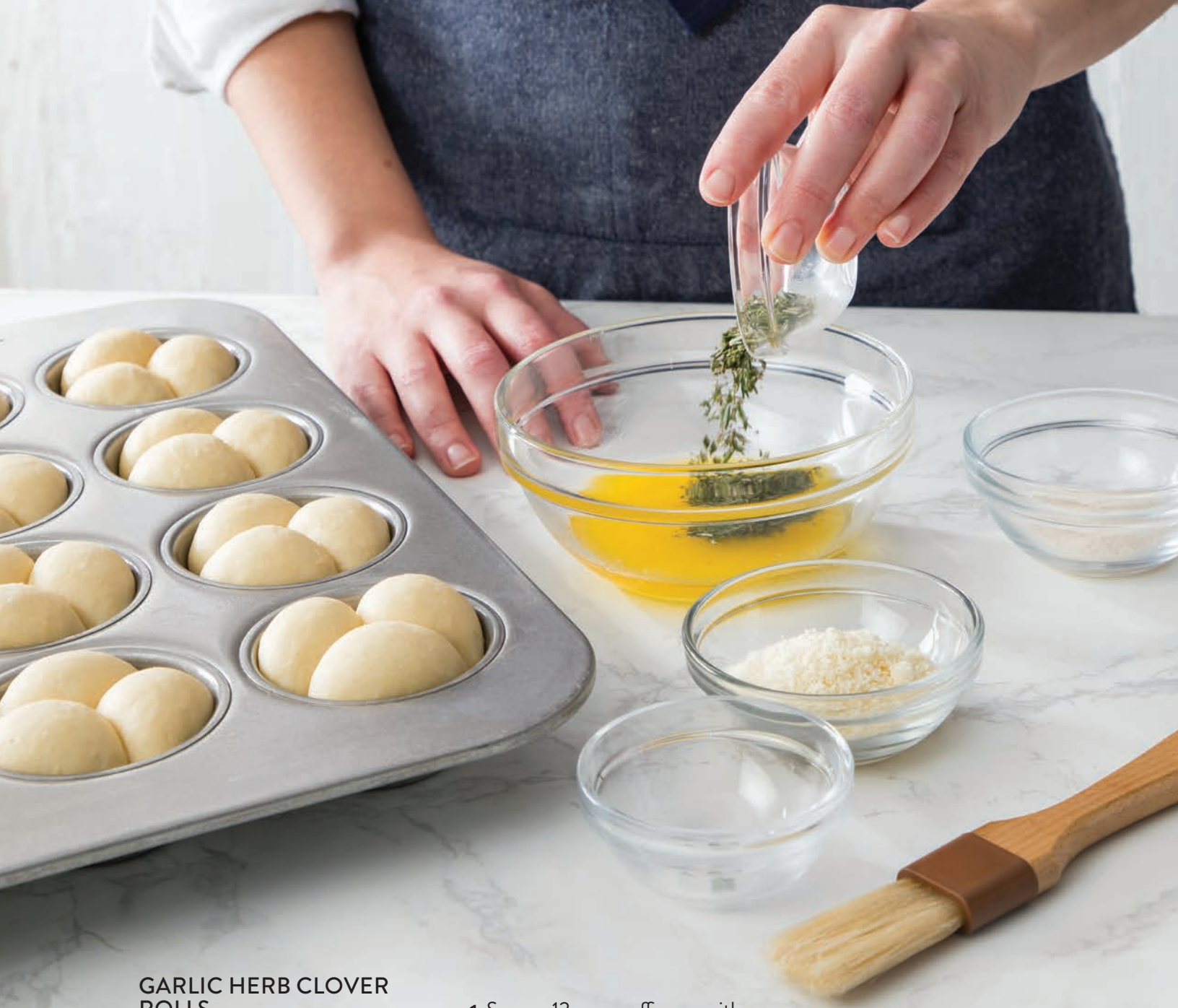
BUTTER: This bread receives a boost in color and in flavor. Bonus points: use salted butter so a little extra salt gets baked into the crust!

MILK: The fat in the milk helps boost the brown color of the rolls, but it doesn't pack the gloss or flavor that butter or egg yolk does.

SAVORY TAKE

GARLIC HERB CLOVER ROLLS





GARLIC HERB CLOVER ROLLS

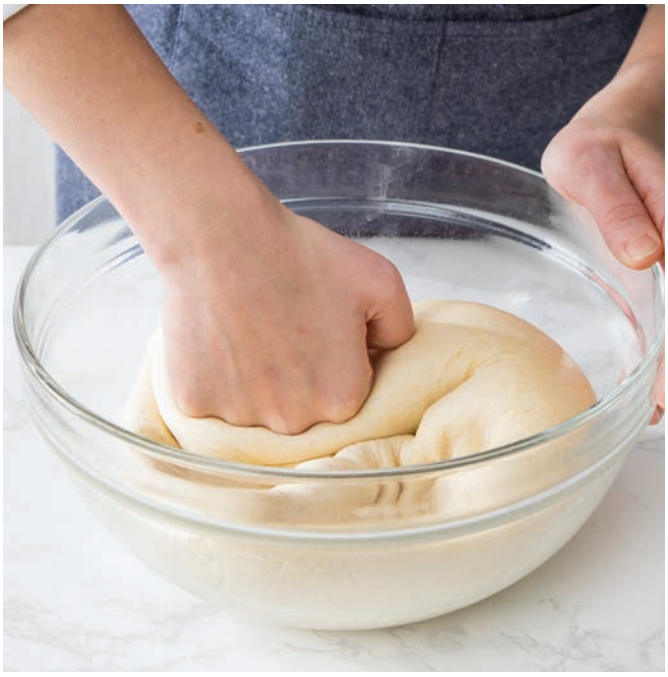
Makes 12 rolls

Baked in a muffin pan to form savory clover-shaped bread rolls, this rendition of the Do-It-All Dough gets a generous brush of garlic herb butter before being popped into the oven. The result? Buttery, aromatic perfection.

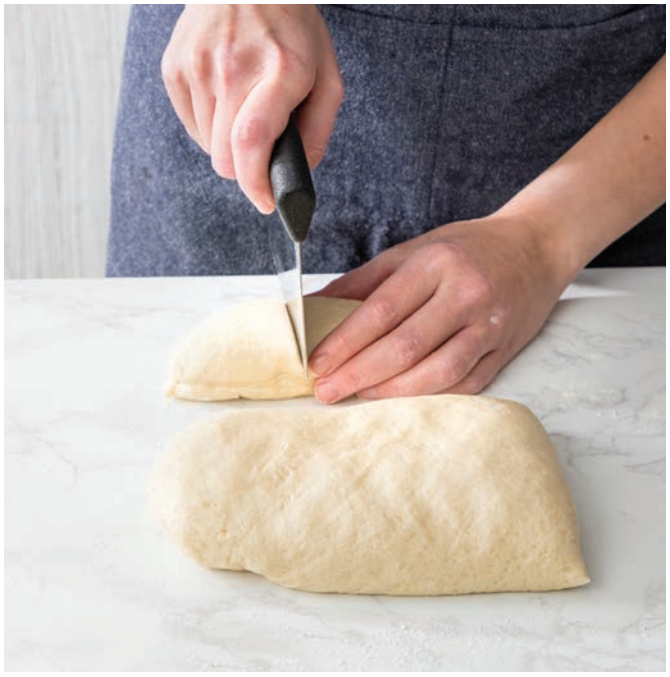
Do-It-All Dough (recipe precedes)
- **¼ cup (57 grams) unsalted butter, melted**
- **¾ teaspoon (4 grams) garlic salt**
- **½ tablespoon (1 gram) chopped fresh rosemary**
- **½ tablespoon (1 gram) chopped fresh thyme**
- **3 tablespoons (15 grams) grated Parmesan cheese, divided**

1. Spray a 12-cup muffin pan with cooking spray.
2. Punch down Do-It-All Dough, and let stand for 5 minutes. Turn out dough onto a lightly floured surface, and divide into 12 portions (about 70 grams each). Working with 1 portion at a time (keep remaining dough covered to prevent it from drying out), divide into 3 pieces (about 23 grams each). Roll each piece into a smooth ball. Place 3 dough balls, seam side down, in each prepared muffin cup. Cover and let rise in a warm, draft-free place (75°F/24°C) until doubled in size, 20 to 30 minutes.
3. Preheat oven to 350°F (180°C).
4. In a small bowl, stir together melted butter, garlic salt, rosemary, and thyme. Brush rolls with butter mixture, and sprinkle with 1½ tablespoons (7.5 grams) cheese.
5. Bake until golden brown and an instant-read thermometer inserted in center registers 190°F (88°C), 8 to 12 minutes, rotating pan halfway through baking. Brush with butter mixture, and sprinkle with remaining 1½ tablespoons (7.5 grams) cheese. Serve warm or at room temperature. Store in an airtight container at room temperature for up to 4 days.

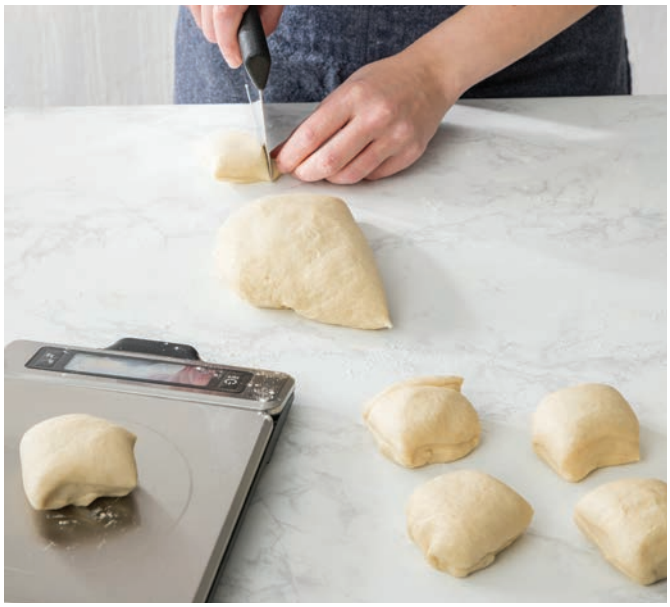
SHAPE AND BAKE YOUR GARLIC HERB CLOVER ROLLS



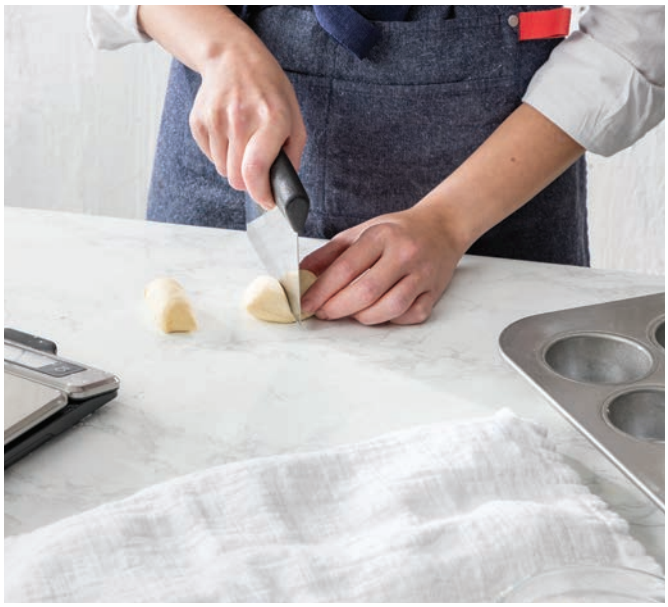
Punch down the dough to remove excess air. This makes the dough easier to shape. Then let it stand for 5 minutes, allowing the gluten to relax. This step also makes it easier to shape and roll out.



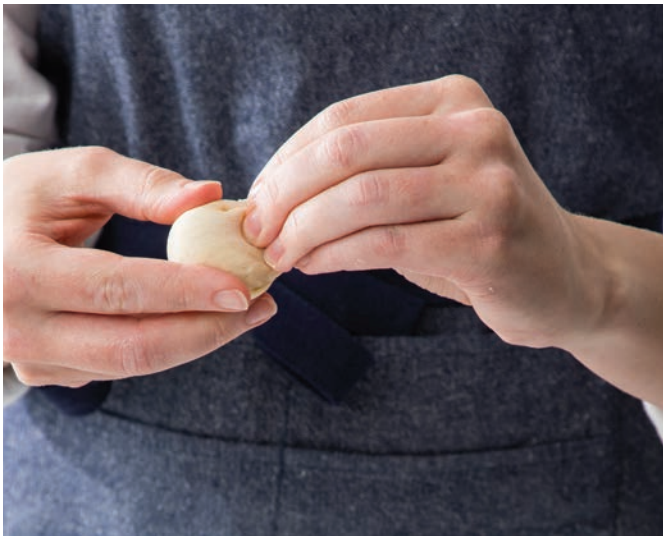
When shaping your dough into 12 equal portions, make sure to use a bench scraper (you don't want to tear the dough) and a scale (you want consistency and uniformity).



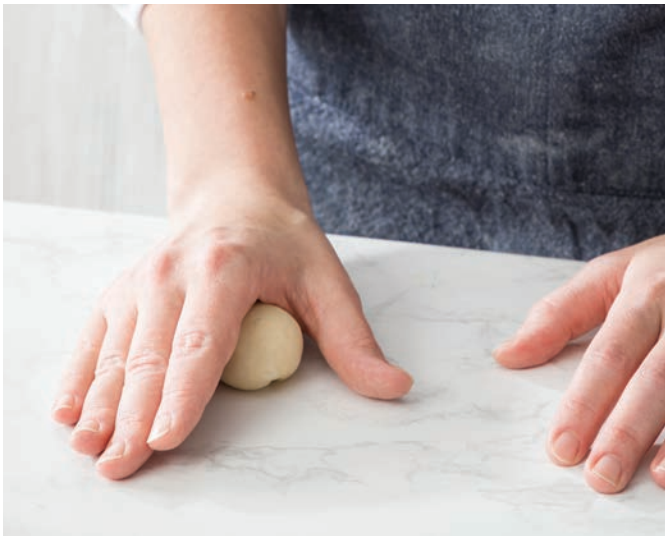
Divide the dough gently, quickly, and as accurately as you can. Before portioning out dough, weigh it on a scale to get the total weight. Divide by 12 and that is your weight for each portion. (It should be around 70 grams per dough ball.)



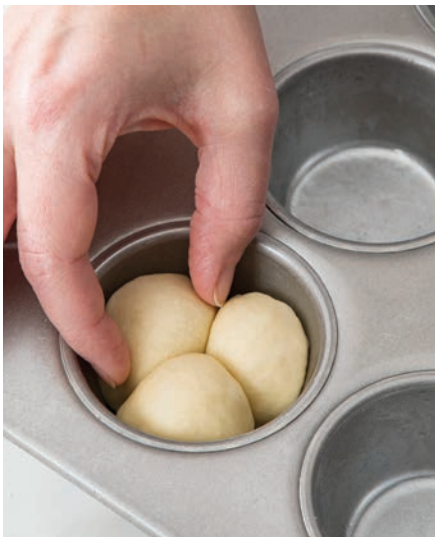
As you cut into 12 portions, keep the dough covered so it does not dry out. Plastic wrap or a kitchen linen works best. Before you've divided each of the 12 portions into thirds (around 23 grams each), roll the large portion into a log to cut into equal thirds.



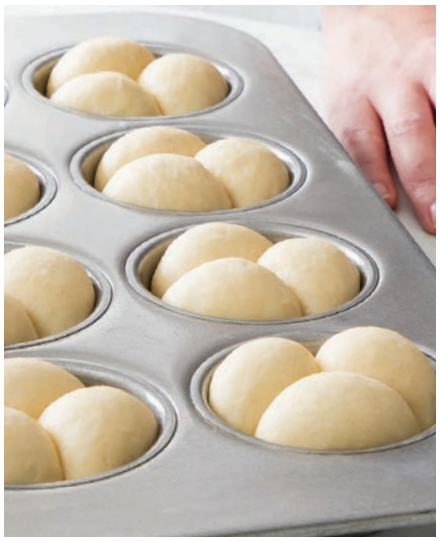
There are two ways to shape into smooth balls. The first is to hold the dough in one hand using your thumb and forefinger and use the other hand to pull down and pinch the dough. Rotate the dough 90 degrees, and keep pulling and pinching until the top is smooth and tight.



The other way is to shape it using your counter surface. Use your palm to press down on the dough to remove any air pockets; rotate your hand until it starts to form a ball and then turn your hand and make a *C* shape. Keep the dough under your palm, and continue rotating your hand and applying pressure in the same direction until the dough becomes a smooth, tight ball.



Place 3 dough balls, seam side down, in each muffin cup. (It is OK to have to smush them slightly to make them fit.)



During proofing, the rolls will puff up 66% to 75%. Conduct the finger dent test (see tutorial on Testing for Proofing).

Here, we brush with with an herbaceous and salty butter mixture to add flavor and help the cheese stick to the dough.

EXPERT TIP

When baking, test for doneness by using an instant-read thermometer. All enriched doughs are done baking when the internal temperature reaches 190°F (88°C).