

## CALIFORNIA HOMEMADE FOOD ACT SIGNED INTO LAW

By **MARK STAMBLER**

*Guild Member and Serious Home Baker*

Sometimes political activism pays off! I'm pleased to announce that California Governor Jerry Brown recently signed the California Homemade Food Act, which will allow home-based bread bakers (and other home-based food producers) for the first time to sell bread and other foods they bake at home.

In summer 2011, I was cited by the local health department for selling my homemade bread at a couple of local shops. When I discovered that cottage food laws in about 20 states enabled home bakers to sell their bread, I began working to enact a cottage food law in California. After 14 months of working with the Los Angeles Bread Bakers and with activists and bakers around the state, we succeeded! The California Homemade Food Act was passed by the California legislature and signed by the governor in September 2012.

While the law technically goes into effect in January 2013, it must be implemented by the health department (and other local government agencies) in each county. Given the workload in these agencies, it's difficult to say exactly when we home-based bread bakers will finally get our permits. But we've been assured that the counties and the state are working as fast as they can.

For more information on the current status of the law, check out [www.theselc.org/cottage-food-laws/](http://www.theselc.org/cottage-food-laws/) And thanks again to all of the Guild members who wrote and called their legislators and the governor: this truly was a team effort by bakers throughout California. ✨

*Mark Stambler wrote an article about Cottage Food Laws in Bread Lines, Volume 19 Issue 4.*

## Carolina Ground Flour at **WAKE ROBIN FARM BREADS**

By **STEVE BARDWELL** ... *Guild Member,*

*Wake Robin Farm Breads, Marshall, NC*

**OUR BAKERY** is a small, seasonal operation – we bake about 6,000 loaves a year, mostly during the farmers' market season, in a small, wood-fired brick oven. Of all the breads we have baked since opening in 2000, the one we have struggled with the most is our whole-wheat sourdough (miche).

This classic French whole wheat sourdough requires a specialty flour, an 85% extraction wheat flour which is difficult to find in the United States. As one of the bakeries that help start Carolina Ground, we had high hopes for the locally grown and locally milled flours that our mill would be producing – and maybe we could improve our miche!

The high-extraction wheat flour from Carolina Ground has dramatically changed the flavor, crust, color, and popularity of our miche. From what the experts tell us, there are a number of factors that account for the difference between bread from our local mill's flour and the roller milled flours we used before:

- The germ is not removed from the 'whole wheat' flour, but is ground in as part of the final flour.
- The bran has not been sifted out and then added back to make "whole wheat" flour.
- The flour is fresher.

The advantages of "intact flour" were new to us, but we are very enthusiastic about the flavor and baking improvements that we are seeing. The Asheville Artisan Bread Bakers' Festival next year will feature Craig Ponsford of Ponsford's Place in San Rafael, CA– another convert to baking with intact flour – who will be spreading the word about the remarkable flours produced by mills like ours. ✨

*An article about Carolina Ground, by Jennifer Lapidus, appeared in Bread Lines, Volume 20, Issue 2.*



# French Whole Wheat Sourdough Miche

Contributed by Steve Bardwell

A hearty, hearth-baked two-pound boule, with medium crumb and a heavily caramelized crust.

## MIXING

- Use 70°F water and mix preferment by hand just enough to incorporate ingredients.
- For final dough, combine all ingredients except the salt with 94% of 60°F water. Mix for 1 or 2 minutes at the slow speed so that all the flour is wet. Cover and let stand for a 20 minute autolyze.
- Mix in 2nd speed for 1 minute. The dough should be just pulling away from the sides of the mixing bowl.

## PROCESS - French Whole Wheat Sourdough Miche

### Preferment - Levain

Mixing	Type of mixer	By hand
Fermentation	Length of time	12 hours
	Temperature	Room

### Final Dough

Mixing	Type of mixer	Spiral
	Mix style	Improved
	1st speed	1-2 mins
	Autolyse	20 mins
	1st speed	5 mins
	2nd speed	1 min
	Dough temp	70°F

Fermentation	Length of time	2.5 hours
	Temperature	Room
	Folds	2
	Timing for folds	50 mins

Shaping	Divide	907 g
	Preshape	Loose ball
	Resting time	15 mins
	Shape	Boule
	Proofing device	Banneton

Proof & bake	Final proof time	2 hours
	Temperature	70°F
	Oven type	Wood-fired brick
	Scoring	Yes
	Steam	No
	Total bake	25 mins

## SHAPING & PROOFING

- Transfer the dough to a large tray or tub. The container should be large enough that the dough can be folded easily without tearing.
- Let the dough ferment at room temperature, folding it twice during the 2.5 hours.
- Carefully transfer the dough to the working surface and scale it into 2 pound pieces.
- Shape these pieces into loose balls, being careful not to de-gas the dough and preserving as much of the smooth underside of the dough as possible.
- Let the dough rest of 20 minutes.
- Shape each loaf into a boule and transfer to a well-floured, round banneton.
- Proof at room temperature for 2 hours. Cover the bowls with a towel and plastic if you are not using a proofing box.
- Invert each bowl onto a board for transfer to the oven, scoring the loaves with the pattern of your choice.



## BAKING

- If baking in a wood-fired oven, bake for approximately 25 minutes at 550°F, or until very well browned.
- If baking in a deck oven, steam bread and bake for approximately 40 minutes at 450°F, or until well browned.

## FRENCH WHOLE WHEAT SOURDOUGH MICHE

Ingredients	TOTAL FORMULA		LEVAIN		FINAL DOUGH	
	%	kilograms	%	kilograms	%	kilograms
Total Flour	100.00	6.159	100.00	0.961	100.00	5.198
Bread Flour*	14.68	0.904	94.12	0.904		
Rye Flour**	4.59	0.283	5.88	0.057	4.35	0.226
Whole Wheat Flour***	80.73	4.972			95.65	4.972
Water	70.35	4.333	74.85	0.719	69.52	3.614
Salt	1.75	0.108			2.07	0.108
Starter****	2.75	0.169	17.65	0.169		
Levain					35.57	1.849
<b>Totals</b>	<b>174.85</b>	<b>10.769</b>	<b>192.50</b>	<b>1.849</b>	<b>207.16</b>	<b>10.769</b>

\*Hard winter wheat 11%-13% protein

\*\*Coarse rye flour such as Wren's Abruzzi Rye

\*\*\*High extraction whole wheat flour

\*\*\*\*Stiff ripe bread flour starter (about 55% hydration)