

to use warm water he advises that you use cold. If the average temperature in your kitchen is around 30 degrees, you subtract this from the normal 40 degrees the recipes will instruct, you get ten degrees. He says equipment is important, a good bread oven that automatically applies steam to get a good crust, a mixer, don't bother with less than a kilo of flour and your dough should be about 25 degrees after kneading. If your flour represents 1 kg, water content should be 60% more or less, depending on your flour, 20g of salt and 15 g of dry yeast (or between 2-300g of levain and 5g of yeast). Bake it at 230 degrees and then turn it down. Don't be afraid to overcook the bread as the crust will grow stronger with more cooking.

He also demonstrated what happens if you prove the dough and then refrigerate it overnight – bubbles form on the crust and the flavours deepened. The smell is what I will remember most of the workshop, bread baking from morning to late afternoon, fruit breads and savoury loaves, crunchy baguettes and wholesome grain breads. I look forward to catching up with those who attended the workshop, many of whom were white bread enthusiasts – bet they're not anymore.

Regular professional workshops are held at Mozaic in addition to the cooking classes held for keen home cooks.

For information contact: The Workshop at Mozaic, located in Ubud. (0361) 975768 or [info@mozaic-bali.com](mailto:info@mozaic-bali.com)

Jean Michel Fraisse owns the French Culinary School in Kuala Lumpur. He recommends le pain: l'Envers du Décor (Bread behind the scenes) by Frederic Lalos as his greatest source. Available in English as well, through the internet.



## Bapak In The Bakery

Another beaming baker, Sugihanto Sachid of Bapak Bakery has had an esteemed career traveling the world learning the secrets of the perfect loaf.

Not long after finishing college here in Indonesia, 'Yanto', as he introduces himself took a job with Radisson in Victoria and then later in Alice Springs. "I qualified as a baker and I have always been interested in bread," he says. He then went on to Switzerland for a term before returning here to work with Radisson in Bali.

He met a European there who helped him open his Kerobokan bakery in 1997 and ever since he has been turning out European style breads including baguettes and croissants and supplying local restaurants including Warisan, Gado Gado, Ultimo, The Samaya and the shelves of Dijon.

At a recent BCP outing at Aroma's Meat Plant we were introduced to his latest product, European-style sourdough bread, made without yeast from his own starter dough. Aromatic dark loaves with healthy ingredients like rye and oats and pumpkin seeds as well as a French Village loaf, the breads are made with German flour. Bapak Sugihanto wholesales his bread and pastries, for enquiries call (0361) 735225/735330 or drop in at Jl. Merta Agung, Gg Madusari, 76, Kerobokan.