



Sydney's Brasserie Bread recently received recognition for its bread, cake and pastry, earning numerous awards at the 2010 Sydney Royal Fine Food Show in March. The bakery picked up three golds and nine silvers for its bread and pastry, including a bronze for its Caramelised Garlic Bread. According to Brasserie Bread Growers' Market staff, the caramelised garlic bread is their "secret weapon".

"This is a modern-day version of garlic bread. It is an absolute beauty to crunch up in the oven for a few minutes and serve with a lamb roast in the coming winter months," Brasserie Bread director, Michael Klausen said.

Whole garlics are caramelised in a sugar syrup with balsamic vinegar and cracked black pepper corns. The caramelised garlic is then baked in a soft Italian dough fermented with unbleached organic flour, finest virgin olive oil and fresh milk.

"It is a polarising loaf with fans, many of whom are strictly divided into two camps of 'absolutely love it!' to 'yuck, get it away from me', Brasserie Bread Growers' Market staff said.

Cooking and caramelising the garlic before folding and baking it into the loaf allows the garlic to develop a sweet complex flavour. This brings out the many different characteristics of garlic aside from the usual way it is experienced when cooked normally.

"Caramelising the garlic into sweet, sweet submission, hand-moulding Italian ciabatta dough to distribute natural ingredients of flour, water, salt, virgin olive oil, biga and yeast evenly, baking it in a stone-hearth oven - every step of the process coaxes intriguing flavours out of hiding, creating a loaf that is umami ga deru, translating literally to 'the essence of flavour has come out'," Brasserie Bread blog writer, Mei Tan said.

Selling the bread at the marketplace provides some interesting feedback from customers.

"In Eastern cuisine, sweet and savoury breads are part and parcel of everyday life - think pork floss buns for afternoon tea, or kaya spread (a Malay coconut egg jam) on toast dipped into a half-boiled egg for breakfast. The combination of sweet and savoury in Eastern cuisine is the norm. Even that combination has a name, known as the fifth taste (in addition to sweet, salty, bitter and sour), or simply termed 'Umami' which translates roughly to 'savoury deliciousness'." ■

Caramelised Garlic Bread

BAKER: MICHAEL KLAUSEN,
DIRECTOR

Brasserie Bread

Cheddar, Onion and Fennel Seed Loaf

BAKER: JAMES WEEKS,
CO-OWNER

The Hills Bakery



North Brisbane's The Hills Bakery head baker, James Weeks believes his Cheddar, Onion and Fennel Seed Loaf is a unique combination of ingredients incorporating a forgotten flavour.

"It's a beautiful loaf with complex flavours complimented by our artisan style," Mr Weeks said. "It's not a flavour that comes up in Australian cuisine very often. It's unique, fresh and new. It is the most popular seller in our artisan range."

Mr Weeks recommends the following ingredients for the starting mix:

870g organic flour

26g salt

25g fennel seed

450g sour starter

350ml water

According to Mr Weeks, mix the ingredients well until fully developed and rest for approximately two hours. Then press the dough out into a rectangle approximately 40cm x 25cm. Cover the rectangle with 230g onion and 150g grated cheddar then fold into three equal parts. Wait another two hours and repeat again. Let it rest for two more hours before scaling 700g moulds.

"Proof it until it has doubled in size. Bake at 250° Celsius for eight minutes with heavy steam, then 210° Celsius for 22 minutes or until a deep rich caramelised colour is achieved," Mr Weeks said. ■

