

# BAKING



Healthiness, taste & quality



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# - CRAFTSMANSHIP - BAKING basics & usage ✓

**Courses:** Baking

**Collections:** PURPOSE & HISTORY

**Source:** OCTOPUS OCEAN - Germany



## Ingredients

### Mouldy bread must be disposed of immediately

Possible consequences after eating mouldy bread can be:

- ☐ Vomiting or diarrhoea
- ☐ Headaches and circulatory problems
- ☐ Heart problems such as palpitations
- ☐ Fluctuations in blood pressure and pulse
- ☐ Cramps

## EDUCATION

For galley crew sailing on all oceans

## FACEBOOK

Craftsmanship - a culinary voyage

## Directions

### How Dangerous Is Bread Mould

Particularly in warmer outdoor temperatures, bread mould quickly develops, which appears in the form of a green-white fungal coating. This not only gives the bread an unpleasant taste and smell, but also poses a health hazard. There are many different types of mould that can multiply well on numerous foodstuffs such as bread. There are moulds that produce certain toxins that are a health hazard, especially if consumed continuously or in excess. Red bread mould was already feared in bakeries in the past. Common bread mould and white bread mould are also harmful on bread. Numerous other fungi can grow on moist bread, for example species of *Mucor*, *Geotrichum*, *Aflatoxin* or *Cladosporium*. Some of them excrete dangerous mycotoxins. Therefore, bread infested with mould must be disposed of.

### How does bread mould develop?

All it takes is for the moulds that feed on the spores to find a suitable breeding ground, for example food such as bread. The spores are almost everywhere in the air and look for a suitable place to settle & grow into moulds. They always develop on the surface of the food because they need oxygen to grow. Mould spores grow excellently in the heat, i.e. mainly in summer. But even in winter, mould cannot be avoided in well-heated rooms. Nutrients found in food serve as the basis. Humidity also plays a decisive role, because this is what the mould needs to survive. The fungus then gets onto the bread through the air.

### How toxic is bread mould?

**What are the consequences of eating it? The dangerous thing is that bread mould is not only on the surface of the bread, but also invisible inside. Health experts therefore recommend throwing mouldy bread away entirely. If the mould is visible, it has often permeated the entire food & this is harmful to health.**

# - CRAFTSMANSHIP -

## Baletki, cookies filled with jam ✓

**Courses:** Baking

**Collections:** Polish recipes

**Source:** OCTOPUS OCEAN - Germany



### Ingredients

- ☐ 6 egg whites,  
at room temperature
- ☐ 300 gr granulated sugar
- ☐ 1 1/2 teasp vanilla extract
- ☐ 188 gr all-purpose flour, sifted
- ☐ 3 tbsp poppy seeds
- ☐ 224 gr raspberry jam,  
for the filling

### How to Store

To keep your cookies fresh, store them in an airtight container at room temperature. They will stay fresh for up to a week.

### ASSESSMENT

PROCESS      good / fair / bad

TASTE         good / fair / bad

### CREW OPINION

very happy / happy / unhappy

### EDUCATION

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### FACEBOOK

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### Directions

**Preheat the oven to 175° Celsius.**

Line a baking sheet with parchment paper.

**Beat the egg whites:**

In a clean bowl, beat the egg whites until soft peaks form. Gradually add the sugar, continuing to beat until stiff peaks form.

**Fold in the dry ingredients:**

Gently fold in the vanilla extract and sifted flour until just combined. Be careful not to overmix.

**Shape the cookies:**

Using a spoon or piping bag, place small mounds of the batter onto the prepared baking sheet, spacing them about 2,5 cm apart.

Sprinkle the tops with poppy seeds.

**Bake the cookies:**

Bake in the preheated oven for 10-12 min., or until the edges are lightly golden. Let the cookies cool completely on a wire rack.

**Fill with jam:**

Once cooled, spread a small amount of jam on the flat side of one cookie, then sandwich it with another cookie. Repeat with the remaining cookies.

**NOTE**

These classic cookies have a sweet coating of jam within and are light and fluffy. Ideal as a daily treat or for social events. These cookies are ideal as ordinary tea-time snacks or for any occasion.

**Poppy Seed Substitutions:**

You can use sesame seeds or omit the topping completely if you don't like poppy seeds.

**MOVIE** copy & paste

<https://www.youtube.com/shorts/xxluKgXQTcE>

# - CRAFTSMANSHIP -

## Banana bread, heavenly baked ✓

**Courses:** Baking

**Collections:** USA recipes

**Source:** OCTOPUS OCEAN - Germany



### Ingredients

- ☐ 250 gr all-purpose flour
- ☐ 1 teaspoon baking soda
- ☐ ¼ teaspoon salt
- ☐ 165 gr brown sugar
- ☐ 120 gr butter
- ☐ 2 large, fresh eggs - beaten
- ☐ 550 gr mashed overripe bananas

### ASSESSMENT

PROCESS      good / fair / bad

TASTE         good / fair / bad

### CREW OPINION

very happy / happy / unhappy

### EDUCATION

For galley crew sailing on all oceans

### FACEBOOK

Craftsmanship - a culinary voyage

### Directions

Gather all ingredients.

Preheat the oven to 175° Celsius.

Lightly grease a 22.86 x 12.7 cm loaf pan.

Sift the flour into a large bowl and add the baking powder & salt. Mix well.

In another large bowl, use an electric mixer to combine the butter and brown sugar until the mixture is smooth.

Incorporate the mashed bananas & eggs until they are thoroughly combined.

Carefully blend the banana mixture with the flour mixture until they are just combined.

Fill the loaf pan with the batter.

In the preheated oven, bake until a toothpick poked into the middle comes out clean - this should take roughly 60 minutes.

Let bread cool in pan for 20 min. then carefully turn out onto a wire rack to cool completely.

Enjoy!

### NOTE

Bananas: Naturally, you will require bananas!

Select bananas that are overripe.

This banana bread recipe yields a wonderfully tasty, moist loaf that is packed with banana flavour.

### MOVIE copy & paste

<https://www.youtube.com/watch?v=0W9lXaHcXL4>

# - CRAFTSMANSHIP -

## Baursaki - traditional pastry ✓

**Courses:** Baking

**Collections:** Mongolian recipes

**Source:** OCTOPUS OCEAN - Germany



### Ingredients

- ☐ 500 gr Wheat flour
- ☐ 1 tsp yeast, dry
- ☐ 2 tbsp Sugar
- ☐ 1/2 tsp Salt
- ☐ 1 Egg
- ☐ 200 ml Milk
- ☐ 50 g Butter, melted
- ☐ 2 tsp Baking powder
- ☐ 250 ml Water (as needed)
- ☐ Oil for frying
- ☐ Sugar for sprinkling (optional)

### ASSESSMENT

PROCESS     good / fair / bad

TASTE        good / fair / bad

### CREW OPINION

very happy / happy / unhappy

### EDUCATION

For galley crew sailing on all oceans

### FACEBOOK

Craftsmanship - a culinary voyage

### Directions

Prepare the dough: In a large bowl, combine flour, dry yeast, sugar, salt, and baking powder. Add the egg, melted butter, milk, and water, and mix everything until a soft dough forms. If the dough is too dry, add a little more water as needed. Let the dough rest: Cover the dough with a cloth and let it rest in a warm place for about 1 hour to rise. Shape the Baursaki: After resting, divide the dough into small portions and shape them into small balls or flat rounds. The size can vary according to preference, but they should be about the size of a walnut. Fry: Heat the oil in a large pot or pan and fry the Baursaki until golden brown and crispy. Make sure the oil is hot enough so that the Baursaki fry evenly and do not absorb too much oil.

### Serving:

Remove the freshly fried Baursaki from the oil and let them drain on paper towels. Optionally, you can sprinkle them with a little sugar to give them a sweet touch.

### NOTE

Baursak is a unique fried bread with a puffy appearance consisting of flour, milk, salt, sugar, eggs, butter, and yeast. The bread is fried only for special occasions such as birthdays, weddings, or memorials. It is believed that the smell of oil and fried bread floats into the sky to the dearly departed so they can also enjoy the dish.

The bread is commonly consumed on its own or as a dessert accompanied with sugar, butter, jam, or honey, while some people like to dip it in tea.

### MOVIE copy & paste

<https://www.tasteatlas.com/bolo-levedo>

# - CRAFTSMANSHIP -

## Börek, savoury filled pastry ✓

**Courses:** Baking

**Source:** OCTOPUS OCEAN - Germany



### Ingredients

- ☐ 12 sheets of Yufka or filo dough, ca. 200 gr (as base)

#### For the filling

- ☐ 150 gr feta cheese
- ☐ 2 tbsp plain yogurt
- ☐ Thyme, parsley (fresh or dried)
- ☐ Salt + pepper
- ☐ 150 gr frozen spinach leaves
- ☐ 85 gr onion
- ☐ 1 garlic clove

#### For the brushing

- ☐ 1 egg yolk + ☐ 1 tsp milk
- ☐ 1 tbsp sesame seeds

### ASSESSMENT

PROCESS     good / fair / bad

TASTE        good / fair / bad

### CREW OPINION

very happy / happy / unhappy

### EDUCATION

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### FACEBOOK

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### Directions

#### For the filling

Crumble the feta cheese into a small bowl & mash with a fork. Add the yogurt and finely chopped herbs (or dried herbs). Finely chop the onion and garlic. Fry in a little oil.

-

Add the spinach and allow to wilt (if using fresh spinach) or defrost (if using frozen spinach).

Drain off any excess liquid. Add the feta mixture and season to taste with salt and pepper. Preheat the oven to 200° C degrees (upper and lower heat).

Line a baking sheet with parchment paper.

-

Remove the dough triangles from the package one at a time. Place each one with the tip facing up and brush with a little water, oil, or yogurt. Spread 1-2 tbsp of filling on the lower long side of the sheet. Fold in the side ends so that nothing spills out and roll up the dough tightly. This should create long cigar rolls.

-

Spread the rolls out on the baking tray, leaving space between them. Brush with a mixture of beaten egg yolk and milk. Sprinkle with sesame seeds. Bake for approx. 15 min. until golden brown & serve still warm.

### NOTE

The Middle East and the Balkans produce a family of pies, pastries known as Börek, Burek, or Byrek.

### MOVIE copy & paste

<https://www.youtube.com/watch?v=b22cCSUayHo>



# - CRAFTSMANSHIP -

## Brioche, light & egg-rich pastry ✓

**Courses:** Baking

**Collections:** French recipes

**Source:** OCTOPUS OCEAN - Germany



### Ingredients

Resulting in 4 loafs

- ☐ 2000 g flour
- ☐ 240 g sugar
- ☐ 240 g butter
- ☐ 4 eggs
- ☐ 900 ml milk, lukewarm
- ☐ 4 pinches of salt
- ☐ 4 packets dry yeast
- ☐ 4 egg yolks
- ☐ 16 tablespoons coarse sugar

### ASSESSMENT

PROCESS      good / fair / bad

TASTE         good / fair / bad

### CREW OPINION

very happy / happy / unhappy

### EDUCATION

For galley crew sailing on all oceans

### FACEBOOK

Craftsmanship - a culinary voyage

### Directions

**The secret to this brioche is the long kneading process.**

I think it would also work with any other food processor with dough hooks, but it would be a bit tedious with a mixer and dough hooks, and I wouldn't knead the dough by hand because it is very soft.

**Mix the flour, sugar, and dry yeast together.**

Turn on the Kitchen Aid with dough hooks; speed 2-3 is sufficient. Add the lukewarm milk and egg, cut the butter into small pieces and add it as well, and don't forget the salt.

**Knead everything for 20 min., no less!**

Let the dough rise in a warm place for 1 hour, then knead again for 3 min.

**Place the dough in a brioche or loaf pan.**

You can also divide the dough into 3 parts, braid a small plait and then place it in the loaf pan.

Leave the dough to rise in the pan for another hour, then brush with egg yolk and sprinkle with coarse sugar. Bake in a preheated oven at 150° Celsius top/bottom heat on the middle rack for approx. 35-40 min.

The brioche tastes best with butter and jam.

### NOTE

Simple to prepare with phenomenal results.

**MOVIE** copy & paste

<https://www.youtube.com/watch?v=3dbZJqamB3Y>



# - CRAFTSMANSHIP -

## Ciabatta, fluffy & moist ✓

**Courses:** Baking

**Collections:** Italian recipes

**Source:** OCTOPUS OCEAN - Germany



### Ingredients

#### For the pre-dough

- ☐ 20 gr fresh yeast
- ☐ 500 millilitres lukewarm water
- ☐ 880 gr wheat flour, type **550**

#### For the main dough

- ☐ 40 grams fresh yeast
- ☐ 720 millilitres lukewarm water
- ☐ 1120 gr wheat flour, type **550**
- ☐ 12 tbsps olive oil
- ☐ 8 tsp salt or more to taste
- ☐ 4 pinch sugar

#### RESULTS IN 8 LOAFs

#### ASSESSMENT

PROCESS     good / fair / bad

TASTE        good / fair / bad

#### CREW OPINION

very happy / happy / unhappy

#### EDUCATION

For galley crew sailing on all oceans

#### FACEBOOK

Craftsmanship - a culinary voyage

### Directions

#### For the PRE-DOUGH

Dissolve yeast in lukewarm water. Mix with flour & knead briefly. Cover the bowl with cling film and leave to rise for 16 hours, e.g. overnight.

#### For the MAIN-DOUGH

Dissolve the yeast in water.

Mix with sugar, flour, oil, salt and the **PRE-DOUGH**.

Knead for 5-10 minutes. The dough will be quite moist. Cover the bowl again with cling film or similar and leave to rise for another 1-2 hours at room temperature. Halve the dough.

On a well-floured work surface, shape into two long loaves or carefully 'push' them together.

The dough should not be kneaded any more.

Place on a baking tray lined with baking paper.

Leave to rise for another hour.

Preheat the oven to 230° Celsius top and bottom heat. Bake the ciabatta for 20-25 minutes.

#### NOTE

Plan: make the pre-dough in the evening, between 5 and 6 p.m. Make the main dough the following morning. Bake the loaves in time for lunch after shaping them in the late morning.

**Although it can be frozen, fresh bread has the greatest flavour.**

**MOVIE** copy & paste

<https://www.youtube.com/watch?v=b0hSzzFeT1c>

# - CRAFTSMANSHIP -

## Crêpes, easy & quick ✓

**Courses:** Baking

**Collections:** French recipes

**Source:** OCTOPUS OCEAN - Germany



### Ingredients

#### For best results

Measure each items with a scale

- ☐ All-purpose flour: 150g | sieved
- ☐ Granulated sugar: 50g
- ☐ Salt: 1/2 tsp
- ☐ Egg: 200g = 4-5 eggs
- ☐ Unsalted butter: 50g
- ☐ Whole milk: 500g
- ☐ Melted butter for a pan: Some

#### ASSESSMENT

PROCESS      good / fair / bad

TASTE         good / fair / bad

#### CREW OPINION

very happy / happy / unhappy

#### EDUCATION

For galley crew sailing on all oceans

#### FACEBOOK

Craftsmanship - a culinary voyage

### Directions

Combine dry ingredients - Whisk flour, sugar, and salt in a bowl.

Add eggs - Whisk until the batter looks very smooth. Scrape off the bottom & sides of the bowl to blend evenly. Add warm melted butter - Whisk well until evenly incorporated. Add milk - Add about one-third first and whisk well until evenly mixed. Add the rest of the milk & whisk.

Using a rubber spatula, scrape the sides of the bowl and check if the mixture is evenly incorporated. Mix until evenly blended.

#### TIPP

The batter looks lumpy initially after adding eggs and mixing, but continue whisking until smooth. Mixing it well strengthens the gluten in the flour, creating crepes that do not tear or break easily, even when they are paper-thin. Heat a coated pan (25 cm diameter) over medium heat. Just before pouring in the batter, coat the pan with a thin layer of melted butter. Spread the batter in the pan. Quickly shake & swirl the pan in a circular motion to distribute the batter evenly over the surface before it begins to set. Cook the crêpe – Turn the pan once or twice during cooking to distribute the heat evenly. As soon as the edges of the crêpe turn a nice golden brown, flip it over immediately! Cook the crêpe on the other side for 5–15 seconds. This process also prevents the crêpes from sticking together when stacked. Turn the pan over & place the crêpe on a paper towel. Repeat the process-the first layer doesn't always look great, but with a little practice, you'll quickly get the hang of it!

#### NOTE

Crêpes are the quintessential Breton specialty.

How to make amazing crepes spilling all my secrets

**MOVIE** copy & paste

[www.youtube.com/watch?v=FfGjDceNRVo&t=619s](https://www.youtube.com/watch?v=FfGjDceNRVo&t=619s)

# - CRAFTSMANSHIP -

## Coconut Macaroons ✓

**Courses:** Austrian recipe

**Collections:** Traditional cooking

**Source:** OCTOPUS OCEAN - Germany



### Ingredients

#### Ingredients for 20 servings

- ☐ 4 Egg whites
- ☐ 250 gr icing Sugar
- ☐ 250 gr desiccated Coconut
- ☐ 1 dash lemon juice

### ASSESSMENT

PROCESS      good / fair / bad

TASTE          good / fair / bad

### CREW OPINION

very happy / happy / unhappy

### Directions

To make these delicious coconut macaroons, whisk the egg whites until stiff – then add the sugar, desiccated coconut and a dash of lemon juice and whisk well again – until a thick cream forms.

Spoon the coconut mixture onto a baking tray lined with baking paper – bake in a preheated oven for approx. 15 mins at 170°C (top and bottom heat).



# - CRAFTSMANSHIP -

## Flatbread, pillowy fluffy ✓

**Courses:** Baking

**Collections:** Turkish recipes

**Source:** OCTOPUS OCEAN - Germany



### Ingredients

#### For the dough (5 loafs)

- ☐ 100 g fresh yeast
- ☐ 5 tsp sugar
- ☐ 1250 ml lukewarm water
- ☐ 2250 g flour
- ☐ 5 tsp salt
- ☐ 10 tbsp cooking oil
- ☐ 10 tbsp yogurt (3.5% fat)

#### For brushing

- ☐ 5 tbsp milk
- ☐ 5 tbsp oil
- ☐ Sesame seeds
- ☐ Black cumin

### ASSESSMENT

PROCESS      good / fair / bad

TASTE         good / fair / bad

### CREW OPINION

very happy / happy / unhappy

### EDUCATION

For galley crew sailing on all oceans

### FACEBOOK

Craftsmanship - a culinary voyage

### Directions

Dissolve the yeast with the sugar & lukewarm water in a bowl. Then add the flour and knead lightly.

Now add the salt, oil, and yogurt. Knead everything into a smooth yeast dough & form a ball.

Let the dough rise in a warm place for 1 hour.

After the first resting period, tip the dough out onto a lightly floured work surface and carefully shape it.

You can shape it into a round or oval, as you prefer. Now place the dough on a baking sheet lined with parchment paper.

Here you can refine the shape again. Cover the dough and let it rise again for about 20 minutes.

After this second resting period, press holes into the dough with your fingers, pressing down a little harder. The dents will quickly rise again when the dough is ready for the oven. Now carefully brush the milk and oil mixture onto the dough and sprinkle with sesame seeds and/or black cumin.

Preheat the oven to 200° C hot air.

Bake the flat bread for approximately. 20 minutes.

After baking, immediately place on a wire rack and cover with a tea towel. This will make it nice and soft. If you prefer it crispy, don't cover it!

### NOTE

Evidence of the manufacturing of flatbreads has been discovered at ancient sites in Mesopotamia, ancient Egypt, and the Indus civilization. Flatbreads were among the first processed foods.

### MOVIE copy & paste

<https://www.youtube.com/watch?v=qhskHeyZbOI>

# - CRAFTSMANSHIP -

## Garlic bread without kneading ✓

**Courses:** Baking

**Collections:** Italian recipes

**Source:** OCTOPUS OCEAN - Germany



### Ingredients

- ☐ 500g of flour
- ☐ 1 packet of dry yeast
- ☐ 2 teaspoons salt
- ☐ 3 cloves of garlic  
(finely chopped)
- ☐ 350 ml lukewarm water
- ☐ 2 tablespoons of olive oil

### ASSESSMENT

PROCESS     good / fair / bad

TASTE        good / fair / bad

### CREW OPINION

very happy / happy / unhappy

### EDUCATION

For galley crew sailing on all oceans

### FACEBOOK

Craftsmanship - a culinary voyage

### Directions

First, combine the flour, dry yeast, salt, and minced garlic in a big basin. Add the olive oil and warm water after that. Using a spoon or spatula - thoroughly mix until all the ingredients are incorporated. It's true that the dough stays somewhat sticky after that.

Next, place a clean torch over the bowl and allow the batter to rise in a warm location for approximately one hour, or until its volume doubles.

Next, lightly coat a pastry plate or bread mould.

Next, without kneading, carefully transfer the risen dough into the mould.

Lastly, bake the bread for 30 to 35 min. at 200° C. in a preheated oven until golden brown. Have fun!

Enjoy!

### NOTE

The no-knead garlic bread that still works, the bread that makes everyone go crazy!

**MOVIE** copy & paste

# - CRAFTSMANSHIP -

## Naan bread skillet-cooked ✓

**Courses:** Baking

**Collections:** Indian recipes

**Source:** OCTOPUS OCEAN - Germany



### Ingredients

**Quick recipe for fluffy naan from the pan or the grill**

**Result: 8 Naan bread**

- ☐ 1 ⅓ tsp dry Yeast
- ☐ ⅓ tsp Sugar
- ☐ 133 ml Milk lukewarm
- ☐ 333 gr Wheat flour
- ☐ 133 gr Yogurt natural
- ☐ ⅔ tsp Salt
- ☐ ⅔ tsp Baking powder
- ☐ Butter for serving

### ASSESEMENT

PROCESS      good / fair / bad

TASTE         good / fair / bad

### CREW OPINION

very happy / happy / unhappy

### EDUCATION

For galley crew sailing on all oceans

### FACEBOOK

Craftsmanship - a culinary voyage

### Directions

Stir the yeast and sugar into the lukewarm milk. Put the flour in a bowl, make a deep well in the centre, and pour the yeast milk into it. Mix with some flour from the edge and let it sit in a warm place for 10 mins. Add the yogurt, salt, and baking powder to the bowl and knead the dough well with the kneading hooks for about 5 min.

It should be smooth and come away from the sides of the bowl. If necessary, use 1 more tablespoon of milk. Cover the bowl with a kitchen towel and let the dough rise in a warm place for about 1 hour.

Divide the dough into about 8 equally sized pieces and shape them into balls. Either stretch each ball by hand (similar to making a pizza) into a small flatbread, keeping the edges slightly thicker; or roll them out on a bit of flour in the classic way. The flatbreads should not be too thick so that they bake through well. Heat a large non-stick pan until very hot and place 1-3 naan (depending on the pan size) side by side in it. After about 40-60 sec., turn them over as soon as the dough starts to bubble and finish baking on the other side. Be careful, the breads can darken quickly! Do the same with the remaining breads. Serve with a bit of butter on top.

**MOVIE** copy & paste

### Notes

<https://www.backenmachtgluecklich.de/rezepte/naan-indisches-fladenbrot.html>



# - CRAFTSMANSHIP -

## Pita bread skillet-cooked ✓

**Courses:** Baking

**Collections:** Greek recipes

**Source:** OCTOPUS OCEAN - Germany



### Ingredients

#### For the Dough

- ☐ 7 tsp (3 packet) active dry yeast
- ☐ 533 ml warm water (41° Celsius)
- ☐ 178 ml warm milk
- ☐ 3 tsp white sugar
- ☐ 938 gr all-purpose flour
- ☐ 1 1/2 tsp kosher salt
- ☐ 6 tbsp olive oil

#### For Cooking & Garnishing

- ☐ Olive oil for brushing
- ☐ Dried oregano
- ☐ Salt (optional)

### ASSESSMENT

PROCESS      good / fair / bad

TASTE         good / fair / bad

### CREW OPINION

very happy / happy / unhappy

### EDUCATION

For galley crew sailing on all oceans

### FACEBOOK

Craftsmanship - a culinary voyage

### Directions

#### Activate Yeast:

In a large bowl, whisk together warm water, warm milk, sugar, and yeast. Let sit for 5–10 min. until foamy.

#### Make the Dough:

Stir in olive oil, salt, and sift in the flour.

Mix into a shaggy dough, then knead on a floured surface for 4–5 min. until smooth.

#### First Rise:

Transfer to an oiled bowl, cover, and let rise for 45–60 min., or until doubled.

#### Shape Pitas:

Divide dough into 24 equal pieces.

Flatten each to a 20 cm round (0,5 cm thick).

Keep covered with a towel.

#### Cook the Pitas:

Heat a cast-iron skillet over medium-high.

Cook each pita for about 1 min, per side, until lightly charred.

Brush with olive oil, sprinkle with Oregano & salt.

Enjoy!

### NOTE

Pita bread has a neutral flavour, it is soft & flexible, so it can be used as gyros pita to wrap around grilled meat & tzatziki or other filling.

The best thing about pita bread?

**It's the easiest bread ever make.**

**MOVIE** copy & paste

# - CRAFTSMANSHIP -

## Scones, sweet pastry ✓

**Courses:** Baking

**Collections:** English recipes

**Source:** OCTOPUS OCEAN - Germany



### Ingredients

- ☐ 480 g all-purpose flour
- ☐ 2 tsp baking powder, rounded
- ☐ 1 tsp salt 6 g
- ☐ 1 pinch cream of tartar
- ☐ 50 g sugar
- ☐ 2 large eggs - beaten
- ☐ 180 ml whole milk
- ☐ 120 ml cream
- ☐ 110 g unsalted & cold butter
- Possible addition to the dough:
- ☐ Some raisins

### ASSESSMENT

PROCESS     good / fair / bad

TASTE        good / fair / bad

### CREW OPINION

very happy / happy / unhappy

### EDUCATION

For galley crew sailing on all oceans

### FACEBOOK

Craftsmanship - a culinary voyage

### Directions

Set the oven temperature to 190° Celsius.

Sift the flour, salt, sugar, baking powder, and cream of tartar together into a large bowl.

Grate the cold butter into the dry mixture.

Toss the butter and flour as you go along to prevent clumping.

Crumble the butter and flour together until you create a finer sandy texture. You can just pulse in a food processor if desired.

Mix the egg, cream, and milk together and reserve two tablespoons in a small bowl (this will be used for the egg wash).

Create a well in the middle and pour in the milk mixture and mix until combined.

This will be a sticky mixture so I always try to keep one hand in the bowl and one hand free and clean.

Place the dough on a floured surface and roll out to about 2 cm or more thick. (no one wants a flat scone!).

Use whatever shaped cutter you'd like and transfer the scones to a parchment-lined baking sheet.

Brush tops with the reserved egg wash and place in oven to bake for about 20 min. or until golden.

Enjoy!

### MOVIE copy & paste

<https://www.youtube.com/watch?v=PAZ4oTdLBVI>

# - CRAFTSMANSHIP -

## Sunken apple cake ✓

**Courses:** Baking

**Collections:** German recipes

**Source:** OCTOPUS OCEAN - Germany



### Ingredients

- ☐ 4 apples - Boskop work best
- ☐ 120 g butter (at room temp).
- ☐ 120 g granulated sugar
- ☐ 1 lemon - BIO
- ☐ 3 large eggs (at room temp).
- ☐ 2 tsp vanilla extract
- ☐ 200 g all purpose or cake flour
- ☐ 2 tsp baking powder
- ☐ 1/4 tsp salt
- ☐ 1 tbsp powder sugar

### ASSESSMENT

PROCESS      good / fair / bad

TASTE         good / fair / bad

### CREW OPINION

very happy / happy / unhappy

### EDUCATION

For galley crew sailing on all oceans

### FACEBOOK

Craftsmanship - a culinary voyage

### Directions

Butter a 9" round cake pan on the bottom and sides and line the bottom with parchment paper. Set aside.

Peel one apple at a time, cut in half, core without removing too much apple, then lay flat side down and make many slits into the apple without cutting all the way down. Then cut the apple half in half. That way you end up with apple quarters with slits all over. Use a half lemon and lightly coat with lemon juice to avoid browning. Set aside.

Preheat the oven to 180° Celsius.

Cream softened butter, sugar, and zest of lemon with the paddle attachment of your stand mixer.

Add vanilla extract and eggs one egg at a time, making sure each egg is incorporated into the creamed butter before adding the next. Mix on low, do not beat the eggs. Place a sieve over the mixing bowl and add flour, baking powder, and sea salt to the sieve and sift into the bowl. Mix on low until JUST incorporated, then add the batter to your buttered and parchment-paper-lined cake pan. Use a spatula to distribute evenly and flatten.

Place apple quarters on top without pushing into the batter. Sprinkle a little powder sugar on the apples. Bake for 35-40 min or until baked through and golden. Remove from the oven and place on a wire rack to cool for at least 20 minutes before removing from the cake pan. Sprinkle with a little more powder sugar if you like and serve with homemade whipped cream.

### NOTE

If you are a beginner baker please read the full blog post & watch the video tutorial. There is a lot of valuable information for you.

**MOVIE** copy & paste

[https://www.youtube.com/watch?v=gjE\\_h1ib9w4](https://www.youtube.com/watch?v=gjE_h1ib9w4)