

PREMIERE ISSUE  
SPRING 2015

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*A King Arthur Flour Publication*

**Easy Recipes,  
Simple Pleasures**

Food for Friends:  
A Mediterranean Feast

Gluten Free  
Grows Up

The Sandwich Tour:  
Tales from 4 Cities

**60+**  
Kitchen-  
Tested  
Recipes

US \$12.95  
DISPLAY UNTIL 5/25/15





## Colomba Pasquale (EASTER DOVE BREAD)

YIELD: 1 LARGE LOAF, 16 SERVINGS

*Italy's Easter dove bread is a native of Lombardy. Studded with citrus peel or the dried fruits of your choice, gilded with a shiny coat of sugar-nut syrup, then sprinkled with almonds and sparkling sugar, this fresh bread makes delicious toast.*

### BIGA (OVERNIGHT STARTER)

1 cup (4 ¼ ounces) King Arthur Unbleached All-Purpose Flour

½ cup (4 ounces) cool water

½ teaspoon instant yeast

### DOUGH

2 ¼ cups (9 ½ ounces) King Arthur Unbleached All-Purpose Flour

1 ¼ teaspoons salt

1 tablespoon instant yeast or SAF Gold instant yeast

½ cup (2 ⅔ ounces) granulated sugar

4 tablespoons (2 ounces) butter, at room temperature

2 large eggs + 1 large egg yolk, white reserved for topping;  
room temperature preferred

2 teaspoons vanilla extract or ½ teaspoon Fiori di Sicilia

½ teaspoon orange oil

grated peel of 1 large orange

1 cup (6 ounces) dried fruit of your choice, chopped if large

### TOPPING

1 large egg white, reserved from dough

3 tablespoons (¾ ounce) almond flour or 3 tablespoons blanched almonds,  
finely ground

2 tablespoons (⅞ ounce) granulated sugar

2 tablespoons (½ ounce) sliced almonds

5 to 6 teaspoons (1 ounce) coarse white sugar or pearl sugar

**For the biga:** The day before baking, mix together the ingredients. Cover the bowl, and leave it at room temperature overnight.

**For the dough:** Mix to combine the bubbly biga with the remaining dough ingredients except the grated orange rind and the fruit. Switch to the dough hook, knead for about 10 minutes at medium speed, stopping every 3 minutes to scrape the bottom and sides of the bowl. The dough will become elastic and satiny: It should be starting to leave the bottom and sides of the bowl, though it won't form a smooth ball. Knead in the grated orange rind and dried fruit. Cover the bowl, and let the dough rise for 2 to 3 hours, until it becomes quite puffy. Divide the dough in two pieces, with one slightly larger than the other. Shape one into a 10" log, with one tapered end; and the other into a 7" log.

Place the longest log lengthwise on a lightly greased or parchment-lined baking sheet; use the edge of your hand to form a crease across the center. Lay the shorter log crosswise across it, into the crease. Shape the shorter log into "wings" by pulling it into a crescent shape. Cover the shaped loaf with lightly greased plastic wrap, let rise till it's puffy; this will take about 1 to 2 hours, depending on what type of yeast was used. Toward the end of the rising time, preheat the oven to 375°F.

**For the topping:** Mix the egg white, ground almonds, and sugar. Gently paint this glaze all over the loaf; be generous. Sprinkle with the sliced almonds, then the pearl or coarse sugar.

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*Clockwise from top left: Greek Tsoureki being made; Colomba Pasquale served with espresso; traditional Ukrainian painted eggs; Colomba Pasquale served with prosciutto, olives, and champagne; Paska served with thick slices of Easter Ham, whole grain mustard, and a pilsner.*

Bake the loaf for 15 minutes, then reduce the oven heat to 350°F and bake for an additional 20 minutes, tenting it with foil for the final 10 minutes of baking. The finished loaf will be golden brown, and an instant-read thermometer inserted into the center will register 190°F. Remove from the oven and place on a rack to cool. Serve in thin slices.

NUTRITION INFORMATION PER SERVING (53g): 169 calories, 4g protein, 27g carbohydrates, 5g fat, 1g fiber, 2g saturated fat, 0g trans fat, 42mg cholesterol, 192mg sodium, 8g sugars, 1mg vitamin C, 1mg iron, 15mg calcium.

## Easy Hot Cross Buns

YIELD: 12 TO 14 BUNS

*A soft, tasty, shiny morsel marked with a distinctly sweet cross.*

### BUNS

¼ cup (2 ounces) apple juice or rum

½ cup (2 ounces) mixed dried fruit

½ cup (3 ounces) raisins or dried currants

1 ¼ cups (10 ounces) milk, room temperature

3 large eggs, 1 separated

6 tablespoons (3 ounces) butter, room temperature

2 teaspoons instant yeast

¼ cup (1 ¼ ounces) light brown sugar, firmly packed

1 teaspoon ground cinnamon

¼ teaspoon ground cloves or allspice

¼ teaspoon ground nutmeg

1 ¾ teaspoons salt

1 tablespoon baking powder

4 ½ cups (19 ⅞ ounces) King Arthur Unbleached All-Purpose Flour

### TOPPING

1 large egg white, reserved from above

1 tablespoon milk

### ICING

1 cup + 2 tablespoons (4 ⅞ ounces) confectioners' sugar

½ teaspoon vanilla extract

pinch of salt

4 teaspoons milk, or enough to make a thick, pipeable icing

Lightly grease a 10" square pan, half sheet pan, or 9" x 13" pan. Pour the rum or apple juice over the dried fruit and raisins, cover and microwave for 40 seconds on high. Set aside to cool to room temperature. Mix together all of the dough ingredients except the fruit, and knead, using an electric mixer or bread machine, till the dough is soft and elastic. Mix in the cooled fruit and any leftover liquid.

Let the dough rise for 1 hour, covered. It should become puffy, though may not double in bulk. Divide the dough into 12 to 14 billiard ball-sized pieces, about 3 ¾ ounces each. Use your greased hands to round them into balls. Arrange them in the prepared pan.

Cover the pan, and let rise for 1 hour, or until they've puffed up and are touching one another. While dough is rising, preheat the oven to 375°F.

Whisk together the reserved egg white and milk, and brush it over the buns. Bake the buns for 20 minutes, until they're golden brown. Remove from the oven, and transfer to a rack to cool. Mix together the icing ingredients, and when the buns are completely cool, pipe it in a cross shape atop each bun.

NUTRITION INFORMATION PER SERVING (¼ of recipe, 142g): 398 calories, 9g fat, 6g fiber, 5g saturated fat, 0g trans fat, 65g carbohydrates, 69mg cholesterol, 494mg sodium, 16g protein, 24g sugars, 50mg vitamin C, 3mg iron, 141mg calcium, 0mg caffeine.

## Ginger-Honey Brioche

YIELD: 6 BRIOCHES, 4 SERVINGS EACH

*This classic bread gets a lovely lift from the harmonious blend of ginger and high-quality honey.*

### GINGER HONEY

½ cup (6 ounces) good-quality honey

1" piece fresh ginger, peeled and thinly sliced

### DOUGH

2 ¾ cups (11 ⅜ ounces) King Arthur Unbleached All-Purpose Flour, divided

1 ½ teaspoons instant or active dry yeast

¼ cup (2 ounces) cool water

4 large eggs

1 tablespoon ginger honey

minced ginger slices from honey

¾ teaspoon salt

1 cup (8 ounces) unsalted butter, soft

**For the ginger honey:** Place the honey and ginger in a small saucepan, and bring to a low simmer for 5 minutes. Remove from the heat and cool, leaving the slices in the honey. When the mixture is cool, remove the slices and mince them; they'll become part of the dough.

**For the dough:** Place 1 ½ cups (6 ¼ ounces) of the flour, the yeast, water, and eggs into the bowl of a stand mixer or the bucket of your bread machine. Beat at medium speed (or knead in the bread machine) until smooth. Cover the mixture and let sit for 45 minutes.

After this time, the sponge will have developed some bubbles, but not risen much, because the mixture is thin. The yeast is getting a jump-start.

Add the remaining 1 ¼ cups (5 ¼ ounces) of flour, the honey, minced ginger, and salt.

Beat for 8 to 10 minutes (switch to the dough hook) or knead in the bread machine, until the dough cleans the sides of the bowl and becomes shiny and elastic.

With the mixer or bread machine running, add the soft butter 2 tablespoons at a time, letting the butter disappear into the dough before adding the next chunk. Repeat until all of the butter is added. Cover the dough and let rise for 1 hour. It'll be very soft at this point, and should have grown by about a third. Turn the dough out onto a lightly floured surface and gently fold it over several times (use a bench knife to scrape up any bits that stick to the table). Place the dough in a greased bowl, cover and refrigerate for at least 4 hours and as long as 16 hours. The dough will firm up considerably.

**To shape, proof, and bake:** Divide the dough into six pieces. If making one large loaf, put them in a circle in a greased brioche mold, with the sixth one in the center. To shape as individual breads, work with one piece at a time (keep the rest covered), divide each into three strands and braid them. Form the braid into a circle, and place into greased 6" cake pans, or on a parchment-lined baking sheet. Repeat with the remaining pieces of dough, and cover them all with greased plastic. Let the dough rise for 1 to 1 ½ hours, until it looks puffy. After 45 minutes of rise time, preheat the oven to 375°F.

Once the dough has risen, remove the plastic and bake the individual brioches for 25 minutes, or the large bread for 50 to 60 minutes, tenting with foil after the first 35. Bake until deep gold on top and bottom. Remove from the oven and brush while still warm with the remaining ginger honey.

NUTRITION INFORMATION PER SERVING (50g): 187 calories, 4g protein, 17g carbohydrates, 11g fat, 1g fiber, 7g saturated fat, 0g trans fat, 68mg cholesterol, 115mg sodium, 3g sugars, 1mg vitamin C, 1mg iron, 13mg calcium.



## Gluten-Free Pizza Crust

YIELD: ONE PIZZA, 8 SLICES

*Fresh, warm, tasty, and gluten free: If you've been missing good pizza, the wait is over.*

- 1 ½ cups (8 ½ ounces) King Arthur Gluten-Free Multi-Purpose Flour or brown rice flour blend (see page 106)
- 2 tablespoons (½ ounce) buttermilk powder or nonfat dry milk powder
- 1 tablespoon sugar or honey
- 1 teaspoon baking powder
- ¾ teaspoon salt
- 1 teaspoon xanthan gum
- 1 ½ teaspoons instant yeast
- 1 cup (8 ounces) warm water
- 2 tablespoons (½ ounce) olive oil (for dough)
- 2 tablespoons (½ ounce) olive oil (for pan)

Place the dry ingredients in a large mixing bowl; whisk thoroughly until blended.

In a small bowl, combine the water, olive oil, yeast, and ½ cup of the dry mixture. Having a few lumps is OK. Set aside, covered, for about 30 minutes, until the mixture is bubbly and smells yeasty.

Add the yeast mixture to the remaining dry ingredients in the mixing bowl and beat on medium-high speed for 4 minutes. The mixture will be thick and sticky. You must use a stand or electric hand mixer for this dough; mixing by hand doesn't do a thorough enough job.

Cover the mixing bowl and let the dough rest for 30 minutes.

Preheat the oven to 425°F.

Grease a large baking sheet or 12" to 14" round pizza pan with the remaining 2 tablespoons of olive oil. Scrape the dough from the bowl onto the puddle of oil.

Using wet fingers, start at the center of the dough and press down, stretching it out into a 12" to 14" circle. Let the dough rest, uncovered, for 15 minutes.

Bake the untopped crust for 8 to 10 minutes, just until it's set; the surface will look opaque rather than shiny. Remove from the oven and top with whatever you like. Return to the oven to finish baking, about 10 to 15 minutes, depending on the toppings you've chosen.

NUTRITION INFORMATION PER SERVING (½ of crust, without toppings, 37g): 152 calories, 2g protein, 25g carbohydrates, 5g fat, 1g fiber, 1g saturated fat, 0g trans fat, 0mg cholesterol, 284mg sodium, 3g sugars, 2mg vitamin C, 0mg iron, 67mg calcium.

### TOP THAT!

*This pizza is topped with sliced mushrooms sautéed in olive oil, artichoke hearts, sliced prosciutto, fresh mozzarella, and fresh basil leaves.*