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DEAN  
BRETTSCHEIDER

GLOBAL BAKER

dean  
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GLOBAL BAKER



Inspirational breads, cakes,  
pastries and desserts  
with international influences

Photography by Aaron Mclean

"Dean Brettschneider has taught me a great deal about making really good bread."

~ Rick Stein

"It is wonderful to meet a baker who understands the craft and has a passion that can inspire the general public. Dean is a breath of fresh air."

~ David Laris

"This book is as much fun to read as it is to cook from. A thorough introduction for beginners and an indispensable reference for experienced bakers. Truly a celebration of this eternal comfort food."

~ Jereme Leung





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DEAN BRETTSCHEIDER

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# GLOBAL BAKER

Inspirational breads, cakes,  
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# INTRODUCTION For Review Only

This book is not just another recipe book. It's a collection of baking-related influences from throughout my life, which I share through recipes. Each recipe has a special meaning for me and I hope you will take the time to reflect a little on the influence, flavour combinations and, sometimes, long steps needed to produce the bread, cake, pastry or dessert. I make no apologies for the information I have included about the recipes and in the information sections, as it is there for a reason, and that is to give you the best and most up-to-date information available so that you will have success in the kitchen.

Some will gain inspiration from looking at the wonderful photographs of the bakery-related influences, while others will be attracted by the interesting recipes and supplementary information on ingredients, equipment, baking terms and how things work. But the most important thing for me is that you enjoy baking and get your hands into the dough or batter to feel the temperature, consistency and lively character of each and every recipe.

The recipes in this book were tested in a standard oven without a fan. If you have a fan-assisted oven, reduce the temperatures suggested in the recipes by 10–15°C and check the product from time to time, before the recommended baking time is complete, as it is likely that the product will cook quicker, even at the lower temperature.

The measurements in this book are provided in metric form and the quantities are quite precise — there are no cups of flour here. After all, one man's espresso cup is another man's mug! Please read through each recipe carefully, several times even, before you embark on it, as some require advance preparation. Nonetheless, baking is about having fun. Enjoy your baking experiences and, most of all, enjoy this book.





## BREAD

# For Review Only

For me, bread is the hero of the baking world. It may look ordinary, but beneath the exteriors in varying shades of brown, some amazing and magical things happen. Take the crust for example. The baker has to choose the right ingredients and combine them with careful processing and baking to create the crispy, egg-shell crust of a baguette, the thicker, tougher, rustic, aged crust of a good sourdough, and the shiny, sweet, delicate and tender crust of a brioche.

The crumb, the soft inner textural part of a loaf, is the next to fall under the magic spell and artistry of the baker. With a vast knowledge of ingredients and processing, the baker is able to predict the texture of the crumb even before the dough mass has entered the oven. To open up the texture of the crumb and create an irregular airy structure, the water and fermentation time has to be increased, then the dough has to be placed on the hearth of the oven at a very high temperature, say 240°C. In a home oven, this would mean having to put a baking stone in the oven an hour before baking to allow it to heat up sufficiently.

Creating the flavour is about ingredients and processing. Whether it's adding more sugar for sweetness or the zest of an orange to bring out a citrus background note, this is a choice for the baker to make. There are so many things to consider when talking about crust, crumb and flavour. To me, baking bread is like raising a child. The right conditions are necessary for it to grow and become healthy and strong. Yeast is a living organism and requires warmth and food to survive. It is thus important to create the right environment and conditions for it.

People often laugh when I tell them I take my pain au levain dough in the car when I go out, if I'm making a loaf for a dinner party at home that night. I look after it just as if it were a child. If it needs to be fed or attended to at lunchtime, I go back to my car and attend to it (in this case, knocking back or expelling the gases), then it gets a rest and I finish it off when I get home.

In my travels, I have noticed that there seems to be a lot of emphasis on breads in different shapes, sizes, flavours and textures. And when I sit back and think about it, many of these influences come from Europe. German baking remains very traditional and focuses heavily on rye grain, which is the predominant grain grown in many Eastern European countries. It has been a

great source of energy, protein and nutrition for many years. Even today, the trend within many German *bakerei* is to focus on the health benefits of the various grains and seeds used in their breads.

On the other hand, French baking is clearly divided into two separate styles: there are *boulangeries* for breads, and *pâtisseries* for cakes and fine pastry. I just love walking around small *boulangeries* and *pâtisseries*, particularly in Paris, France. I feel like a kid in a candy store admiring all those wonderful shapes, flavours and textures! French baking is romantic and, at the same time, sexy. In my opinion, when it comes to baking, French is a byword for passionate.

*Boulangers*, or bread-bakers, are known for the rustic full-bodied flavours of their breads. You only have to see how many *boulangeries* in France are still in the buildings they were founded in, such as David Bresard's *boulangerie*, *Maison Bresard – L'Ami Des Arts*, which was established in Lille in 1667. For more than 300 years, the Bresard family have continued the tradition of baking.

Breads of the Mediterranean are mainly made from wheat flour with a crusty exterior and soft centre to mop up pasta sauce, olive oil and hummus. Ciabatta is by far the most famous Italian bread known to the rest of the world. It has been adopted all over the world in various formats, often bearing little or no resemblance to the original.

When I first travelled to Japan, Korea and South East Asia, I was impressed by the number of bread styles that have made their way to those regions from Europe and North America. In fact, I would say that if you want to see exceptional French bread-baking, you should go to Japan. Not only are there some great Japanese bakers of French-style breads but, a number of top French bakers and bakery chains also create their products in Japan.



# For Review Only

## HOW TO MIX AND KNEAD BREAD DOUGH BY HAND

## UNDERSTANDING WHEN A DOUGH IS MIXED

Mixing or kneading should be fun and enjoyable. Ensure that you knead on a solid surface of suitable height with plenty of space. The secret to kneading is to take a small break of 30 seconds to 1 minute every 2 minutes throughout the 15 minutes kneading time. It allows both you and the dough to relax!



Place the flour in a large bowl and sprinkle the other ingredients around.



Gradually add the water and other liquids into the centre of the bowl of dry ingredients. Always keep a small amount of water back to adjust the dough to the correct consistency.



Using a wooden spoon or your hand, mix the wet ingredients into the dry ingredients in a circular motion to form a firm dough mass.



Tip the dough mass onto a lightly floured work surface ready for kneading. Have a small bowl of flour handy for dusting the surface during the kneading process.



Push and fold the dough back on itself, turning it 90° and repeating this process. Adjust the dough consistency by adding more flour or water if necessary.

Note: All recipes in this book should take the exact amounts of liquid stated in the ingredients list and only minor adjustments should be necessary.



Continue to knead the dough for approximately 15 minutes, until it becomes smooth, silky and elastic. Let the dough rest for 30 seconds every 2 minutes and you will find that the dough will become smooth, silky and elastic faster.

This is the key to successful bread-making. Good bread flour contains a protein called gluten, which gives structure and strength to all yeast-raised goods. In order for gluten to be developed, the proteins glutenin and gliadin must first absorb water or other liquid. Then, as the dough is mixed or kneaded, the gluten forms long, elastic and rubbery strands, known as the gluten network.

The gluten network captures the gases produced by the yeast in tiny pockets or cells, which allows the dough to rise and expand. If the gluten network has not been correctly developed, the gases will escape and the dough will not rise.

There are three main factors that determine whether a dough is mixed correctly:

- Temperature of the water.
- The speed of kneading.
- The selection and amounts of raw ingredients — high-fat and high-sugar doughs take less time to mix due to the shortening and softening effects fat and sugar have on the gluten network.

The dough is fully mixed when:

- The dough has a smooth, silky and elastic texture.
- A small piece of dough can be stretched and has a smooth satiny sheen. Refer to the stretch test (below).



An underdeveloped dough has a rough texture and breaks easily when stretched out.



A dough that is well developed is smooth, elastic and extensible when stretched.



PAIN AU LEVAIN

Makes 1 standard loaf

- 300 g bread flour
- 50 g wholemeal or rye flour
- 130 g levain
- 1/2 tsp malt flour (enzyme-active malt flour is best)
- A very small pinch of instant dry yeast
- 1 1/4 tsp salt
- About 250 ml cold water
- Additional flour, for dusting
- 4-5 ice cubes, for creating steam

This is my signature loaf. When it comes to flavours, you cannot go past the magical, tangy, nutty flavour of this pain au levain — bread made with natural wild yeasts. When you dine at Rick Stein’s seafood restaurant in Cornwall, England, you will be served slices of this simple loaf. I love eating it toasted, with pâté or freshly mashed strawberries and vanilla sugar. I have provided a schedule below, so you can feel in control of the dough, not the other way around.

Place all the ingredients in a large mixing bowl and, using a wooden spoon, combine to form a dough mass. Tip the dough out onto a lightly floured work surface and knead for about 15 minutes, resting for 30 seconds every 2-3 minutes until the dough is smooth and elastic.

Place the dough in a lightly oiled bowl, cover with plastic wrap and leave in a warm place. When the dough has almost doubled in size (this will take about 3 hours), tip the dough onto the surface and gently knock it back by folding it onto itself 3-4 times. Return the dough to the lightly oiled bowl, cover with plastic wrap and leave for another hour in a warm place. The dough should be really gassy and bubbly by now, full of life and energy!

Gently tip the dough onto a lightly floured work surface and very gently mould it into a ball. Cover and rest for 15-20 minutes.

Lay a tea towel inside a round cane basket or a small to medium-sized round bowl. Dust it heavily and evenly with flour to create a layer that the dough will rest on while rising for the final proof.

Gently tip the dough onto a lightly floured work surface and very gently mould into its final shape, making sure the ball is tight and firm and the seam is tidy. Gently place the dough in the prepared bowl, smooth side down and seam side up. Cover with plastic wrap or put inside a plastic bag. Leave in a warm place for 45 minutes, before refrigerating overnight (for up to a maximum of 12 hours). This will develop the flavour and texture of your final loaf.

Remove the dough from the refrigerator and let it rise at room temperature for 2-2 1/2 hours, with the dough still covered with plastic.

Preheat the oven to 250°C with a baking tray inside and a small ovenproof dish on the bottom shelf. Remove the preheated baking tray and very gently tip the dough (without the plastic) onto it, dusting with flour if necessary. Using a sharp knife or razor blade, make 4 cuts on the top surface of the loaf — I cut my signature B. Immediately place the loaf in the oven on the lower-middle shelf. Quickly throw 4-5 ice cubes into the ovenproof dish and close the oven door.

Bake for 20 minutes, then rotate the tray. Reduce the oven temperature to 200°C and bake for a further 10-15 minutes, or until the crust is a dark golden brown and the bottom sounds hollow when tapped. Remove from the oven and place on a wire rack to cool.

For Review Only



Suggested schedule for making your pain au levain	
8:00 am	Final feed of the levain.
2:30 pm	Weigh the dough.
2:40 pm	Begin to mix and knead the dough.
3:00 pm	Place the dough in the oiled bowl, cover and ferment for 3 hours.
6:00 pm	Gently knock back the dough, return to the oiled bowl, cover and rest for 1 hour.
7:00 pm	Mould the dough into a round shape, place on floured surface, cover and rest for 15 minutes.
7:15 pm	Mould the dough into its final shape and place into a floured cloth-lined basket or bowl, cover and let it rise for 45 minutes.
8:00 pm	Lightly flour the top of the dough and cover with plastic wrap, place in the refrigerator overnight.
8:00 am	(The next day) Remove from the refrigerator and let it rise for 2-2 1/2 hours at room temperature.
9:15 am	Preheat the oven with a baking stone and ovenproof dish in place.
10:00 am	Bake.
10:35 am	Remove from the oven and cool on a wire rack.



# APRICOT BRIOCHE BREAKFAST PLAIT

Makes 1 loaf

## DOUGH

250 g bread flour  
1 tsp salt  
25 g sugar  
5 g (1 tsp) instant dry yeast  
4 small eggs, lightly beaten  
125 g butter, softened  
100 g dried apricots, diced

Additional flour, for dusting  
50 g flaked almonds, for decoration

## EGG WASH

1 egg  
2 Tbsp water

Brioches are classic French, single-portion breakfast breads that are traditionally baked in fluted tins, which are narrow at the bottom and wide at the top. They are rich in butter and eggs, which gives them their characteristic melt-in-the-mouth texture. The addition of dried apricots gives this loaf a sweet tangy flavour. I plait the dough into a single loaf so that it can be sliced. The dough must be made a day ahead and refrigerated after fermentation to allow the butter to harden before the dough can be moulded into its final shape. Enjoy it lightly toasted with a spread of unsalted butter and apricot preserve.

To make the dough, place the flour, salt, sugar and yeast into a large mixing bowl. Add three-quarters of the egg and, using a wooden spoon, combine to form a dough mass. Tip the dough out onto a lightly floured work surface and knead for approximately 10 minutes, resting for 30 seconds every 2-3 minutes, until the dough is smooth and elastic. It's important to develop the protein structure of the flour before all of the egg is added.

Continue to slowly add the rest of the egg as you knead the dough. It will be slimy and sticky to begin with, but as you continue to knead, the dough will become smooth, elastic and shiny.

Slowly add the softened butter in small amounts and knead to achieve a smooth, elastic and silky dough. Add the apricot pieces and knead them into the soft dough.

Place the dough in a lightly oiled bowl and cover with plastic wrap and leave in a warm place. Once the dough has doubled in size (this will take about 1 hour), tip the dough onto a lightly floured work surface and gently knock it back by folding it onto itself 3-4 times. Return the dough to the lightly oiled bowl and cover with plastic wrap and place into the refrigerator overnight (for 12-15 hours).

Remove the dough from the refrigerator, remove the plastic wrap and cut into 3 equal pieces. Roll each piece into a rope, about 30 cm long.

Plait the 3 ropes of dough and place on a lined baking tray. Cover with plastic wrap and let it rise in a warm place until almost doubled in size. (This will take 2-3 hours.)

Preheat the oven to 200°C.

To make the egg wash, lightly whisk the egg and water together. Lightly brush the dough with the egg wash, then sprinkle with flaked almonds. Bake for 20-25 minutes until golden brown. Remove from the oven and place on a wire rack to cool.





# RED BEAN LAMINGTONS

Makes 16

## RED BEAN SPONGE

5 eggs, warmed  
155 g castor sugar  
155 g plain flour  
5 g baking powder  
75 g butter, melted  
75 g red bean paste  
(page 38)

## LAMINGTON DIP

30 g gelatine powder  
50 ml cold water  
300 ml boiling water  
100 g castor sugar  
or icing sugar  
320 g red bean paste  
(page 38)  
300–400 g desiccated  
coconut or thread  
coconut  
250 ml fresh cream,  
whipped with 1 tsp  
icing sugar until  
stiff peaks form,  
for serving (optional)

Let's not argue about whether it was a Kiwi or an Australian who invented these chocolate- and coconut-coated mini sponges. Instead, let's celebrate this yummy variation made with red bean paste. Ready-made red bean paste is available from the shops, but you can also make your own.

To make the red bean sponge, preheat the oven to 190°C. Grease and flour a 20-cm square cake tin.

Using an electric mixer fitted with a whisk attachment, whisk together the warmed eggs and sugar to the ribbon stage. (This means that the mixture is thick enough to hold its own weight for about 10 seconds when trailed on itself before sinking.)

Sift the flour with the baking powder, then gently fold the mixture through the egg and sugar foam. When the flour is three-quarters folded through the foam, add the melted butter and red bean paste and continue to fold through gently. Be careful not to over-mix or you will lose the precious air bubbles you have created.

Pour the mixture into the prepared cake tin and bake for 25–30 minutes until the sponge is set. Remove the sponge from the oven and let it stand in its tin for 5–10 minutes for the cake to settle and firm up. Place on a wire rack to cool, then place in the freezer to harden before cutting into 16 cubes.

To make the lamington dip, sprinkle the gelatine into the cold water in a small bowl and leave to soak for 5 minutes. Place the boiling water, sugar and red bean paste in a large bowl and stir until evenly mixed. Add the soaked gelatine and stir through until dissolved, smooth and glossy.

Place the coconut into a large mixing bowl or on a large sheet of baking paper. Remove the frozen sponge squares from the freezer and dip one at a time into the warm lamington dip, ensuring an even coating, then place one at a time into the coconut, tossing and turning until evenly coated on all sides. Place on a tray to set. It's a good idea to get help for this, so one can dip and the other can toss the lamingtons in the coconut.

Serve as they are, or cut in half and fill with sweetened whipped cream.





# For Review Only

## APPLE & FENNEL TARTE TATIN WITH VANILLA ICE CREAM & APPLE CRISPS

Makes one tart

$\frac{3}{4}$  portion butter puff pastry (page 96), made a day ahead

6 medium-sized dessert apples (Granny Smith is best)

100 g unsalted butter, softened

220 g castor sugar

$2\frac{1}{4}$  tsp fennel seeds, lightly bruised

### FINISHING

Vanilla ice cream, for serving

Apple crisps (page 160), for decorating

Caramel springs (page 157), for decorating

The original tarte Tatin was a caramelised, upside-down apple tart created and made famous by the Tatin sisters in France in the mid-nineteenth century. The Tatin sisters used short pastry, but I prefer to use butter puff pastry. The fennel seeds add a pleasant anise flavour that complements the caramelised apples.

Make the butter puff pastry a day ahead and refrigerate until needed.

Prepare a 20-cm round ovenproof frying pan or a 20-cm round, heavy-bottomed, baking dish for baking the tarte Tatin.

Remove the butter puff pastry from the refrigerator and let stand for 30 minutes. On a lightly floured work surface, roll the puff pastry into a 4-5-mm thick sheet, then use a sharp pointed knife to cut a 30-cm circle to fit the ovenproof frying pan. Fold the pastry lightly into quarters and cover with plastic wrap. Store in the refrigerator until the apples are cooked.

Peel and core the apples, then cut each apple in half. In a bowl, mix the softened butter, sugar and fennel seeds together to form a soft batter, then use it to evenly coat the frying pan/baking dish. Arrange the apple halves, cut-side down, in a circular pattern on the butter mixture, starting from the outside and working your way towards the centre.

Place the frying pan/baking dish over low heat and cook until the sugar dissolves and the mixture starts to bubble. Shake the frying pan/baking dish gently to ensure even cooking. When the mixture is simmering evenly, turn the heat up and cook for 5-8 minutes until the apples are tender and the syrup has thickened and turned golden brown. Gently shake the frying pan/baking dish occasionally to ensure even cooking. Remove the frying pan/baking dish from the heat and allow to cool for 5 minutes.

Preheat the oven to 220°C.

Place the pastry circle over the apples, then tuck the edges inside the rim of the frying pan/baking dish. Prick it with a fork or knife several times to allow the steam to escape and prevent the pastry from doming when baking.

Bake for 10 minutes, then lower the oven temperature to 200°C and bake for another 10-12 minutes until the pastry is golden brown and cooked through. Carefully remove the tart from the oven and allow to cool for 3-4 minutes.

Place a large, flat serving plate on top of the pastry, then hold the plate and the pan firmly together and invert the two. Take extreme care when doing this, as the syrup is still runny and very hot.

Leave to cool slightly before cutting into wedges. Serve with vanilla ice cream and top with apple crisps and caramel springs.

