



Dough Sculpting

Sample Educational resources

Refrigerator Potato Dough

Dough Preparation Time: 30 minutes

Fermentation Time 1 hour

Baking Time: 10 to 12 minutes

Yields: 3 lb. 12 oz. dough. 3 dozen (1.75 oz./48g) rolls; OR three 1.25 lb/565g dough pieces

Ingredients	Measurement	Weight	Bakers %
Unbleached all-purpose flour*	6 ½ to 7 cups	27.5 to 30 oz 780g to 850g	100%
Warm water (95 °F.)	½ cup	4 oz	13%
Active dry** yeast	4 ½ teaspoons (2 pkg.)	0.5 oz/14g	1.5%
Sugar	½ teaspoon	2 g	0.2%
Milk, scalded, cooled (72° F.)	1 ½ cups	12 oz	40%
Butter	½ cup + 2 T.	5 oz/142g	16%
Sugar	½ cup	3.5 oz/100g	12%
Salt	2 ½ teaspoons	0.6 oz/15g	1.75%
Mashed potato, unseasoned***	1/3 cup	3 oz/85g	10%
Whole eggs	2 large or 3 medium	3.5 oz/100g	12%
Citrus zest, optional	1 ½ teaspoons	3g	0.4%

*For whole grain option replace 4 cups (16 oz.) all-purpose flour with whole wheat flour

**Fast-rising or instant yeast may be used. Combine yeast with flour; combine water and milk (72° F); add together

***1 small potato, white, yellow or sweet; cooked, peeled and mashed or equivalent potato flakes or flour

Directions

- Mix warm water, yeast and ½ tsp. sugar in small bowl. Set aside 5 minutes.
- Heat milk in microwave until steaming hot (190° F.). Pour milk into large mixing bowl; add butter, ½ cup sugar, and salt; mix. Cool to 80° F. or cooler.
- When milk mixture is cooled, stir in dissolved yeast, mashed potato and eggs. Gradually add 4 cups flour (if using whole wheat flour, add it first). Beat at medium speed 3 to 5 minutes until smooth. Cover bowl and let dough rest 15 minutes.
- Mix in remaining flour until dough forms a rough ball.
- Place dough on lightly floured surface; knead about 10 minutes until smooth and elastic OR mix with dough attachment on medium speed until dough cleans the bowl, about 7-10 minutes. If dough is too dry, mix/knead in 1-2 T. water. Target dough temperature: 78° F. or cooler.
- Place dough into large greased bowl; turn dough; greased-side is up. Cover bowl with sealing lid or put dough in a very large (2 gallon) plastic food storage bag sprayed with vegetable spray. Force out air and seal at top of bag leaving room for dough to raise. (If freezing, divide into three equal discs, wrap as directed p. 134 and freeze.)
- Refrigerate dough, deflating dough after about an hour; round dough into a ball, smooth side up. Refrigerate until ready for shaping; dough will keep in refrigerator one to three days; deflate dough again if needed.
- Divide dough into thirds (1 to 1.25 lb. each) and shape each into a smooth ball. Cover to rest 5-10 minutes.
- Sculpt each 1 to 1.25 lb. piece into... a dozen rolls, a loaf or braid, snail or buns using Dough Shaping 101 guide.
- Follow oven preheating and baking instructions for each product.
Loaves, 350° F., 25-30 minutes
Rolls, 375° F., 12-15 minutes
(190-210° F., at center)

Source: *Baking with Friends, HomeBaking.org*

Nutrition Facts	
Serving Size (48g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 190mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 3g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

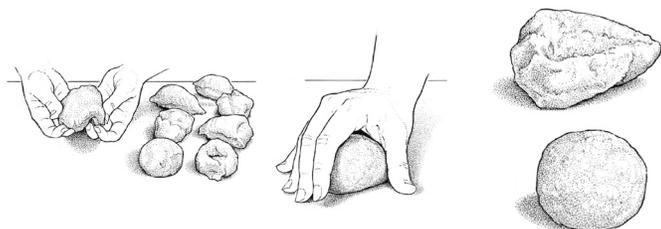
Tips for Shaping Success

Yeast dough for the shaping artist will:

- have a silky texture, be properly developed—elastic and moist but not “tacky” or too sticky
- place in an oiled, sealed food bag or container, deflated, rounded and rested in refrigerator or at room temperature (68° to 72° F.)
- be relaxed, extensible (can be rolled out or extended without springing back)

To achieve shaping success:

- **Develop the gluten** so the dough cleans the sides of the bowl or counter when mixed or kneaded. The dough should be soft but elastic, cleaning the bowl or kneading surface. Target dough temperature after kneading— 78 - 82° F.—so it will not raise too rapidly, UNLESS you are using a fast-rising yeast method.
- **Use proper fermentation** temperature (78-80° F.) to prevent the dough from over-gassing or getting tacky and help develop the gluten strands further—making the dough easier to shape. (Also see refrigerating dough guidelines, p. 134.)
- **Divide dough evenly** (weigh the dough, divide by number of pieces needed) and round dough to rest. This helps make balanced braids, and equal-sized rolls and loaves.
- **Allow yeast dough to rest**—about 10-15 minutes of bench time after deflating dough, dividing, and rounding. This will make the dough much easier to shape. The dough pieces will be more extensible—not inclined to just rebound back when rolled.
- **Keep the dough pieces covered during bench rest and while shaping to prevent crusting.**
- **Do not over-flour or over-grease the shaping surface.** This leaves a coating of flour or grease on the dough surface and the result will not be as nice in appearance or flavor.
- **Proof bread until ¾ or nearly fully proofed** before egg washing and slashing surface of loaf. (See Ripe Test, HomeBaking.org, Baking Glossary).
- **Preheat oven 5 to 10 minutes** before egg washing or slashing. Oven must be heated to the required temperature when product is ready to bake — never placed in oven.



Dough Shaping and Sculpting 101

- **Read Tips for Shaping Success** (text box at side).
- **Wash hands and surfaces well.**
- **Select up to three options** to prepare with each third (1.25 lb) of the Refrigerator Potato Dough.
- **Shaping:** Divide Refrigerator Potato Dough recipe (or favorite dough, making 3 to 3.75 lbs) evenly into dough pieces as directed by the option chosen. Place same-sized products on the same pan, spacing as directed.
- **Everyone will want their own edible art...**Tuck a small piece of paper with the baker's initials under the edge of their dough art before baking OR, bake on parchment paper with name noted by the product.
- **Baking:** Cover each pan of shaped dough **lightly** with sprayed or oiled plastic wrap or clean dampened non-terry towel. Place to proof in warm (95-105° F.), draft-free place until double, about 45 minutes. (See Ripe Test, HomeBaking.org in Baking Glossary). Bake rolls as directed. Lay a piece of aluminum foil lightly (tent) on baking dough if edges become too brown. Internal temperature when done is 190-210° F on food thermometer. Cool product on wire racks.



Alligators, Turtles (and more!) at breadworld.com

Rolls and Critters

Dinner Rolls: Bake rolls at 375° F., 12-15 minutes.

1. Shape one third (one to 1.25 lb/565g) Refrigerator Potato Dough into a log about 3 inches thick. Divide into 12 even (~3 oz/85g) pieces.
2. To shape: Flatten dough piece into a disc; bring edges to center and pinch; turn dough over to "round" (see left, middle image) and place pinched edge down on greased baking pan.
3. Cover, proof until doubled in size and bake as directed.

Illustration Source: King Arthur Flour Whole Grain Baking, The Countryman Press, 2006. kingarthurfLOUR.com

Turtles

For each turtle: form a large egg-sized piece of dough into a smooth ball.

1. Place on a lightly greased baking sheet and flatten slightly with hand.
2. Add a small piece of dough for head, four smaller pieces for legs, and an even smaller piece for a tail. Tuck the pieces slightly under the edge of the body. Pinch end of tail and legs to form a point. Press well to seal into position on body.
3. Pinch end of tail and legs to form a point. Press well to seal into position on body.
4. With kitchen scissors, clip into head dough piece to form eyes and mouth.
5. With a serrated or sharp knife, make shallow cuts lengthwise and crosswise across "shell" to form the tortoise's markings.
6. Cover and let proof (rise) until double. Preheat oven to 400° F. Brush with egg wash if desired. Bake for 15 to 18 minutes or until golden. The turtle should sound hollow when tapped.

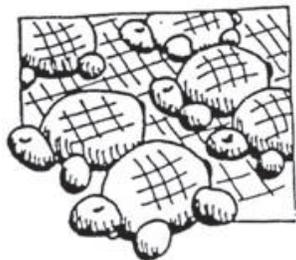


Illustration courtesy of Fleischmann's Yeast, breadworld.com

Loaves and Braids

For these shapes, use a one to 1 ¼ lb/565g piece of the Refrigerator Potato Dough or a favorite sweet yeast dough recipe.

Snail—Traditional Pao Doce shape.

1. Grease one, 9 X 1 ½ -inch round baking pan per 1 to 1 ¼ lb. dough piece.
2. Roll one dough piece into a 25 X 1 ½ -inch dough rope. Starting in center of pan, twist the rope of dough while coiling it into a snail shape. Tuck the end under; pinch with fingertips to seal together. Hold one end down, then wind the other around it to form a spiral or snail shape.
3. Cover shaped dough and proof in a warm (95° to 105° F.) place until doubled in size. Preheat oven to 350° F. and bake loaf 30-35 minutes.

Options: Tuck currants or snipped raisins into the snail while shaping. Prepare an egg wash (Whisk 1 egg + 1T. cold water) and brush over surface just before baking.

Illustration Source: *The King Arthur Flour Baker's Companion*, The Countryman Press, 2003. kingarthurfLOUR.com

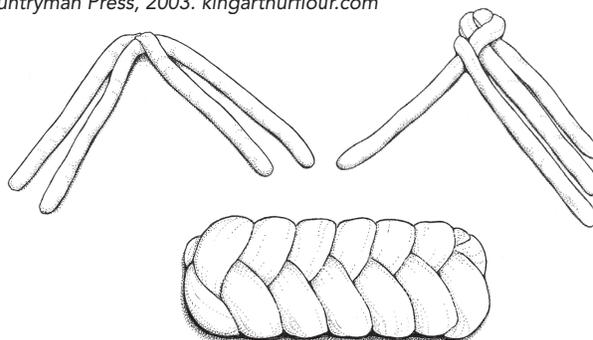


Four-Strand Braid

1. Divide 1 ¼ lb/565g piece of dough into four equal (4-5 oz.) ropes, each 14-inches long.
2. Pinch the four ropes of dough together at one end and lay out as shown.
3. Take the left outside rope and lay it at the inside of the right two strands. Next take the right outside rope and move it to the inside left. Repeat the process, moving the outside piece of dough to the inside of the opposite side, until all the dough has been used. Pinch ends together to seal.
4. Place on a greased or lined baking sheet pan. Cover lightly with sprayed plastic wrap. Proof until doubled in size—use Ripe Test found in Baking Glossary, HomeBaking.org. Egg wash for sheen. Preheat oven to 350° F. and bake 30-35 minutes, until golden and 210° F. at center.

Option: Egg wash surface just before baking.

Illustration Source: *The King Arthur Flour Baker's Companion*, The Countryman Press, 2003. kingarthurfLOUR.com



Wreath

1. Pinch three ~ 7 oz., 25-inch ropes of dough together at one end, and lay out as shown.
2. Take the left outside rope and lay it at the inside of the right two strands. Next take the right outside rope and move it to the inside left. Repeat the process, moving the outside piece of dough to the inside of the opposite side, until all dough is braided.
3. Pinch ends together to seal. Cover and proof; bake at 350° F., 25-30 minutes.

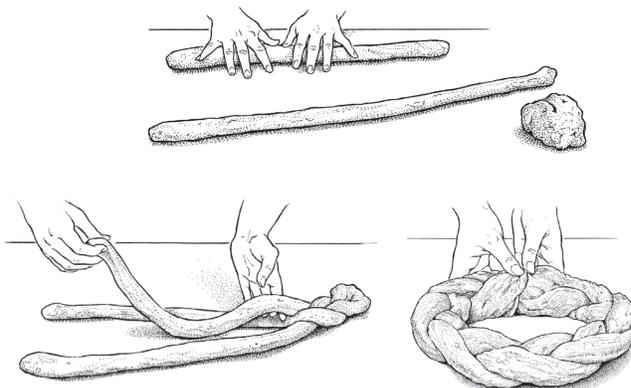




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Resources included on DVD:

- *A Baker's Dozen Labs -
Lab 12 Dough Sculpting*
- *Bread in a Bag Recipe - 2:47
breadworld.com*
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kswheat.com*
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Fleischmann's® Yeast - Alligator/Turtle

Kansas Wheat - Turkey

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