

460 Bread

is at JWG!

We know you have been waiting patiently. And we're ecstatic to announce that the first delivery will be on December 16th, 2010. Jerod & Tye will be here from 4-7 on Monday, December 13th and Friday, December 20th for our official breadapalooza! I caught up with these exceptional bakers to find out more about their delicious breads! TP

Tell me about how the bakery started. How did you decide on the name 460? 460 Bread came about as an effort to combine our love of good bread with our desire to invest our time, energy, and money into building a local business serving the community to which we belong (Teton Valley/Jackson). 460 degrees is the temperature at which the baguette (and most artisan bread) is baked. Because they are lean doughs (no fat, sugar, dairy, etc.), artisan bread needs high temperatures to get that great crust and color. In contrast, most pan breads (which have oil and sugar in the dough) are baked at around 350 degrees.

When did you start baking? Where did you learn how to bake? Is there an inspiration or particular bakery or chef or sandwich that made you go "aha"? We started baking as youngsters and have been dedicated home bakers for years. To learn the craft of artisan bread at a larger scale, we did some training at the San Francisco Baking Institute. There, we were extremely fortunate to study with some of the best bakers in the world including Didier Rosada, a French Master Baker who was instrumental in the recent bread renaissance in the US, He is an inspiration to us.

What does 460 do differently? Can you talk about the ingredients that go into your breads? *Process:* Bread production at 460 Bread is a slow process. Our breads have long fermentation times and are built with traditional preferments (starters) made many hours in advance. The loaves are then shaped with care and baked in a hearth oven. This extended process results in great taste, enhanced digestibility, and better keeping qualities. To achieve different flavor profiles, we use three main preferments: Poolish - the traditional preferment for baguette is made with 100% water and flour and a tiny bit of dry yeast and fermented for about 12 hours. Liquid Levain - a wild-yeast (or sourdough) preferment that we feed twice a day. Its liquid nature favors the production of milder-tasting lactic acid. Stiff Levain - another wild-yeast preferment that tends to produce tangier (acetic acid) flavors. *Freshness:* We bake and deliver six days a week and we structure our schedule to minimize the time from our oven to customer's tables - we measure freshness in hours instead of days. In order to preserve the crust, we package our breads in paper bags. *Ingredients:* Great bread requires the highest quality ingredients. Fortunately, many of these high quality ingredients can be grown in this region, making bread a truly local product. Our sifted white flour is organic and comes from Central Milling in Logan, UT. Central Milling is a hydropowered grain mill and is the oldest continuously operating business in the State of Utah. The flour is milled from hard red wheat grown in Utah, Idaho, and Montana and has exceptional flavor. We mill our own whole wheat flour and specialty grains (like Kamut) in-house in our stone burr mill. This provides the best possible flavor and allows us to use locally grown wheat!

Are all your methods traditional? Yes, from our hearth oven, stone burr grain mill, and traditional preferments down to the raw linen couche and willow banneton that we use for proofing our breads. **What's so special about your Bongard oven?** The

oven is the heart of a bakery, and to make the very best quality artisan bread you need a great deck oven. Bongard is a French company and makes the world's finest deck ovens. Our Bongard, which weighs in at about 12,000 pounds, has four, 5' by 7' masonry decks. The masonry decks are essential as they store heat which is instantly transmitted to the loaf when it is loaded, giving rise to the phenomenon known as "oven spring", which is the dramatic increase in volume during the first few minutes of the bake. The enormous mass of the oven gives it a high degree of "thermal stability", meaning the temperature varies very little as the doors are opened and closed as loaves are loaded and removed. The other important feature of the oven is its steam injection system, which allows bread to bake in a moist oven environment, which is essential for nice crust and good loaf volume. These three components (masonry deck, steam injection, and thermal stability) allow us to produce breads (like the classic, crusty baguette) of a quality that is impossible in a regular convection oven.

What are your favorite breads? Favorite 460 breads, personally? According to Ty, "No matter how many I eat, I never get tired of the 460 baguette. The thin, crispy crust and open crumb, combined with the nutty sweetness, mmmm. It goes with pretty much every meal, and day old it makes incredible french toast." Jerod's favorite is the Olive Thyme. "Our liquid levain preferment and an extended (overnight) final proof helps build lots of flavor to complement the fresh thyme and tangy Kalamata olives. The high hydration (lots of water) makes for a soft, open crumb and a thin, crispy crust that contrast each beautifully."

I have to ask, what's the best part of the baking process for each of you? Ty: I love baking the loaves. Watching the loaves spring dramatically in the deck oven, while smelling the lovely odor of baking bread - *nirvana!* Jerod: The essence of baking is understanding and controlling fermentation. I am endlessly fascinated by the process of using fermentation to produce the best tasting bread.

460 has started to create breads for local restaurants. Can you tell me a bit about this process, how flavors and styles have been chosen? 460 Bread provides a full "custom shop" for our wholesale clients. We really enjoy working with chefs to craft unique specialty breads to meet their needs. Some of our most interesting creations include a Bacon Thyme Sourdough and a Thanksgiving Stuffing Loaf (which has toasted, buttered bread crumbs and shredded yams incorporated in the loaf). Both of these loaves can be sampled at Spoons Bistro in Victor, ID

What's been the most important thing you have learned in opening a bakery? We've always loved bread, but the more time we spend with it the more wonderful it seems. Bread is so many things: sustenance; an affordable luxury; a truly local product; a still mysterious alchemy; an indulgence; the artifact of a timeless craft; comfort food. And that it can be all of these at once!

460 Breads will be delivered Monday through Saturday, arriving by 2pm!



Every Thursday
You Can Visit w/the Dragon Lady
for a Custom Concoction
@ the Tonic Bar 10-Noon

Every Friday
is Weekly Wine Nights, 4-7pm
Taste Our Featured Wine & Enjoy
Special Prices

12/1
Meet Amazing Grass, A New
Greens Drink
in Natural Care Department
Noon to 1pm

12/2
Snake River Brewing
Tasting
4-7pm

12/16
Increase Your Stretching
w/ Oregon's Wild Harvest
Muscle Relax
Noon to 1pm
460 Breadapalooza
4-7pm

12/20
460 Breadapalooza
4-7pm

12/21
WARM IT UP!
Discover Herbs & Massage Oils
That Will Make You Not Even Notice
The Negative Temperatures.
5-6pm

12/23
Bottleneck Wine
Tasting
4-7pm

12/30
Natural Care Wants You Armed
& Ready:
Ski Season Requires
Protected Skin
5-6pm

12/31
Champagne Party!
Enjoy The Best
of the Bubbles
4-7pm



Holiday Planning 101

For first-timers or seasoned pros, putting an elaborate holiday meal on the table for family and friends can be daunting, to say the least. Not to worry — here are some of our favorite tips for serving a wonderful meal while staying calm, cool & collected.

Make Lists. *Santa's not the only one who makes lists. It can be challenging to keep all the details of your holiday meal in your head, so we suggest that you get into the habit of creating lists and checking them twice. Write your lists at least two weeks ahead of time, allowing you to add more items as they pop up. Here are a few quick suggestions:*

Guest List: Write down your guest list so you have an accurate idea of how many servings you need to prepare — then add a few extra servings for last-minute guests and leftovers. As you select your recipes, review for serving size and double or triple the recipes as needed.

Menu: One of the most fun lists to create! Write down all of your traditional favorites and any new twists you want to try. After the meal, write notes to yourself about what worked and what you would change for next year.

Shopping List: With menu and recipes in hand, completing your shopping list is a breeze. Remember to check your spice drawer for any holiday favorites you need such as sage, thyme, cinnamon and nutmeg. Dried spices lose their potency and freshness within six months to a year from the date they are first opened, so spices you used last year may need to be replaced.

To-Do List: This one should include items such as “create a centerpiece” and “polish the silver” and “vacuum the house.” Write this one up in time to get a couple of things crossed off every day for the week or two before your guests arrive.

Cooking Plan: Looking at your menu, put together a two or three day cooking plan. What items can be prepared ahead without a loss of quality? Be sure to put things like “bake cornbread” the day before you are preparing your cornbread stuffing. Cooking a turkey? Make sure to plan time for thawing and brining. Dinner on the night before your big meal is a great time for takeout or leftovers so you can focus all of your cooking energy on preparing holiday dishes.

Make Ahead: Cooking ahead is a lifesaver. Desserts are often perfect for making ahead and anything you serve chilled, such as cranberry sauce or chutney, can be prepared ahead too. Winter vegetables are hardy and much of the prep work can be accomplished before cooking time. Store peeled sweet potatoes, white potatoes, parsnips and celery root in cool water to maintain crispness and color. Refrigerate all other prepped root vegetables in airtight containers.

A Pinch of Good Health: Holiday meals are usually feasts, which can lead to overindulging. As part of the meal, consider adding some fresh, raw foods to the menu. For example, provide an appetizer tray of freshly cut fruits and vegetables to help curb appetites before the big meal. Along with the main dishes, serve a delicious fall greens salad or a fresh fruit salad. (JWG has pre-cut fruits and vegetables available to reduce your prep time.)

The Fresher, the Better: From natural meats raised without antibiotics to fresh cut herbs, guests will taste the difference. Always buy the freshest, best-quality ingredients you can find.

Accept Help: There seems to be a false perception that if you host the big meal, you have to prepare everything yourself. Nothing could be farther from the truth. Big holiday dinners are all about sharing good food with family and friends and the stress of constant cooking need not be a side effect. Here are a few ways to ease the cooking burden:

Welcome Guest Offers: If your guests ask if they can bring something, by all means say yes! If they have a specialty dish they want to bring, that's perfect. If they offer to pick up a pie or a bottle of wine, that's great too. Remember that your guests want to contribute to the meal and you don't want to cut them out of the event.

Purchase Part of the Meal: Another way to accept help is to cook some of the meal from scratch and purchase a few dishes to complement your menu. Focus on your strong suit, and pick up the rest.

Cater The Whole Meal: Yes, it is perfectly acceptable to purchase your entire meal. Not everyone is a cook. We believe it is much wiser for non-cooks to enjoy time with family and friends than to stress out in the kitchen. Chef Burns can divine a perfect menu for you. And Cat can provide the sweet for the savory.

Practice Makes Perfect: This adage couldn't ring truer than when it comes to planning a big holiday meal. Depending on your level of confidence in the kitchen, you may not need to test out every new recipe. It's those new recipes that have a multitude of ingredients, cooking steps or both, such as a fancy dessert, that should be approached with appropriate diligence.

Guest with Special Diets: Chances are your guest list may include someone with a special diet need. From vegetarian to dairy-free to low sodium, people have a variety of special dietary needs, some even life-threatening. Not to worry though, big holiday meals are actually perfect — since there are so many dishes, there is bound to be something for everyone.

Festive Beverages: Wine and champagne are wonderfully festive, but be sure to offer nonalcoholic beverages to your guests as well. Sparkling apple ciders and fruit juices make good alternatives and can be served in wine glasses to facilitate toasting. Organic fruit juices mixed with sparkling water make festive punches and iced herbal, black or green teas are always nice.





'Tis the Season of Citrus

It's not intuitive for many of us but really, once the snow is on the ground, it's time for fruit, from coast to coast. The trigger for the start of the citrus season is cool evenings. After growing all summer long, most citrus needs a string of cool nights to bring out the color and flavor. Color can be brought out artificially and if the season starts out with record warm temperatures much of the new crop domestic citrus seen before Thanksgiving is conditioned (with ethylene, like bananas) to force its natural color to come out or has color "added." Really, all you need is a few long cool nights so by December most citrus is coloring on the trees. The Sun Belt for citrus production stretches from Florida to California, with Louisiana, Texas and Arizona all having large-scale commercial production. Citrus trees are notoriously temperature sensitive so orchards are planned in areas in the U.S. that do not historically have prolonged periods below freezing...maybe that's why we have no groves in the Tetons. Each growing region has its own characteristics and special varieties – here are some of some early fruits to look for in JWG:

Florida: Oranges are what the sunshine state is best known for but Florida also puts out exceptional tangerines for juicing and eating out of hand. The best early variety is the Sunburst Tangerine – it's loaded with seeds but also with flavor. Florida also produces outstanding Grapefruit — perhaps the best known is fruit grown in the coastal county of Indian River. Coveted by grapefruit growers for its soil and optimal growing conditions, Indian River is also home to the some of the best eating Honeybell Tangelos, a close cousin to the western Minneola.

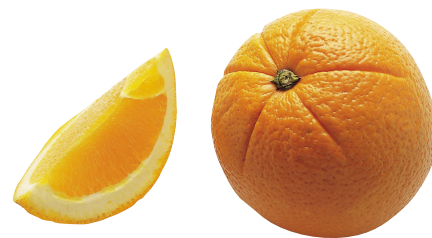
Texas: At the southernmost tip of Texas around towns like McAllen and Einburg, the growing conditions are uniquely ideal for Grapefruit. The Rio Star, with it's bright red interior, is an intensely flavorful grapefruit variety that is available from late November well into the new year. It's not the only variety produced in the area (nor is it the only kind of citrus produced in Texas) but it is widely viewed as the best.

California: Because of its size and range of climates the state of California puts out remarkable fruit for fresh consumption. The most common are Navel Oranges, Lemons, and Grapefruit, but some of the best early entries run into the more exotic.

Meyer Lemons: Unlike the more common Lisbon or Eureka varieties, the Meyer Lemon is extremely thin skinned. It is also full of juice and flavor and the thin skin is excellent for Zest. Because it is a more fragile piece of fruit it is only available for the early part of the season (Nov- Feb). Meyer's are ideal for cooking — the flavor is better and it generally has far more juice than a regular lemon, and sweeter!

Satsuma Mandarins: The umbrella name for a group of mandarin varieties, the Satsuma is the one variety we all eagerly wait for every year. It's easy to peel, seedless and it's not too big (good for kids). The Satsuma also has the best flavor of any piece of citrus. Unfortunately, the season is very short about 6- 8 weeks so they should not be taken for granted.

Spain: Late November brings the first arrivals of Spanish Clementines to the U.S. The first few weeks are of the early Marisol variety but by December the main Clemenule has arrived and the small, sweet, easy to peel fruits in five pound boxes become a basic staple in many households. California has also taken the Spanish lead and is now producing comperable fruit for the western U.S.



Christmas Citrus Squares

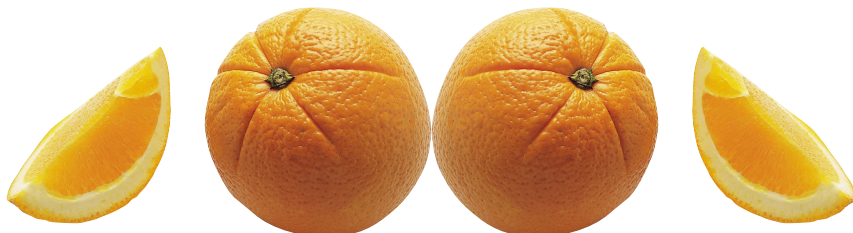
Crust:

- 1 1/2 cups all-purpose flour
- 3 tablespoons cornstarch
- 1/4 teaspoon fine salt
- 3/4 cup (1 1/2 sticks), unsalted butter, softened
- 1/3 cup sugar
- 6 tablespoons red currant jelly

Filling:

- 2 large eggs
- 2 large egg yolks
- 1/2 cup sugar
- 1/2 cup sweetened condensed milk
- 1/3 cup all-purpose flour
- Pinch fine salt
- 1 cup freshly squeezed clementine juice, about 6 clementines
- 1 lemon juiced (4 to 5 tablespoons)
- 2 clementines (about 2 teaspoons) zest finely grated
- 1 lemon (about 2 teaspoons) zest finely grated
- 2 clementines or 2 blood oranges, sliced and cut into small triangular pieces, for serving, optional

Butter a 9 by 12 1/2-inch baking pan. Line pan with foil and leave about 2 inches extra on all sides. Butter the foil. Whisk the flour, cornstarch, and salt together in a bowl. In a standing mixer fitted with the paddle attachment or with a hand mixer, beat the butter with the sugar on medium, until light and fluffy, about 4 minutes. Turn mixer to low speed, add the dry ingredients and mix until just combined. Do not over work the dough. Transfer dough to prepared pan, spreading it out evenly across the pan and pressing to make a 1/4-inch thick covering over the bottom of the pan. Cover with plastic wrap, then press and flatten using your hands over the top to smooth and even out the dough. Refrigerate for 1 hour. Preheat oven to 325 degrees F. Remove the plastic from the top of the dough and prick the dough with a fork or a wooden skewer. Bake the crust until just golden, about 30 minutes. Meanwhile, melt the jelly in the microwave until soft enough to spread, about 1 minute. Spread the jelly with a pastry brush or an offset spatula over the crust. Return to the oven and cook another 10 minutes. Cool crust completely on a wire rack, 1 hour. Meanwhile, whisk the eggs, yolks, sugar, sweetened condensed milk, flour, and salt together in a medium bowl. Beat until thick and slightly pale. Stir in the citrus juices and zest, and whisk gently to blend well. Pour the filling onto the cooled crust and bake until the filling is firm but still loose and wobbly in the center, about 25 to 30 minutes. Cool to room temperature, about 30 minutes. Chill in the refrigerator for at least 1 hour or overnight before cutting. Remove bars from refrigerator and dip the bottom of it in warm water to soften the butter and release the foil from the sides of the pan. Use foil to lift pastry out of the baking pan and transfer to a cutting board. Using a sharp knife or a pizza cutter, cut into about 50 1 1/2-inch squares, wiping down the knife with a hot, wet towel between cuts. Top each square with a tiny triangular segment of clementine or blood orange (with the peel on) and serve.



Just A Wee Bit Of The Bubbly, Pllleeeaaanne!

JWG • December • 2010



“Just A Wee Bit Of “Champagne! In victory one deserves it; in defeat one needs it” was a mandate from Napoleon Bonaparte, French Ruler & Champagne Lover. For most of us, champagne is only customary for weddings and New Year’s Eve. But the truth is, Napoleon was absolutely right, all times call for a wee bit of the bubbly. It is without question, that Champagne is one of the finest sparkling wines produced in the world, hence the need for it at all in(formal) occasions.

Champagne can contain up to three different grapes: Chardonnay, and the red grapes Pinot Noir and Pinot Meunier. Vintage Champagnes are only produced in the very best years; they are always more expensive than non-vintage Champagnes but they are not always better tasting. Most Champagnes are the supreme expression of the Champagne blender’s art, assembled from numerous vintages, multiple grape types and various selected vineyards within the Champagne district, then carefully hand made and fermented in the bottle. By making these blends, the Champagne winemakers are able to create a consistent “house” style and, indeed, each Champagne producer has its own distinct style.

Finally, there are several important terms you will encounter on a Champagne label that tell you much about the contents. From dry to sweet, Champagnes are labeled Brut Absolut, Brut, Extra-Dry, Sec, Demi-Sec and Doux. Blanc de Blanc Champagne bottlings are made entirely from Chardonnay grapes and tend to be lighter and more delicate in style. Blanc de Noirs Champagnes are made from red grapes and tend to be fuller. When drinking do not over chill the champagne and never freeze it. It is better to chill one bottle at a time in an ice bucket. Two bottles should not be crammed into the bucket touching each other. It disturbs the chilling process. And never chill your drinking glasses; this is not a James Bond martini!

There are five basic divisions of champagne classification:

- *Vintage*-The grapes must be 100% from the year of vintage. The grapes are carefully gathered from that year’s base wines. These champagnes tend to peak between 7-10 years after harvesting. This champagne holds a biscuity and toasty flavor.
- *Non Vintage*-These grapes have no declared vintage year. The champagne usually contains 5-10% of the last year’s wine. 1-3 years in the cellar is the standard time frame.
- *Rose*-Rose contains a small bit of red wine for the pink color. This champagne is designed for drinking young. It exhibits a light floral aroma. Rose can be vintage or non vintage.
- *Blanc de blancs*-white champagne made from white grapes, Blanc de blancs has more aging potential. It has a toasty and biscuity flavor.
- *Blanc de noirs*- This is a white champagne made from black grapes.

And what about Prosecco? Prosecco is different. In Italy it is considered an “everyday drink.” Unlike most Champagne it does not improve with aging and should really be consumed within six months of the time it’s purchased. It tends to be dryer than most Champagnes but the technique for Prosecco is often applied to other wines where the fermentation process happens in stainless steel. In Venice this would be the basic drink of the day while a fine Grappa might suffice for an aperitif or digestive at the end of a meal. Many prefer Prosecco to Champagne because it is in fact a lighter beverage.

So pop the cork and pour a glass of bubbly. Toast the much loved beverage mistake made by the great wine maker Dom Pierre Perignon (or Prosecco). As the American writer and humorist Mark Twain once said, “Too much of anything is bad, but too much champagne is just right.”

The Classic ‘Champagne Cocktail’
~from the Metropolitan Hotel, New York City circa 1935:



1 Sugar Cube, Angostura bitters
Chilled champagne

Soak sugar cube with a couple of good splashes of Angostura bitters and place in the bottom of a large champagne flute.

Fill slowly with sparkling wine. Garnish with a lemon twist.

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bottles**

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JWG’S Current Selections

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Tattinger a Reims

Dom Perignon

Korbel Extra Dry & Brut

Shramsberg Blanc de Noirs

Domaine Carneros Tattinger

Barefoot Bubbly

Freixenet Negro

J Cuvee

Chandon California Burt Classic

Woodbridge by Robert Mondavi Brut

Zardetto Prosecco

Reginato Blanc de Blancs

Il Carlino Prosecco

Moet & Chandon Imperial & Grand Brut

Il Cole Prosecco

