

FERRANDI
PARIS

FRENCH BOULANGERIE

RECIPES AND TECHNIQUES FROM
THE FERRANDI SCHOOL OF CULINARY ARTS



Flammarion

FRENCH BOULANGERIE

FERRANDI Paris

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Photography by Rina Nurra

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PREFACE

For over one hundred years, **FERRANDI Paris** has taught all of the culinary disciplines to students from around the world. Following the success of our five previous works published by Flammarion—a comprehensive guide to the art of French patisserie, as well as volumes focused on cooking with chocolate, vegetables, fruit and nuts, and charcuterie—it is now time to delve into the world of breads and viennoiserie, whose immense diversity requires both inventiveness and technical skill on the part of the baker. Celebrated French loaves and pastries—from baguettes to *pain de campagne*, or from croissants to brioches—all form part of the French culinary heritage that our teachers are committed to keeping alive. The chefs at **FERRANDI Paris** are continually enriching this repertoire with regional recipes from around France (such as kougelhopfs and fougasses) and the world (pita, panettone, babka, and more).

Both traditional skills and creative innovation lie at the heart of **FERRANDI Paris**'s teaching philosophy. We maintain a balance between the two through strong ties to the professional world, making our school the leading institution that it is today. That is why this book not only provides delicious recipes, but also demonstrates fundamental techniques and shares expert advice. Anyone who wishes to explore the inspiring world of breads and viennoiserie, whether it be at home or in a professional kitchen, will find this volume an invaluable reference.

I extend my warmest thanks to the members of **FERRANDI Paris** who have brought this book to fruition, particularly Audrey Janet, who coordinated the project, and Didier Chaput and Arnaud Savina, chef instructors at the school, who have generously shared their expertise and adeptly combined technical skills and imagination to demonstrate the culinary richness of the art of the French boulangerie.

Richard Ginioux
Executive Director of **FERRANDI Paris**

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INTRODUCTION

A Portrait of **FERRANDI Paris**

In over one hundred years of history, **FERRANDI Paris** has earned an international reputation as one of the premier culinary and hospitality schools in France. Since its inception, the school—hailed “the Harvard of gastronomy” by the press—has trained generations of leading chefs and hospitality professionals. Whether at its historic campus in the Saint-Germain-des-Prés district in Paris, or its campuses in Saint-Gratien, Bordeaux, Rennes, or Dijon, **FERRANDI Paris** is dedicated to world-class teaching with the aim of training future leaders in hotel and restaurant management, hospitality entrepreneurship, and the culinary arts, including pastry and bread making.

Founded more than a century ago by the Paris Île-de-France Regional Chamber of Commerce and Industry, **FERRANDI Paris** is the only school in France to offer a full range of degree and certification programs in the culinary and hospitality arts, from vocational training to the master’s degree level, in addition to international programs. The school takes pride in its 98 percent exam pass rate, which is the highest in France for degrees and certifications in the sector. No matter the level, a **FERRANDI Paris** education is rigorous and combines a mastery of the basics with an emphasis on innovation, management and entrepreneurial skills, and hands-on practice in a professional environment.

Strong Ties to the Professional World

A space for discovery, inspiration, and exchange—where the culinary arts mingle with science, technology, and innovation—**FERRANDI Paris** brings together the most prestigious and innovative names in the hospitality sector and creative culinary world. The school trains 2,200 apprentices and students each year, in addition to three hundred international students of over thirty nationalities and two thousand adults who come to the school to perfect their skills or change careers. The one hundred instructors at the school are all highly qualified: several have received prominent culinary awards and distinctions, such as the *Meilleur Ouvrier de France* (Best Craftsman in France) title, and all have at least ten years of work experience in the culinary field in prestigious establishments in France



and abroad. To give students maximum opportunities and the chance to connect with other fields and the greater global community, the school has formed collaborative partnerships with several other institutions. In France, partner schools include the ESCP Europe Business School and AgroParisTech; abroad, the school collaborates with Johnson and Wales University in the United States, the ITHQ tourism and hotel management school in Canada, Hong Kong Polytechnic University, Macao Institute for Tourism Studies, and Başkent University in Turkey, among others. Since theory and practice go hand in hand, and because **FERRANDI Paris** strives for excellence in teaching, students also have the chance to participate in a number of official events through partnerships with several chief culinary associations in France, including *Maîtres*



Cuisiniers de France, Société des Meilleurs Ouvriers de France, Euro-Toques, and more. In addition, the school offers numerous prestigious professional competitions and prizes, giving students many opportunities to demonstrate their skills and knowledge. A dedicated ambassador of French culture, **FERRANDI Paris** draws students from around the world every year and is a member of the French Interministerial Tourism Council; the Collège Culinaire de France (an association dedicated to upholding culinary craftsmanship); the Strategic Committee of Atout France (the French tourism development agency); and the Conférence des Formations d'Excellence au Tourisme (CFET), a group of institutions in France offering top-quality training in tourism-related fields.

Extensive Savoir Faire

FERRANDI Paris's expertise, combining practice and close collaboration with professionals in the field, has been shared in five previous volumes devoted to French patisserie (which received a Gourmand World Cookbook award), chocolate making, vegetables, fruits and nuts, and

charcuterie, intended for both professional chefs and amateur cooks alike. In this next book in the successful series, **FERRANDI Paris** now brings the art of the French boulangerie into the spotlight, focusing on breads and viennoiseries. From French classics, such as baguettes, country and whole wheat boules, fougasses, brioches, and *pain de mie*, to modern or international recipes including pretzels, panettone, babka, and cruffins, this book offers a world tour of bread-making expertise.

Breads, viennoiseries, and other delicacies

Long a symbol of sharing, bread nourishes both the body and mind. At its most basic level, bread is a combination of flour, water, levain or yeast, and a little salt, yet it also involves time and controlled fermentation. Above all, bread is a product of knowledge perfected over millennia that varies from country to country. The fact that so many recipes have evolved from these few simple ingredients reflects the skill and creativity of generations of bakers who have shared and passed on their craft. Made from wheat, rye, spelt, and a whole host of other grains, breads are incredibly diverse. Enriched with milk, butter, and eggs—and made with unique techniques including laminating, which results in buttery, flaky layers—viennoiseries are equally impressive. Whether enjoyed for breakfast or as a teatime snack, treats such as brioches, croissants, cinnamon rolls, and *kouign-amann* are always a delight to eat. In this book, **FERRANDI Paris** professionals explore the infinite range of fermentations, shapes, techniques, and recipes for breads and viennoiseries from France and around the world, for all to savor. Time to get kneading!



