

RECIPE

SPRING FESTIVAL

ARTISTIC BREAD MAKING



Recipe

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*Carpe diem !
Not immersed in the past,
not intimidated by the future.*

“The art of dough” Challenge

Name of the Artistic piece

Spring Festival



“The art of dough” Challenge

From thematic to idea

Source of inspiration

The Spring Festival is the most important and wonderful carnival for the Chinese people once in a year.

Scenario building

Long time ago, there was a monster named “Nian”. On the eve of every New Year, it would come out committing all kinds of evil activities in the village. In order to escape Nian, villagers would shut their doors tight, sit for a rich dinner with all the family members, and pray to God that they could drag through the night safe and sound. Due to unspeakable fear, they would stay awake all night chatting until daybreak.

One day, there came a brave and clever young man in a village. He found the right solution to condemn Nian: cracking sounds, fire and the red colour, and told the villagers. Thereon, the word spread fast until every family stuck red paper on the door, put up red lights, beat gongs and drums, and set off fire cracks. From then on, Nian never dared to appear again. So December 31st of the lunar calendar is called “celebration of Nian” with the following day as the Spring Festival, marked with all kinds of celebrating activities. The legacy is thus carried on until now.

The Spring Festival originated from the farming era, around 2000 BC, over 4,000 years ago. It is still widely celebrated in the modern society. Chinese people regard the Spring Festival as the most important festival to follow the traditions, have family reunions, enjoy delicate food, and plan for the coming new year together. The Spring Festival covers a span of 15 days, starting from Jan. 1 till 15 of the lunar calendar.

Realistic approach

The general design of the product is trying to get out of the traditional bakery mindset. Instead, everything is around the theme of “the Spring Festival”, with Spring Festival couplets, fire crackers, paper-cuts for window decoration, drum, treasures pouring out of a cornucopia, and fish shaped bread, etc. The product is a consolidation of Chinese characteristics, reflecting a busy auspicious Chinese New Year.

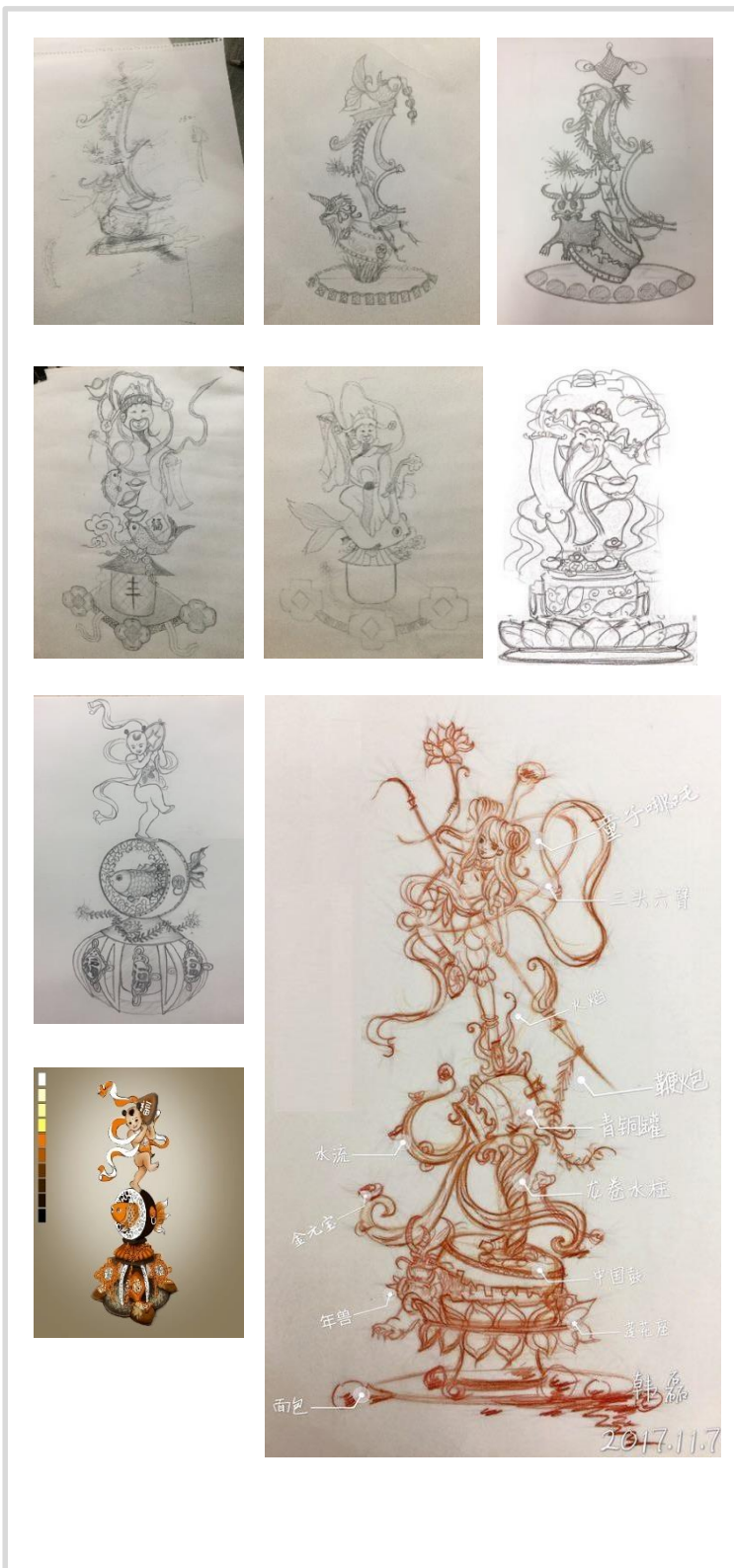
Firstly, the base of the product is a fermented dough decorated with a fish image, indicating a year full of “fish”, i.e. , at the end of each year, you will have accumulated a pile of food and wealth. The youngster on the top with a lotus (flower of Buddhism) in hand represents peace, auspiciousness and reunion. By contrast, the weapon in the other hand represents the boldness of the youngster, frightening away the vicious “Nian monster” with his cleverness and helped villagers to enjoy a peaceful auspicious life.

There are several technical difficulties the product has to overcome, especially how to demonstrate ancient Chinese bronzes with sculpture designs. In addition, due considerations of general balance and burden of the lower part have to be taken for the character on top with only one foot supported on the ground. The whole product is composed of over 100 components, some from moulds, others purely hand made.

“The art of dough” Challenge

From idea to project

Drafts of design



Stages of reflection

My initial thoughts of the theme wandered around a number of unique grand ceremonies in China, including the Dragon Boat Festival with a number of people rowing, Mid-autumn Festival with nationwide family reunions, the Spring Festival, etc. Since the competition is at the threshold of the Spring Festival, I finally made my decision as such.

Initially, I wanted to bring about the business of the Spring Festival with a harmonious scene, including the “Nian” legend, fire crackers, Chinese knot, dumpling, etc. But there seemed something missing, such as a protagonist that could draw people’s attention.

In the 2nd phase, I added the wealth god as the character and changed the elements below to barns and fish, representing the happiness of harvest and reunion.

In the 3rd phase, I dropped the wealth god because I didn’t think he could represent the Spring Festival from all folds. So the character was changed to a kid with an ancient coin in both hands and one foot on Chinese drum. Inside the drum, there jumped out a fish. And the base barn, together with the whole draft, represented harvest, harmony, hope and wealth. After trying the dough out, I didn’t think it fulfilled my entire expectation.

So after rounds of modifications, I finalized my draft on November 7th.

“The art of dough” Challenge

From project to realization / Doughs (1)

Syrup1

Parts of the piece	Weight(g)
White Dough2	2000
Orange Dough5	760

Recipe	Quantity	%
Castor Sugar	3168	100
Water	1848	58.3

White Dough2

Parts of the piece	Weight(g)
Drum	1600
Flame	500
Chinese couplets	500
Ribbon	500
Lotus's leaves	500

Recipe	Quantity	%
Syrup	2000	71
Low gluten flour	520	18.7
T45 Wheat flour	2260	81.3

Rye Dough3

Parts of the piece	Weight(g)
Monster "Nian"	3000
Drum	2000
Lines	500
Inside support frame	3000

Recipe	Quantity	%
Malt Syrup	4000	77
T170 Rye Flour	4960	100

“The art of dough” Challenge

From project to realization / Doughs (2)

Rye Black Dough4

Parts of the piece	Weight
Treasure bowl	3000g
Firecrackers	500g

Recipe	Quantity	%
White Sugar	875	44
Water	875	44
T170 Rye Flour	2000	100
Dark cocoa powder	100	5

Orange Dough5

Parts of the piece	Weight(g)
Flame	1000
Chinese couplets	500

Recipe	Quantity	%
syrup	760	67
Low gluten flour	213	18.7
T45 Wheat flour	927	81.3
Red pepper coloring	25	2.2
Carotene	35	3.1

Black salty Dough6

Parts of the piece	Weight(g)
Treasure bowl	500

Recipe	Quantity	%
salt	250	100
Egg white	250	100
Black cocoa powder	25	1
T170 Rye flour	145	58

“The art of dough” Challenge

From project to realization / Doughs (3)

Salty Dough7

Parts of the piece	Weight
Protagonist 's body	6000
Monster's body	3000

Recipe	Quantity	%
T170 Rye Flour	2100	60
Salt	3500	100
Egg White	3500	100

Black Paste8

Parts of the piece	Weight(g)
Monster's body	170

Recipe	Quantity	%
Water	120	240
T45 Wheat flour	50	100
Dark cocoa powder	15	30

Orange Paste9

Parts of the piece	Weight(g)
Flower leaves	300

Recipe	Quantity	%
Syrup	180	300
T45 Wheat flour	60	100
Carotene	10	17
Capsicum	4	7.7

“The art of dough” Challenge

From project to realization / *Doughs (4)*

Fermented Dough10

Parts of the piece	Weight(g)
Fermented dough	6000

Recipe	Quantity	%
T65 Wheat flour	1500	50
T55 Wheat flour	1500	50
Salt	70	2.3
Water	2000	67
Fresh yeast	10	0.3
Sourdough starter	1200	40
Water (2nd time)	90	3

“The art of dough” Challenge

From project to realization / *details of the artistic piece (1)*



Comments

Chinese drum, inside part will be open up and down in the showpiece



Comments

Knocker: stick on both sides of the drum



Comments

Comment:
Body of “Monster Nian”: the whole body of the monster is spliced parts by parts



Comments

Comment:
Head of “Monster Nian”



Comments

Comment:
Four limbs of “Monster Nian”

“The art of dough” Challenge

From project to realization / *details of the artistic piece (2)*



Comments

Horns of “Monster Nian”



Comments

Treasure bowl: acts as a connecting link between the preceding and the following in the showpiece



Comments

Flame: 100% hand made, meaning a prosperous and a booming New Year



Comments

Firecrackers: Chinese people set off firecrackers during the Spring Festival which will frighten away “Monster Nian”



Comments

Spring Festival Couplets: Spring Festival Couplets are pasted at the doorways with the legend that “Monster Nian” dare not come to harm humen being by seeing the red couplets

“The art of dough” Challenge

From project to realization / *details of the artistic piece (3)*



Comments

Claws of “Monster Nian”



Comments

Hieroglyphs on ancient bronze wares are inscribed on the treasure bowl



Comments

Breads are spewing out from the treasure bowl



Comments

Assembly effect of the flame



Comments

Facial expression of the protagonist

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From project to realization / *Assembling method description (1)*



Comments

Splice of pedestal and the Chinese drum, with shoe-shaped gold ingots and cereals put inside



Comments

Preliminary assembly of “Monster Nian”



Comments

Assembly of four limbs of “Monster Nian”



Comments

Assembly of the uni-horn of “Monster Nian”



Comments

Assembly of the rest horns of “Monster Nian”

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From project to realization / *Assembling method description (2)*



Comments

Body parts of the protagonist



Comments

Assembly effect of the protagonist



Comments

Assembling of helmet and armour



Comments

Assembly of all the helmet and armour



Comments

Add the ribbon to the protagonist

“The art of dough” Challenge

From project to realization / *Time table & work description*

Jun. 11, 2017	Project Kick-off
Jun. 26, 2017	Test initiated, raising different mother starters
Jul. 03, 2017	3 months: sketch course
Jul. 07, 2017	Design draft 1 – the Spring Festival
Jul. 21, 2017	1 week: Artistic dough course
Jul. 30, 2017	1 week: coach’s concentrated training
Aug. 07, 2017	Mould design initiated
Aug. 18, 2017	Design draft 2 – the Spring Festival
Aug. 30, 2017	European bakery course
Sep. 07, 2017	Design draft 3 – Wealth God of the Spring Festival
Sep. 11, 2017	Promotion film shooting
Sep. 15, 2017	10 days: Trip to Tibet for inspiration
Oct. 16, 2017	Design draft 3 – Kid celebrating the Spring Festival
Nov. 03, 2017	1 week: coach’s concentrated training
Nov. 07, 2017	Design draft final - Kid celebrating the Spring Festival
Dec. 10, 2017	All moulds finalized
Dec. 15, 2017	Product realization
To be continued...	

“The art of dough” Challenge

Section for tasting



Ingredients / recipe	Quantity	%
T55 Wheat flour	1000	50
T65 Wheat flour	1000	50
Salt	40	2.3
Water	1340	67
Fresh yeast	16	0.8
Self-made sourdough	1200	40
Water (2nd time)	60	3
candied rose	15	15
candid red dates	20	20

Production method	
Dough temperature	24°C
Fermentation period	30p30min
Cut weight	500g
Mid fermentation	25min
Shaping	Fish shape
Final fermentation	45min
Baking	240/230°C 25min

Physical and flavour characteristics (product assessment indicators)

It looks like the Chinese national flower- peony. The crust is crisp and the inside is soft, with a strong flavor of self-made sourdough starter.

The highlight of the product (specificity to add value to the product)

The self-made sourdough is a combination of navel orange from south Jiangxi province and traditional rice wine, both from my hometown, mixed with various fruits. Red date is also a particular Chinese fruit, which will make the flavor much better.