



RECIPE

Boston tea party : The birth of Nation

ARTISTIC BREAD MAKING



Recipe

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Success is a direct result
of continued discipline.

“The art of dough” Challenge

Name of the Artistic piece

Boston Tea Party: The Birth of a Nation

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“The art of dough” Challenge

From thematic to idea

Source of inspiration

In deciding on a theme, it was important to me to pick something uniquely American, something that any American could tell you all about, but might not be widely known outside of the country. Most of what came from that centered on America at its founding. I wanted to tell a story answering the « why » of the United States. I found that in the Boston Tea Party, full of rich colonial and early American imagery, it is one of the most iconic events of the country’s history.

Scenario building

One of the most significant historical events in the history of the United States, the Boston Tea Party was the protest of a tax on tea passed by the British Parliament. Colonials were enraged by the British “taxation without representation” since they had no seat in Parliament. A group of men snuck aboard a shipping vessel loaded with tea and dumped its payload into the harbour. This is widely seen as the first event which built up to the American War for Independence, leading to the formation of the United States.

Realistic approach

To tackle this theme, I start at the bottom with the bow of a ship and a wrecked crate of tea. The ship is surrounded at the back by a star filled with poppy seeds, representing the water of the harbour, and alluding to the stars on the American flag. At the front are loaves of bread stencilled with triangles to represent the tri-corn hats popular in the colonies at the time. From that wreckage rises a mast, flying a sail of red and white stripes, another nod to the American flag. Perched on the wreckage, preparing to take flight, is a bald eagle. The bald eagle is a quintessential symbol of America. Its inclusion symbolises this event as a launching point for the nation.

“The art of dough” Challenge

From idea to project

Drafts of design



Stages of reflection

After playing around with a few drawings and ideas, we landed on what was more or less the final shape quickly.

My first thought was to get the structural elements sorted out. I knew having a strong base would allow me more freedom to put different shapes on top without having to worry about stability.

I went through a lot of different ideas for the shapes of the sails and how to decorate them. As is often the case, even though the shape is straightforward, it took a lot of trial and error to arrive at.

For a good amount of the process, the method for making up the eagle's body was totally different. In the end it didn't have enough of a sense of life to it, and the lasting strength was questionable.

The wings also saw real evolution over the course of development. Originally they were mostly formed raw and baked together, but as the piece progressed and the wings grew larger and larger this was no longer possible.

I knew from the beginning that we had a strong idea, so the it was always just a matter of making it work.

“The art of dough” Challenge

From project to realization / Doughs (1)

Buckwheat Croissant Dough

Parts of the piece	Weight
Ship	2.300kg

Recipe	Quantity	%
T55 Bread Flour	1.191	92
Whole Grain Buckwheat Flour	0.104	8
Instant Yeast	0.021	1.6
Salt	0.052	4
Sugar	0.207	16
Water	0.622	48
Butter	0.104	8
Butter for Laminating	0.256	8

White Rye Croissant Dough

Parts of the piece	Weight
Ship	1.600kg

Recipe	Quantity	%
T55 Bread Flour	0.793	88
White Rye Flour	0.108	12
Instant Yeast	0.014	1.6
Salt	0.036	4
Sugar	0.144	16
Water	0.432	48
Butter	0.072	8

Buckwheat Dead Dough

Parts of the piece	Weight
Base	2.000kg

Recipe	Quantity	%
Whole Grain Buckwheat Flour	0.829	70
T55 Bread Flour	0.355	30
Sugar	0.36	30.4
Water	0.456	38.5

“The art of dough” Challenge

From project to realization / Doughs (2)

Pressed Seeds Dough

Parts of the piece	Weight	Recipe	Quantity	%
Supporting	1.00kg	PoppySeeds	0.367	12.2
Support foods	2.00kg	SesameSeeds	0.4	13.3
		Millet	0.4	13.3
		Salt	1.667	55.6
		Egg Whites	0.167	5.6

Light Brown Dead Dough

Parts of the piece	Weight	Recipe	Quantity	%
Mast	2.200kg	WhiteRyeFlour	1.136	75
Ship Accessories	.300kg	T55BreadFlour	0.379	25
		Syrup	0.985	65

Earl Grey Levain

Parts of the piece	Weight	Recipe	Quantity	%
Earl Grey Bread Levain	300g	T85YecoraRojoFlour	0.132	100
		Culture	0.02	15
		Earl Grey Tea Leaves	0.016	12
		Water	0.132	100

“The art of dough” Challenge

From project to realization / Doughs (3)

White Dead Dough

Parts of the piece	Weight
FlagSail	.692kg
EagleHead	.100kg
EagleClaws	.008kg
TailFeathers	.200kg

Recipe	Quantity	%
CakeFlour	0.169	25
T55BreadFlour	0.169	25
RiceFlour	0.338	50
Syrup	0.423	62.5

Red Dead Dough

Parts of the piece	Weight
FlagSail	.500kg

Recipe	Quantity	%
CakeFlour	0.077	27
T55BreadFlour	0.077	27
RiceFlour	0.131	46
ChiliPowder	0.023	8.1
Syrup	0.192	62.5

Yellow Dead Dough

Parts of the piece	Weight
EagleBeak	.020kg
EagleTalons	.040kg
Ropes	.400kg

Recipe	Quantity	%
WhiteRyeFlour	0.226	75
RiceFlour	0.075	25
Turmeric	0.012	4
Syrup	0.187	62

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From project to realization / Doughs (4)

Brown Liquid Dead Dough

Parts of the piece	Weight
Secondary Feathers	.150kg
Body Feathers	.250kg

Recipe	Quantity	%
White Rye Flour	0.15	100
Cocoa Powder	0.033	22
Salt	0.067	44
Water	0.15	100

White Liquid Dead Dough

Parts of the piece	Weight
Head Feathers	.100kg
Tail Secondary Feathers	.080kg

Recipe	Quantity	%
Cake Flour	0.05	50
Rice Flour	0.05	50
Salt	0.025	25
Syrup	0.06	60

Earl Grey Bread

Parts of the piece	Weight
Base Triangles	.950kg
Loaf for Tasting	.350kg

Recipe	Quantity	%
T55 Bread Flour	0.305	70
T85 Yecora Rojo Flour	0.203	30
Instant Yeast	0.005	0.9
Salt	0.015	3
Powdered Tea Leaves	0.011	2.1
Honey	0.076	15
Earl Grey Levain	0.305	60
Water	0.381	75

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From project to realization / Doughs (5)

Dark Brown Dead Dough

Parts of the piece	Weight	Recipe	Quantity	%
Eagle Body	1.200kg	White Rye Flour	0.971	75
Eagle Primary Feathers	.400kg	Rice Flour	0.259	25
Star Base	.300kg	Cocoa Powder	0.129	10.5
Ship Accessories	.300kg	Syrup	0.841	68.4

Parts of the piece	Weight	Recipe	Quantity	%

Parts of the piece	Weight	Recipe	Quantity	%

“The art of dough” Challenge

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



Comments

The base circle is made of buckwheat dead dough, baked until very dry, with a ring of pressed seeds dough for support.



Comments

The hull of the ship is made using two different fermented doughs, laminated with butter.



Comments

The ropes are made from two strands of yellow dead dough. They help give flow to the piece, along with color.



Comments

To give the mast a weathered look, I texture it by hand and brush it with a wash to darken and add shine.



Comments

The flag sails wave in three dimensions and wrap around the mast, allowing to minimal glue to be used.

“The art of dough” Challenge

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



Comments

Each of the body feathers is piped from liquid dead dough and detailed individually.



Comments

The largest feathers are detailed using a custom roller which embosses the texture of individual strands onto it.



Comments

The wing is glued together from dozens of different pieces with even coverage front and back.



Comments

The face is modelled by hand and detailed using the same dough which makes up the white feathers of the tail.

“The art of dough” Challenge

From project to realization / Assembling method description (1)



Comments

The base of the showpiece is made up of a 14” ring of buckwheat dead dough, for side to side stability, and a ring of Pressed Seeds Dough which supports the mast system for the first few inches.



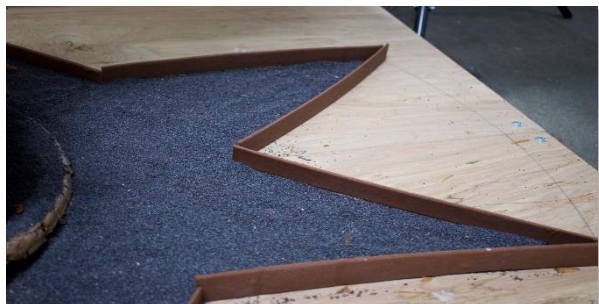
Comments

A tea box covers the support structure and gives rise to the mask. This is assembled around the piece before the top section of the mast goes on.



Comments

In order to hide the glueing, the ship is tacked at the inside where it meets the base of the mast, and at the front, where it is covered by the bow.



Comments

The lines for the star are glued directly to the base. Their angles are calculated by measuring from the base to various points.

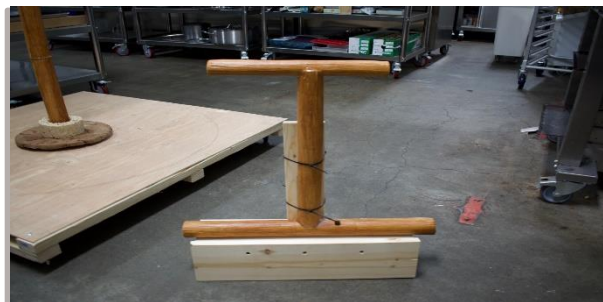


Comments

The bottom section of the mast is supported by a core of pressed seeds dough and isomalt.

“The art of dough” Challenge

From project to realization / Assembling method description (2)



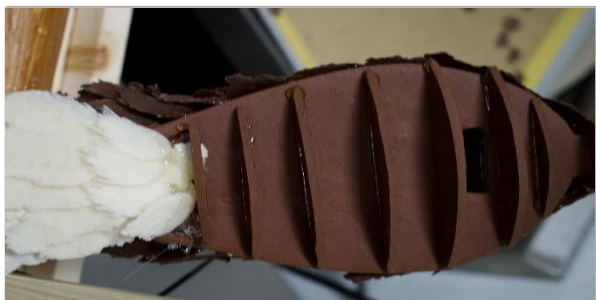
Comments

The upper section of the mast is glued together flat, then set up on a stand for balance while the eagle and sails are attached.



Comments

The eagle's feet glue into holes drilled into the mast. This ensures the correct angle and allows gravity to work with the piece.



Comments

A set of thin ribs provides space to glue the feathers of the body to without adding too much extra weight. The base for the wings clicks into a hole cut into the body.



Comments

The upper section of the mast provides extra support to the wings.



Comments

The sails of the ship slide directly over the mast and fit snugly. Then isomalt is used to hold them at the proper angle.

“The art of dough” Challenge

From project to realization / Time table & work description

	Day One
0:00	Scale doughs
0:30	Mix pressed seed dough, buckwheat dough, form support elements
1:00	Mix dead doughs, make mast wash and tea
1:30	Mix liquid dead doughs, cook isomalt and form eagle details
2:00	Pipe liquid dead dough feathers
2:30	Form butterblock, mix levain
3:00	Clean up
	Day Two
0:00	Mix Tea Dough, Laminate ship dough, remix brown dead dough
0:30	Shape eagle structure, pattern ship doughs
1:00	Shape feathers
1:30	Sheet Laminate, form ship and tea box
2:00	Remix white and red dead doughs, mold tail feathers, divide tea bread
2:30	Shape sails, shape tea bread
3:00	Shape tail feathers and face
3:30	Mix light brown dead dough, form mast
4:00	Texture mast, detail ship
4:30	Detail ship, mix rope dough, form ropes
5:00	Form ropes
5:30	Adjust fittings, torch feathers
6:00	Glue mast sections together, glue base together
6:30	Glue bird together
7:00	Assemble showpiece

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Section for tasting



Ingredients/Recipe	Quantity	%
550g Bread Flour	0.305	70
85g Pecora Rojo Flour	0.203	30
Instant Yeast	0.005	0.9
Salt	0.015	3
Powdered Tea Leaves	0.011	2.1
Honey	0.076	15
Earl Grey Levain	0.305	60
Water	0.381	75

Production Method
Levain fermentation: 24 hours at ambient temperature
Mix times:
1st Speed: 5 minutes
2nd Speed: 5 minutes
Bulk fermentation: 2 hours
Preshape: Boule
Bench Rest: 15 minutes
Final Shape: Triangle
Proof: 2.5 hours
Bake Temp: 400F
Steam: Yes
Bake Time: 25 minutes

Physical and flavour characteristics (product assessment indicators)

The crumb is soft and relatively open, with bits of tea leaves dotting the loaf. The flavor has a balance of sweetness from the honey and bitterness from the tea leaves, while maintaining some flavor of fermentation.

The « plus » of the product (specificity to add value to the product)

The bread is full of tea leaves, which in addition to being a great thematic match, are full of antioxidants.