

DesignInquiry is a non-profit educational organization devoted to researching design issues in intensive team-based gatherings. An alternative to the design conference, it brings together practitioners from disparate fields to generate new work and ideas around a single topic. www.designinquiry.net
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Using the short breaks between the presentations and workshops a bread is made. Since 2008 a daily routine at DesignInquiry. Charles is in charge, he finds assistance in anyone who steps up.



?
*Why do we
bake our
bread*
?
...
it is
because
we
want
only the
best
/
because
sometimes
one is
just
tired
of
hearing
seeing
&
speaking
&
happy to
find

a moment of
worship.

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combine 2T (tablespoons) yeast (2 packages)
6c lukewarm water, and
1/2 - 3/3 c sweetening (honey or molasses-unsulfured)
add 4c white flour
4c whole wheat flour
mix with a wooden spoon (100 strokes)
let rise 1 hour, in warmish place,
covered with damp cloth to keep draft out
(not too hot or you'll kill the yeast)

add 2 1/2 T salt
1/2-1 c oil (or butter, melted)
5c rolled oats,
4c white flour
4c whole wheat flour
should be sticky but manageable to
begin kneading on a floured surface
flour your hands and keep adding sprinkles of flour as you need to
to keep it from sticking to the table or your hands
knead it till it is smoother and has a strong elasticity
let rise 1 hour, covered with damp cloth
in an oiled bowl and
oil on top of bread to keep it from drying out

punch down when double in bulk
let rise 50 minutes

preheat the oven, at 350 F
divided into 4 equal pieces
knead each about 5-6 times
shape into loaves
put onto baking sheets
rise 20 minutes

make 3 slits in top 1/2 inch deep
Bake 350 F 1 hour
when done loaf will resound with deep hollow thump
when tapped with knuckles on bottom
remove from pans or off tray
let cool on rack, or eat right away

DesignInquiry Oatmeal Bread

(4 loaves)

Part 1.
6c lukewarm water
2T (tablespoons) yeast (2 packages)
1/2 - 3/3 c sweetening (honey or molasses-
unsulfured)
4c white flour
4c whole wheat flour

Part 2.
2 1/2 T salt
1/2-1 c oil (or butter, melted)
5c rolled oats
4c white flour
4c whole wheat flour
2-3c white flour (for kneading)

usually after lunch gave me time to get it started and have 4 new loaves ready for dinner at 6pm. I looked forward to it, working with whom ever wanted to take part, it was a time to step away from the center of things, a time to be attentive to making something that feeds others. A simple process in the tradition of Tassa-jara bread making. — Brooke taught me a few things too as she helped me early in the week, Sunniya learned how from scratch as the week went on... I love making bread, mostly because there is nothing so wonderful to eat warm out of the oven! It's physical labor and food making combined, not to mention that it is alive... Each loaf was unique and full of our sincere effort.