

## PRESS RELEASE

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### Local Lessons in Artisanal Bread Making with Chef Victoria Ingrassia

LIBERTY, NY—Although bread is usually thought of as being made from wheat, it can be made from virtually any grain—rye, corn (tortillas), barley and oats (bannocks), teff (injera), amaranth, millet, and rice. Only wheat, however, has the gluten that is essential to a risen loaf, so unless these other grains are mixed with wheat, the loaves will be flat. Many, such as oat, barley, and pure rye bread, will be heavy and dense as well.

The public can learn about Artisanal Bread Making on Saturday, April 7, 2018. Cornell Cooperative Extension Sullivan County (CCESC) offers this workshop from 10:00 am to 1:00 pm in the Catskills Kitchen of its Extension Education Center on 64 Ferndale-Loomis Road in Liberty.

Chef Victoria Ingrassia will lead this hands-on workshop to make French bread and roasted garlic levain dough. Participants will learn lessons in proper measuring, mixing, fermenting, punching, pre-shaping, shaping, proofing, egg washing, baking, cooling, and storing. Each attendee will make two different shapes of French bread to sample, and take home roasted garlic levain dough to bake or freeze at home!

Cost is \$35 per person. Paid, non-refundable registration is required in advance by calling CCESC at 845-292-6180, emailing [sullivan@cornell.edu](mailto:sullivan@cornell.edu), or visiting [www.sullivanccce.org](http://www.sullivanccce.org).

Payment can be made in advance by check, cash, or credit. Program fees support the cost of instructors, refreshments, materials, and facilities. Additional donations for CCESC programs are appreciated.

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