



INSPIRE TODAY, CREATE TOMORROW

RECIPE

# TASTES OF THE LAND

NUTRITIONAL  
BREAD MAKING  
Challenge  
Bake & Dine



Chung-Yu HSIEH  
TAIWAN

Dare to keep on dreaming wild,  
taking challenges and working  
hard to make a change!

# “Bake and Dine” Challenge (1)

## The “bread takes center plate”

### Description

#### Name of the dish

Tastes of the Land.

#### Explanation

Bread is made by blending dough (same as making French baguettes), butter and Taiwan quinoa. The fillings are beef (from Taiwan grazing cows and low-temperature smoked by premium longan wood), Taiwan bamboo shoots and Taiwan Sanshing green onion. Decorated by deep-fried Taiwan quinoa and low-temperature dried cabbage. The base is Calocedrus formosana (Taiwan Incense-Cedar) with Makaury on top.



#### Nutrition claims

Taiwan quinoa- ‘Mother of grains’ with full nutrients and antioxidant activity.

Beef- from the herd of cattle, fed with sorghum distillers, in Kinmen. Juicy, tender and the best sources of proteins.

Taiwan bamboo shoots- rich in fibres.

Taiwan sanshing green onion- rich in proteins, fats, carbohydrates, carotene, vitamins B1, B2 and C, iron, calcium and phosphate. The extracts from it has the curative effect for cardiovascular disorders.

Cabbage- rich in iron.

Makaury- strong aroma is good for energizing.

#### Nutritional interest

# “Bake and Dine” Challenge (2)

## The “bread takes center plate”

### The bread

Ingredients / recipe	Quantity(g)	%
T65	159.9	100%
Yeast(red)	0.47	0.6%
Water	108.73	68%
Prefermented dough	47.97	30%
Salt	2.87	1.8%
Sugar	12.8	8%
Unsalted Butter	12.8	8%
Taiwan quinoa	3.2	2%
Hot water	6.4	4%
Total	355.14	222.4%

Production method
<b>Mixing and kneading:</b> 8mins at low speed, followed by 10secs at high speed, and then another 2mins at high speed
<b>Dough temperature:</b> 22°C
<b>Basic fermentation:</b> 27°C for 30mins at first and then 5°C overnight
<b>Dividing:</b> eight of 40g
<b>Resting:</b> 60mins
<b>Shaping:</b> curly shape
<b>Final fermentation:</b> 60mins
<b>Baking:</b> 285°C/240°C for 6mins

### The other components of the dish

Taiwan Sanshing green onion	100
Low-temperature smoked beef	200
Taiwan bamboo shoots	250
Taiwan B.B.Q. pork sauce	60
Black pepper	~
Lemon	~
Bonito powder	~
Lemon	1
Chive	30
Edible flower	~
Chervi leaves	~
Taiwan quinoa popcorn	50
Total	691

Production method
1. Chop smoked beef, bamboo shoots and Sanshing green onions into chunks.
2. Stir-fry Sanshing green onions and then add beef to it.
3. Finally bamboo shoots are added and stir-fried until tender.
4. seasoning with BBQ sauce and peppers.
5. Decorating by Taiwan quinoa and dried cabbage leaves.
6. Garnishing by edible flowers and lemon zest.

# “Bake and Dine” Challenge (3)

## The “bread takes center plate”

### Argument



#### Physical and flavour characteristics

Because of crispy Taiwan quinoa popcorn on the surface of bread and the abundant fillings of beef and vegetables, this product has layers of flavors and aroma.



#### Product assessment indicators

Perfect combination of bread and varieties of local ingredients make this ‘sandwiches’ special and impressive. The display even makes it an amazing showcase of entree.



#### Source of inspiration

The land I grew up has a lot of influences on me, therefore I want to explore the extraordinary tastes of local ingredients with ordinary appearances but rich in nutrients.



#### Conditions of integration of the bread in the dish

Squeezing the fillings, chunky beef, bamboo shoots and Sanshing green onion into hollow spiral-shaped bread. Decorating with deep-fried Taiwan quinoa popcorn, low-temperature baked cabbage leaves and edible flowers and finally placing on the base of cedar wood with Makaury on top.



#### The role of the bread in the dish

The abundant meal is delicious and the display is delicately arranged. Bread is no longer a minor role, instead of becoming a leading role with a new life of it.

# “Bake and Dine” Challenge (4)

## The “bread takes center plate”

### Marketing interest

#### Targeted market

People who love bread deeply and wish to enjoy them as an entrée will be fond of this “bake and dine” production.

#### Evaluation of the market size

Not only sell in the bakery. There will be more options for markets. The market size can be either as small as the food court vendor or as big as the restaurant.

The product serviced in the Michelin-starred restaurants is the ultimate goal.

#### Potential sales price

NTD. 180/ EURO 5 (wooden base exclude)

