



RECIPE

TAIWANESE FOLK ART



ARTISTIC BREAD MAKING
& Challenge Art of dough

My motivation comes from the pressure, and the motivation will lead me to bright future.

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TAIWAN

“The art of dough” Challenge

From thematic to idea

Source of inspiration

When I was a child, I loved Taiwanese folk art. Where ever there was a Taoist temple fair, there was fun to be had. I always tried to go if I could. Among the various forms of folk arts and crafts, the Faces of the Underworld attracted my curiosity the most; especially the “Lead Generals”. I saw them for the first time in a mysterious art array in a temple fair north of Hsinchu. With the cultural exchange among the temple festivals around the country, they play an important role in my inspiration.

The Lead Generals will be the first to appear in a parade followed by the Eight Officers of the Underworld. Their appearances and movements are very elegant. They have a neatly drawn formation and they change and step walk, which is an integration of national dance. Each figure shows the spirit of martial arts. It is a combination of paint, dance and martial arts performances as well as many other elements of fine folk art. The whole performance is very rich in local culture and beliefs.

From the unique facial mask down to the body language, the Lead General represents the beauty of Taiwan's folk art to me. With this competition, I want to combine faith and beauty and bring them to the world stage. I hope to share the rich and varied aesthetics and humanistic spirit of Taiwan's culture with everyone

Scenario building

In Taiwan, temples frequently hold celebrations, festivals or funeral activities and will hire folk art array parade performances. The main part of a temple festival is a god, but the driving performance of the show is also to attract people to watch. Solo performances, sacred or solemn festival activities and an increase in lively atmosphere also make the temple more artistic and entertaining for everyone.

Many celebrations are founded on the basis of belief and participation in the parade, on behalf of God, is a service. It is also a symbol of community identity to participate in these local public affairs. Therefore, most of the members of the organization are from the community of believers. The forms of their performances are specifically intended to promote the public understanding of the faith. This is shown through showcasing norms and taboos, cultural face painting, costume design, and their formation as they “walk out to the battle.” Each local community is deeply affected by the Lead Generals performance on folk beliefs, traditional culture, drama, dance, painting and art and aesthetic point of view. Every performance is always widely welcomed by the public and is the best representation of grass-roots people's performing arts in Taiwan.

Realistic approach

To show unique masks and gorgeous costumes and integrate them into the Lead Generals and The Eight Officers of the Underworld in the scene.

“The art of dough” Challenge

From idea to project

Drafts of design



Stages of reflection

The Lead Generals performance has now become one of the most well known parts of temple celebrations. As a child, and from an early age, I always loved this kind of folk art – The dance of the Lead Generals and the Eight Officers of the Underworld.

I love it because every officer's gestures, from the beginning of the performance, are always full of strength and grace. Only in this way do we see the Officers and the Generals. However, we cannot see the hard work and practice that creates the performances we see.

They all receive long-term training and suffer as they persevere. Perseverance is one of the most notable of religious ideas.

A baker must also have perseverance and dedication.

The Lead Generals and Eight Officers give people a sacred medium that brings people and communities together. I would like to use my power to portray this traditional art with artistic loaves and promote our unique religious art of Taiwan.

“The art of dough” Challenge

From project to realization / Doughs (1)

Dough 1

Parts of the piece	W eight	Recipe	Q uan tity	%
hum anoid	2800	T 55	4070	70
cloud shoulder	1800	T 130	1744	30
belt	2500	salt	58	1
head	1400	sugar	58	1
hand	2000	sy rup	4070	70
decorations	300			

Dough 2

Parts of the piece	W eight	Recipe	Q uan tity	%
structural support	6000	T 55	2405	44
T rident	700	T 130	2733	50
cloud shoulder	800	cocoa pow der	328	6
clothes	1500	salt	273	5
decorations	500	sugar	273	5
Front drum	2000	sy rup	3990	73

Dough 3

Parts of the piece	W eight	Recipe	Q uan tity	%
structural support	3500	T 55	1977.5	70
ribbon	500	T 130	847.5	30
decorations	1000	salt	28	1
		sugar	28	1
		sy rup	1977.5	70
		Bam boo Charcoal Pow der	141	5

“The art of dough” Challenge

From project to realization / Doughs (2)

Dough 4

Parts of the piece	W eight	Recipe	Q uan tity	%
Base	15000	T 55		73
		T 130		30
		salt		2
		yeast		0.8
		w ater		61
		butter		2

Dough 5

Parts of the piece	W eight	Recipe	Q uan tity	%
cloud shoulder	1000	T 55	791	70
hair	300	T 130	339	30
flam e	500	salt	11	1
		sugar	11	1
		sy rup	791	70
		C urcum a pow der	57	5

Dough 6

Parts of the piece	W eight	Recipe	Q uan tity	%
helm et	300	T 55	475	70
flam e	1000	T 130	203	30
		salt	7	1
		sugar	7	1
		sy rup	475	70
		C arrot pow der	34	5

“The art of dough” Challenge

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



Comments

Lead Generals mostly adopt the method of painting gold on the forehead, nose and chin. In Taiwan's traditional folk art it is commonly said that this is "three-point gold." According to this statement, the "three-point gold" format can make the face more mighty and powerful.

When applying the face makeup, the Lead General's official image should be pristine and should not be too distorted. His face should be kept in a "mighty and powerful" posture.



Comments

helmets:

The Lead Generals and the officers all wear helmets and amulets to protect their heads from injuries caused by firecrackers and other danger.



Comments

Fake eyebrows and beard:

Exaggerated eyebrows and sideburns make the face makeup more three-dimensional.

Fangs:

Generals have fangs because they may encounter stubborn supernatural forces or ghosts and they may need to resort to violent means to intimidate evil.

“The art of dough” Challenge

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



Comments

Shoulder Armor :

Shoulder armor is used to increase the visual effect of the costume, so it is sometimes decorated with some elaborate embroidered patterns.



Comments

belt:

It is worn on the waist, so that the clothes will not fall.



Comments

Bracelet:

It is worn to remind wearer who they are.

“The art of dough” Challenge

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



Comments

Trident :

It is the longest weapon of torture of the general's long-handled weapons.



Comments

Fire sign:

It is a token carried to show the criminals they are being sought after through the will of the Lord.



Comments

Front drum:

The drum beat accompanies the Generals and beats like a mighty force in the front. When the front drum beats faster, it sounds like a cavalry of horses and makes the Generals seem more majestic.

“The art of dough” Challenge

From project to realization / Time table & work description

3hour	
	Rye dough→Charcoal dough→Cocoa dough
Rye dough	humanoid
Rye dough	head
Rye dough	Left hand
Rye dough	Right hand
Charcoal dough	foothold
Cocoa dough	foothold
	Sour bread
Charcoal dough	Fake eyebrows and beard and Fangs
Cocoa dough	stick
Cocoa dough	clothes
Cocoa dough	foothold
Cocoa dough	structural support

8hour	
	Rye dough→Tulip dough→Charcoal dough
	Strawberry dough
Cocoa dough	Front drum、foothold、cylinder、Fire sign
Charlcoa dough	Trident、flame、Fire circle
Rye dough	Shoulder Armor、Skirt
Rye dough	helmets、belt
Tulip dough	flame
	Shoulder Armor、hair、flame
	Helmet decorations
Carrot dough	flame
	Small flame、helmets flame
	Helmet decorations
Cocoa dough	Shoulder Armor
Charcoal dough	ribbon、flame、Fangs、belt、Front drum
Rye dough	ribbon、Skirt、Fire sign、Helmet、Front drum
	combination



Production method

DDT : 24°C
 First fermentation : 1hour
 Divid : 550 G
 Resting time : 20 to 30 minutes
 Shape :
 Final proof : 1hour at 28°C at 65% rh
 Steam : 2 seconds
 Bake : 28 minutes at 220°C



Ingredients / recipe	quantity	%
Pâte fermentée	1099	70
T55	942	60
salt	18.8	1.2
water	707	45
yeast	4.7	0.3
Frozen raspberry	47	3
Dry strawberry	550	35
walnut	236	15
Lychee Liqueur	47	3
Dry roses	4.7	0.3

Physical and flavour characteristics (product assessment indicators)

Rich plum fruit aroma and floral

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

The use of Taiwan's strawberries, lychees, roses, showing the characteristics of the local flavor, increase the value of this section of bread.