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Have a fresh-bread bowl of salad

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Fresh bread and a salad make a perfect light lunch or first course to a formal dinner. For a special touch, serve the salad in the bread. Chef Mike Schwalbe of Tuscany at McCormick Ranch, a Scottsdale retirement community, demonstrates how to make bread bowls.

1 Schwalbe begins by making the dough. Add 1 package active dry yeast and ¼ cup warm water to a mixer bowl. Allow to stand 5 minutes. Next, add 3 cups bread flour, 2 cups warm water, 1 tablespoon olive oil, 2 tablespoons sugar and 1 tablespoon salt. Mix well, for about 1 minute, with an electric mixer. Add 3 more cups of bread flour, ½ cup at a time. Knead for 8 minutes. Add ¾ cup Parmesan cheese, ½ cup chopped fresh basil, ¼ cup sun-dried tomatoes and 3 tablespoons minced garlic. Knead 2 minutes, or until dough is smooth. Place in a well-oiled bowl, let rise at room temperature for 1 to 1½ hours, or until double in size. Punch dough down and let rise again. Break off a fist-size dough ball and set aside for the bowl's trim.

2 Sprinkle flour on a clean, flat surface. Lightly dust large dough ball with flour and roll into a large circular shape, about ½ inch thick and

large enough to cover the outside of a 6-quart stainless steel bowl.

3 For the braid trim, roll ball into a long string. Use the palm of your hands to twist the dough string into a braid for the border of the bowl.

4 Preheat oven to 325 degrees. Spray the exterior of the bowl with cooking spray. Gently place dough circle over the exterior of the bowl.

5 Use a sharp knife to slice away dough that extends beyond the edge of the bowl.

6 Lightly beat an egg in a small bowl. Use a pastry brush to spread egg wash around the edge. The egg wash holds the braid border in place. Gently place the braid around the edge of the bowl. Place bowl directly on bottom third of rack of convection oven and bake at 325 degrees for 30 minutes, or until golden brown. Remove from oven and let rest 2 minutes. Remove metal bowl from bread.

7 If interior of bowl is not brown enough, put in oven inverted for 5 minutes longer. Let cool for 15 minutes and add your favorite salad.

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