



Cover recipes

Photos by Udi's Bakery

The stuff you need for the staff of life

Tips for great bread from Udi's head baker Maurizio Negrini, left:

- 1. Adopt a good bread starter** and feed it regularly. Give it the same attention and commitment that you would give a new puppy.
- 2. Use top-quality baking flour** purchased from a bakery or specialty supplier, such as The Baker's Catalogue.
- 3. Use a nonconvection oven.** Convection air movement creates dry bread.
- 4. Check your oven's temperature** with a good oven thermometer. If the temperature is off, the thermostat or sensor is probably miscalibrated or defective and should be replaced. If it has a mechanical thermostat, you can adjust the thermostat knob yourself. Go to www.repairclinic.com for directions.
- 5. Place your bread dough on a preheated flagstone** or pizza stone in the oven. The stone reduces the temperature drop when the dough is placed in the oven, and it creates a crunchy bottom crust.
- 6. Be patient and disciplined.** Great bread cannot be rushed; recipes must be followed exactly. Don't cut corners or play with ingredients.

Granola-Chocolate Chip Cookies

Dessert whiz Yasmin Lozada-Hissom, at right with Udi, uses Udi's Original Granola in these dreamy, healthful cookies. Makes about 3 dozen.

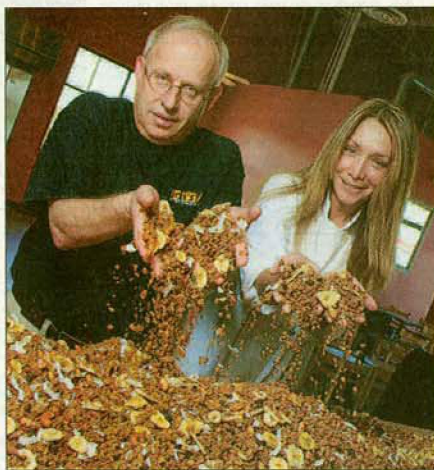
Ingredients

1 cup butter, softened
 ¾ cup packed brown sugar
 1 egg
 1 teaspoon vanilla extract
 1½ cups all-purpose flour
 1 teaspoon baking soda
 1 teaspoon salt
 ¾ cups granola
 1 cup good quality semisweet chocolate chips

Directions

Preheat oven to 375 degrees.
 In a medium bowl, cream butter and brown sugar. Beat in egg and vanilla. Combine and sift flour, baking soda and salt; stir into the creamed mixture. Finally, stir in the granola and chocolate chips. Drop dough by heaping teaspoonfuls onto greased cookie sheets, about 2 inches apart.

Bake 12-15 minutes, until cookies are lightly browned around edges. Remove cookies to wire racks and allow to cool.



Spicy Olive Relish

Udi's chef John Broening serves this spread on his New Orleans muffaletta. It makes about 2 cups.

Ingredients

¾ cup kalamata or nicoise olives, pitted and chopped
 ½ cup sun-dried tomatoes, packed in oil, chopped
 4 tablespoons capers, rough chopped
 12 pepperoncini (pickled yellow peppers), stemmed and chopped
 ½ teaspoon chile flakes
 3 tablespoons chopped parsley
 Zest of 2 lemons
 3 scallions, finely chopped
 Freshly ground black pepper
 ½ cup extra-virgin olive oil

Directions

In a large bowl, combine all ingredients. Serve within 8 hours of preparing.

Wine ideas: Being the size of your head, and stuffed with salty caper and olives and spiked with hot chile flakes and pepperoncini, a muffaletta is made for beer, plain and simple. But if you insist on a wine, pick up a bottle of red from Pontchartrain Vineyards next time you're in St. Tammany Parish, La., or a bottle of zinfandel from California.

—Tara Q. Thomas

Udi's Favorite Sandwich

Udi Baron, the Sandwichman, says that "if we don't go out for dinner, I will eat a sandwich three times a day. My all-time favorite is the sardine sandwich. I loved them when I was a boy in Israel; I can eat a sardine sandwich every day. It is an obsession." This recipe makes 2 sandwiches.

Ingredients

1 loaf fresh Udi's Rustico bread (or your favorite mildly flavored bread with a heavily toasted crust; the crust adds crunch and toasty flavors)
 Salted butter or fresh mayonnaise
 1 can of your favorite sardines in olive oil ("I have a sardines collection; my favorites are smoked mackerel sardines from Portugal or Morocco.")
 ¼ teaspoon fresh lemon juice
 Kosher salt
 Freshly ground black pepper
 2 slices fresh tomato
 1 fresh green onion, sliced lengthwise along the stalk

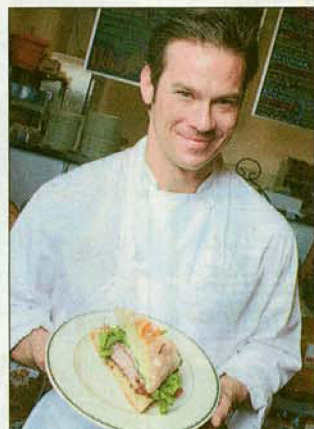
Directions

Slice four slices from the loaf of bread, spread butter or mayonnaise on bread. Open sardines, drain no more than half the olive oil from the can. Place sardines and remaining oil in a small mixing bowl. Add lemon juice, kosher salt and black pepper. Mash ingredients together, then spread mixture on the two slices of bread.

Layer the tomato and green onion slices on top of the sardine mixture. Top with remaining slices of bread, and cut sandwiches in half. Eat them immediately, standing in the kitchen, with someone you love. ("I can never wait to sit down and eat them," says Baron.)

Wine ideas: If there's any wine that will stand up to this wonderfully smushy, fishy, oily sandwich, it would be a light, crisp white. Riesling is an obvious choice, but pay homage to Udi's Israeli roots with an Israeli wine: Tishbi makes an excellent sauvignon blanc for about \$8.

—Tara Q. Thomas



Chef John Broening, formerly of Brasserie Rouge, turned down high-end offers to work with Udi's, which will open a restaurant in Stapleton in July.

UDI: Inexhaustible love for bread drives Sandwichman to open cafe

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very different wine than you would in France."

He lifts the lid of a large plastic bucket to reveal the "mother," the starter that will intertwine with flour and water to give its unique flavor to Udi's bread. "It's like DNA," Baron says of the mother, which originated in France, and has to be "fed" flour and water four times a day. "We manipulate time and temperature to create flavor. It's not about recipes, it's about the process you develop over the years."

Here, the process relies on the muscle and tenderness in the bakers' hands. At the stainless-steel worktable in the middle of the room, Alejandro Gomez expertly braids challah without even looking while Marisol Martinez gives the cranberry granola a massage to break up clumps.

Tucked in a small room that feels like a laboratory but smells like a cake shop, Yasmin Lozada-Hissom tinkers with coconut, blueberries, chocolate and mascarpone. Her experiments are sold at the cafe and will be on the menu at the new restaurant when it opens. This day, plump blueberries inspired

the pastry chef to fill a flaky golden tart shell with barely sweet mascarpone cream and mound the berries on top. A dusting of powdered sugar and a sprig of mint are all the garnish it needs.

Lozada-Hissom's golden-crust macarons yield creamy almond-scented centers, and one bite of her orange-chocolate ganache torte was enough to re-create that famous scene in "When Harry Met Sally" where Meg Ryan demonstrates her acting skills.

In the narrow kitchen behind the cafe counter, chef John Broening, who ran the kitchen of the now closed Brasserie Rouge, performs the lunch-hour ballet, pivoting from chopping board to toaster to sink as he explains why he took the Sandwichman's offer over higher-end suitors. "There's a real bread-cuisine revolution happening, and you can see what vision Udi has. He loves food," says Broening as he chops Italian parsley for his spicy olive relish.

Denver will get a taste of "bread cuisine" in July, when Baron and Broening plan to open Udi's at Stapleton, in Stapleton Town Center at East 29th Avenue and Quebec

Street. They created the cafe within the new bakery as a kind of test kitchen.

Bread's image has begun to rebound from the low-carb bashing as Americans realize not all grains are equal and the government's new dietary guidelines call for three or more servings of whole grains per day. The Atkins diet never hurt Udi's, which earned \$4 million in revenues in 2004.

Broening grabs a loaf of cheddar-jalapeño bread and pulls it apart with his thumbs to show the golden cheese. "Look at this. Maurizio is an incredible craftsman. It's a beautiful thing."

Make that an Udi-ful thing.

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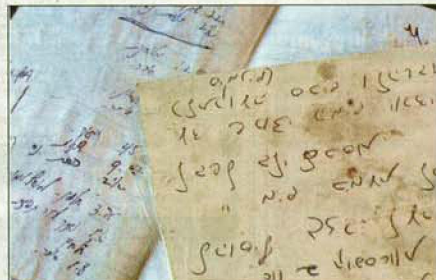
Where to be Udi-ful

Udi's on Broadway Cafe and Bakery, 7000A Broadway, 303-657-1616.

Frasca, The Kitchen, NoRTH, Racine's, Restaurant Kevin Taylor, Table 6 and Vesta Dipping Grill serve Udi's bread.

Udi's sandwiches are sold in Russell's convenience stores downtown, and other specialty food stores and independent coffee shops. Look for them in Vitamin Cottage's grab-and-go section, the Central Library coffee shop downtown, Cups of Colorado in the Southglenn Mall, Armazem, 3215 E. Colfax Ave., and CapuVino, 728 S. University Blvd.

Udi's granola is available at Costco, Vitamin Cottage, some King Soopers, Whole Foods and Ideal Market.



Brian Brainerd | The Denver Post

Udi Baron filled notebooks with sandwich ideas written in Hebrew for years before he attained success.