

# BALLOON BREAD MACHINE

The basic concept behind designing this table was to make something that can inflate a dough with very hot air. Think about how you would blow up a balloon. You need to create an airtight seal over the balloon opening with your lips and exhale with force to fill the interior of the balloon with your breath. This machine works in a similar fashion except the air coming out of the heat gun is extremely hot and it blows through an airtight funnel

directly into the dough. It is hot enough to gelatinize the starch and cook the dough through, maintaining its expanded shape permanently. You'll need a very elastic dough that can be locked into place on the table. We also found that an additional external heat gun helped to speed up the cooking process (see next page).



**1** The heat gun is placed directly under the table. We cut a hole through the top of the table and affixed a shower drain in it. We then attached a "lid" to the back of the table with a hole cut out that is the same diameter as the shower drain. The hole should lay over the shower drain.



**2** The heat gun is connected to a steel tube that will funnel the hot air through the shower drain directly into the dough. The heat gun should be set to its highest temperature.

**3** We added this pedal at knee height, and it is connected to the heat gun. We use it to regulate the power that turns the heat gun on and off. This piece is crucial. Without it, the heat gun would just continue to blow hot air into the dough, popping it as a balloon would if it is filled with too much air. Pulsing this pedal on and off is key to cooking the dough low and slow to keep it from popping.

## HOW TO Cook Balloon Bread



**1** Lightly oil the base and lid of the balloon bread hot-air gun table.



**2** Place the dough on the base of the table, and flatten it with your palms to cover the entire opening through which the hot air from the heat gun will travel.



**3** Make sure that the connection is airtight so that no hot air escapes while you are inflating and cooking the dough. Close the lid onto the dough.



**5** Use an external heat gun to cook the dough from the outside as well.



**6** Once cooked, the bread can be removed from the table by trimming off the base of it with a small serrated knife.

**4** Turn on the bottom heat gun, and inflate the balloon. Do not overinflate the dough because it will pop; the control pedal will allow you to control the heat flow by turning the gun on and off as it cooks the dough.

**7** Serve within 4–6 h of cooking. Store in a cool, dry place.