

McCall Magazine

WINTER / SPRING 2006

WINTER SPORTS

- ❄ Motorized vs. Non-motorized debate
- ❄ **SNOWSHOEING**
- ❄ The 2008 Cross Country Masters

HEALING WATERS
LOCAL HOT SPRINGS

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Evening Rise Bakery



Text & photos by Alice Scully



T*The light is streaming out the open door and I can hear rock & roll music in the early dawn as I arrive at Evening Rise Bakery in McCall. I am here to watch bread being made. It is 6:00 am.*

Bread



Bill on the early morning shift, rolling and shaping the day's bread order.

One might think the name Evening Rise comes from the bakery's location on Sunset Street, or perhaps because bread is often rising within. Not so. Owners Bill and Corey McDonald, (with input from their father, also named Bill) chose the name because they love fly fishing. Note: In the evenings when the spent Mayfly fall, fish will rise to a dry fly.

The 6:00 am early shift is shared by brothers Bill and Corey, and today is Bill's turn. The inside of the warehouse-type building is warm with the fragrance of yeast. Sacks of flour wait on pallets by the big oven in the center of the room where they stay dry. There is minimal storage for other ingredients because there are few other ingredients in this artisan bread: flour, salt, yeast and a little honey. That's it. No preservatives, no eggs, no sugars, in fact, no artificial anything. This is bread to be eaten fresh from the oven while still warm.

Bill uses a Pavailler mixer from France with an enormous mixing bowl. It can hold up to 225 pounds of dough per batch. After just a few minutes of mixing, the dough is placed in large buckets and set on the shelf to be proofed. (Note: "Proof" is the bakery word for letting the dough rise.) During this short break Bill accepts the day's deliveries of flour, tomatoes, cheeses, and fresh meats for the deli. At 7:00 am Corey and Bill senior arrive and the rolling begins. The large batches of proofed dough are lightly kneaded, cut, weighed and rolled into shape—all by hand. They are placed, row after row, on shelves to rise again.

Both the McDonald brothers have years of restaurant experience. Although mostly self taught, they have worked in all aspects of the restaurant business including bus

*Evening Rise offers **70** different kinds of bread throughout the year. Some are weekly regulars and some are special recipes and holiday mixes.*

boy, dishwasher, waiter, manager, and chef.

They knew when they moved to McCall they would open either a brewery or a bakery. A brewery? While in college Bill worked for many years for *Il Vicino* (means neighbor in Italian.) Makers of famous beer and ales, they have won world cup medals.

"This is 'killer' beer," Bill says. During this same time Corey worked as a line chef in top restaurants of Albuquerque and Durango. For a change of pace he moved to *Fano* bakery where he would help to bake 2,000 - 5,000 loaves of bread per day. The dietary staple during their college years was beer made by Bill and bread made by Corey.

After the second proofing, it is time to bake. The large brick Pavailler oven in the center of the room is also the center of the bakery. This steam-injected oven was shipped from France and custom built into this site. They even found a master oven builder for the 2 ½ week, 10-hour a day construction. It is a solid 9-foot deep and has 3 decks, 6 doors and a natural stone cooking surface. The oven stays on continuously at a temperature close to 400 degrees Fahrenheit. The loaves are placed on a conveyor belt that literally injects them into the oven. After baking they are brought out by hand with a long wooden paddle and placed on racks to cool. It is a precision process and the McDonalds work swiftly and skillfully.

Evening Rise offers 70 different kinds of bread throughout the year. Some are weekly regulars and some are special recipes and holiday mixes. This morning Bill will be mixing French, ciabatta rolls, rye, whole wheat, and a special recipe of wheat, toasted walnuts, blue cheese, with just a touch of molasses. "It is a favorite of Whitetail," Bill confides. On Thursdays, one week they make rye and the next week pumpernickel. The most popular loaf is the 9-grain, made on Tuesdays and Saturdays. Corey is the inventor of creative flavor combinations brought out to celebrate holidays during the year: Figgy



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early mornings

Every morning starts early at Evening Rise. Bill, Corey and their dad, Bill, roll and shape loaves of bread, and prepare them for another phase of rising.

pudding for Christmas, Sweet Potato bread for Thanksgiving and Guinness Stout bread just before St. Patrick's Day, because the bakery is always closed on St. Patrick's Day.

The mixer has a minimum range also. The dough hook needs at least 20 pounds of dough to "hook" and that means the smallest order possible is 25 loaves. This can be custom ordered to any shape or size. When they first opened they would make "fancy" breads such as those seen on the cover of gourmet cooking magazines but gave it up because they weren't user friendly. "You can't make a sandwich with that kind of bread," Bill laughs. But it is still possible to place a special order. Last weekend they baked bread for parties and several weddings. Last July 4th a customer ordered 500 hamburger buns and 200 hot dog buns for their picnic.

The McDonald brothers get no rest. When the baking is finished the deli opens.

Originally Bill and Corey would make sandwiches just for themselves using their own freshly baked bread. Then friends would drop in and of course, want one too.

Next bread customers would stop by.

A deli was born. The hours of the retail shop vary depending on the season. During the summer the doors open about 11:00 or 11:30 a.m. and close when the bread is sold out. This can be within a few hours so plan carefully. Bill calls the sandwiches "East Coast deli-style", but truthfully these are Dagwood-style sandwiches. They are huge. Made with freshly baked ciabatta rolls and loaded with meat, cheese, tomatoes and sprouts, they are served with a pickle and at a very reasonable price. The line to buy them is out the door.

Restaurants in town can place their orders the night before and have fresh bread in the morning.

When Bill heard that I was having lunch at the North Fork Café, he pointed to a dozen crusty-brown baguettes cooling on the rack, "That's their bread," he said.

I can't wait for lunchtime.



HOW TO GET THERE

Evening Rise Bakery

Owners: Bill & Corey

McDonald

303 Sunset St, McCall 634-5031

Bakery is 1/2 block off State Hwy

#55 (3rd Street) on the northwest side of the street.

Turn where you see Napa Auto Parts on Hwy #55 at corner of Sunset.

