



RIGHT
Freshly baked biscuits.
ABOVE Brian Medford takes a bite of a freshly baked biscuit.

Photos by
Alyssa Evans

Continued from Page 20

from baking the things I do, which are generally French pastries, to seeing his style develop,” Coyle said. “He’s reinterpreting things his family baked. There’s a lot emphasized from his history and background.”

Before Coyle opened her bakery, she and Medford spent a summer together where they’d spend two days a week baking for pop-up shops.

“They were early and long days,” Coyle said. “He threw himself into baking with passion. He took everything really seriously.”

During the first year Coyle’s bakery was open, Medford spent every weekend helping her bake. The pair are still close.

“He doesn’t just make recipes and say ‘Oh, this is good.’ He has a very strong sense of what he wants the end product to be,” Coyle said. “It makes the difference between a pretty good baker and someone who’s excelling in what they’re doing.”

Lessons in the kitchen

When teaching, Medford encourages students to learn the history of the dishes they’re making.

“The South is difficult,” Medford said. “I’m proud of where I’m from but not of all the history behind the food. A lot of the

food from the South isn’t from the South.”

Learning a dish’s history can help cooks “celebrate all the nameless cooks,” the slaves and servants who brought many of the South’s now-popular dishes to the country, Medford said.

Another goal of Medford’s is to have students learn the basic steps of creating a dish so they can then customize their creations instead of making dishes exactly as he does.

“I want people to understand components and techniques,” Medford said. “The way your momma made it is the right way.”

One of Medford’s biggest suggestions for cooks is to use an oven thermometer. Doing so can help prevent dishes from being under- or overcooked because ovens sometimes don’t heat to the temperature they’re set at, he said.

“Sometimes the oven is the bad baker, not the person,” Medford said. “I want people to rely on themselves, not a timer. An oven can’t tell if things are done; you can.”

Medford’s other main suggestion for novice cooks is to stay confident while in the kitchen.

“Pastry can smell fear. When people start getting scared, things start collapsing,” Medford said. “Mistakes are going to happen. Food should look like a person made it, not a machine. Rustic is beautiful.”

CrosswordAnswers

T	R	A	N	S		A	G	E	D		O	D	D	S		A	L	B	U	S
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