

Part II

Sourdough Bread



Flour + Water + Salt...How hard could it be?

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GSPS - 11/15/19

THE CULINARY INSTITUTE OF AMERICA®



Bread Basics

Main Ingredients:

- Flour
- Water
- Salt
- Yeast



Method:

- Mix everything
- Let rise
- Shape
- Rise again
- Bake!

@maurizo

Not Sourdough:

● Made with commercial yeast



Sourdough:

● Made with natural yeast



Boris the Sourdough Starter



To start a starter:

Day 1: Mix equal weights of flour & water in glass container

Day 2: Discard half of mix, add equal weights of flour & water to the container

Days 3 - 7: Repeat Day 2 procedure

Day n: When the starter rises and falls predictably, it's ready to bake with!

Focaccia

- King Arthur All Purpose Flour
- Barton Springs Mill TAM 114 flour
- Water
- Sea Salt
- Natural Yeast (whole rye flour, bread flour, water)
- Rice flour
- Optional Topping:
Salted Honey Butter

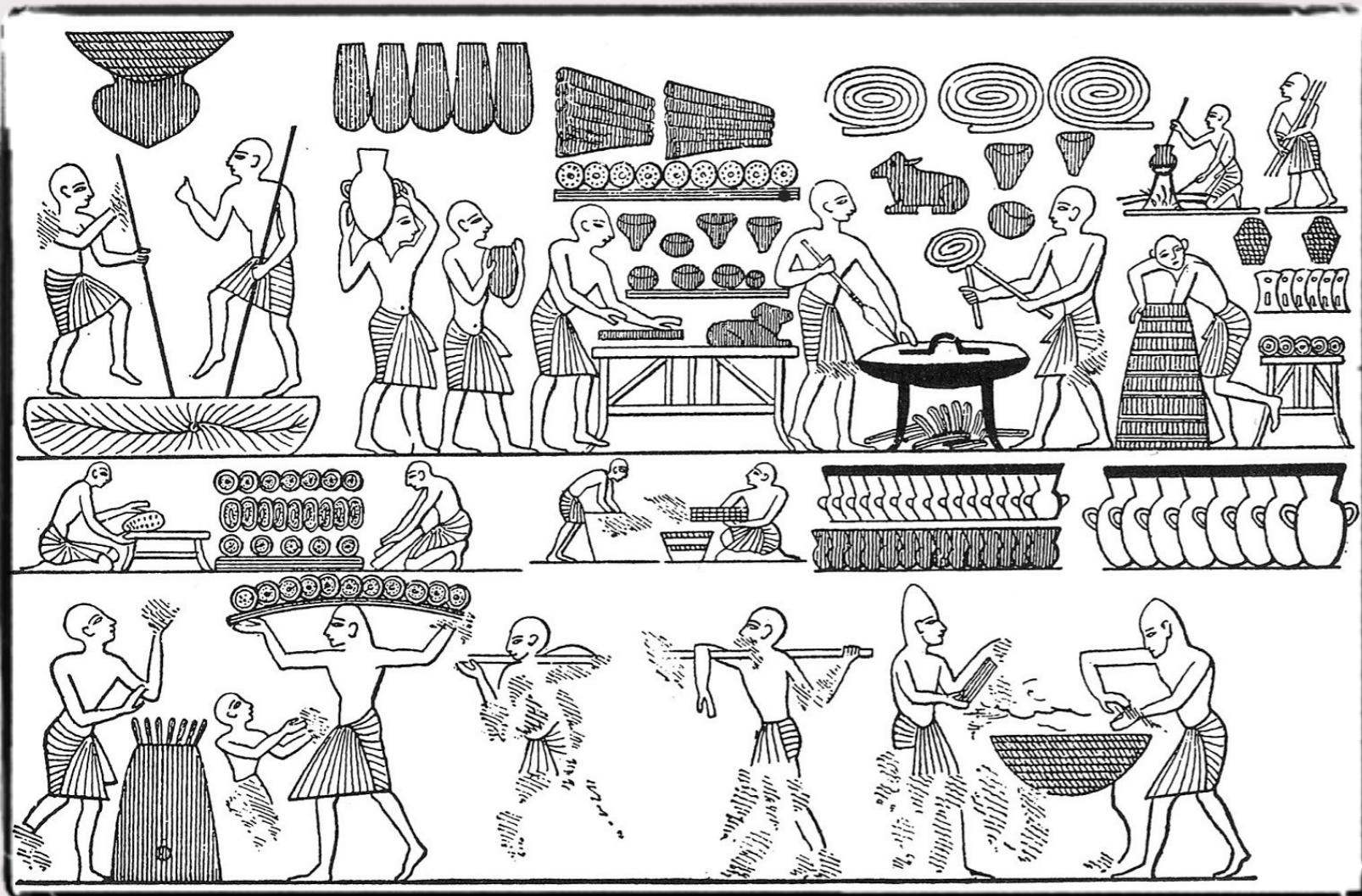
Loaf

- King Arthur All Purpose Flour
- Barton Springs Mill Rouge de Bordeaux flour
- Water
- Sea Salt
- Natural Yeast (whole rye flour, bread flour, water)
- Rice flour
- Toppings: Roasted garlic, sun dried tomatoes
- Optional Topping: Pesto

This bread is made by me in my kitchen...if you have allergies just ask



It began in Ancient Egypt



Ancient Egyptian Yeast Is This Bread's Secret Ingredient

A self-professed “bread nerd” extracted yeast from 4,000-year-old artifacts to make a loaf of sourdough. “The aroma and flavor are incredible,” he said.

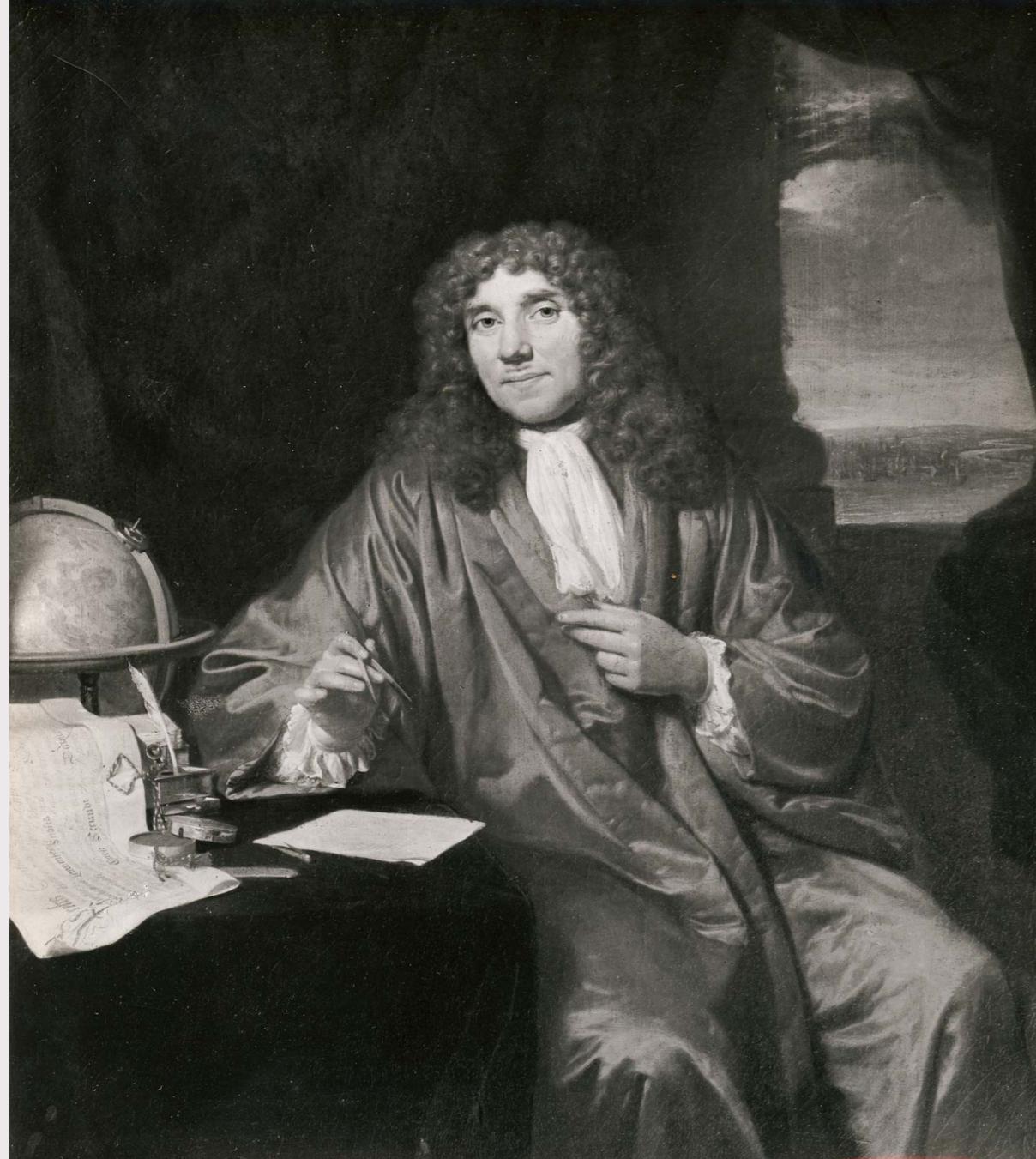




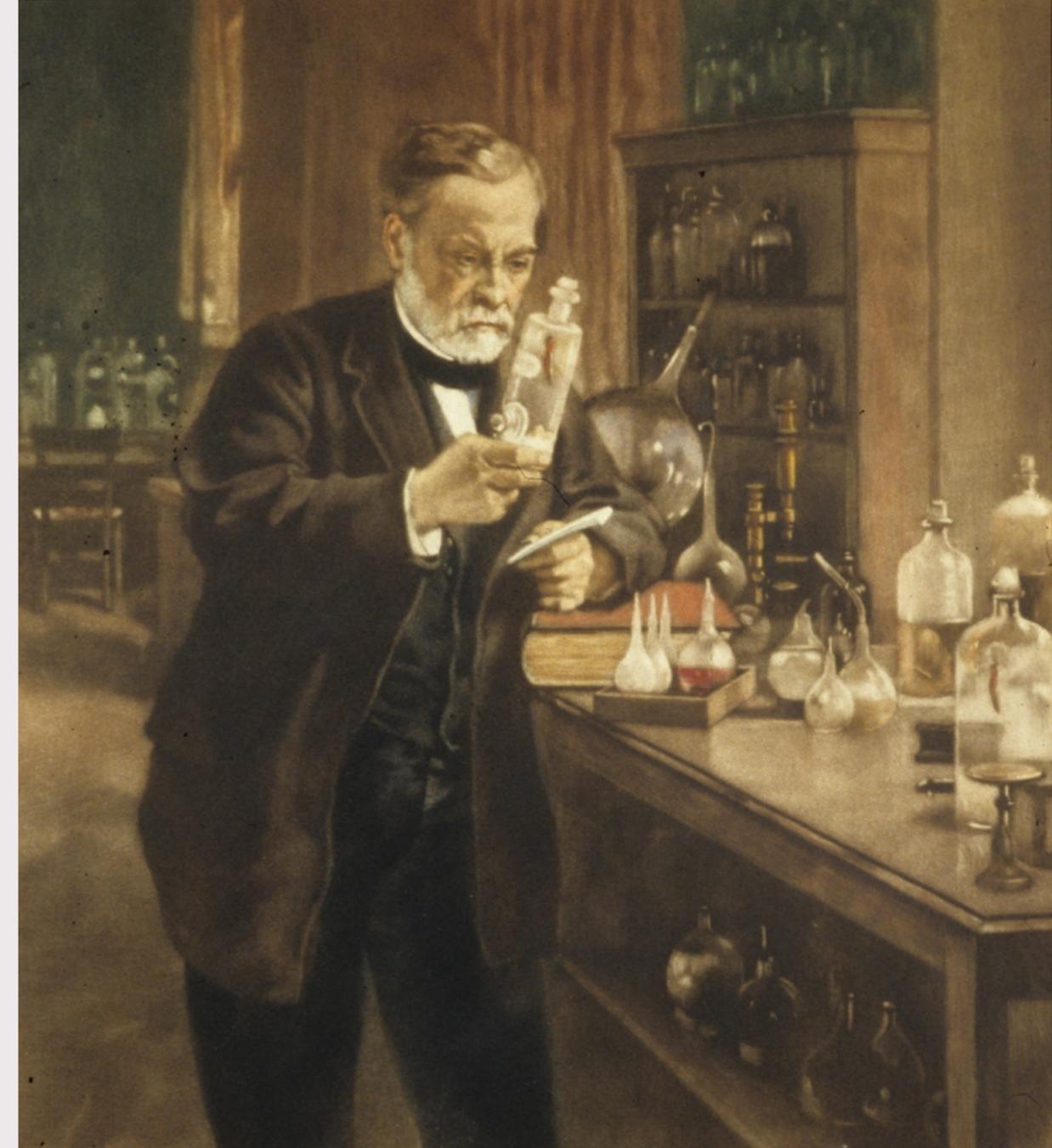
Roman bread - Preserved in Pompeii



Anton Van Leeuwenkoek



Louis Pasteur



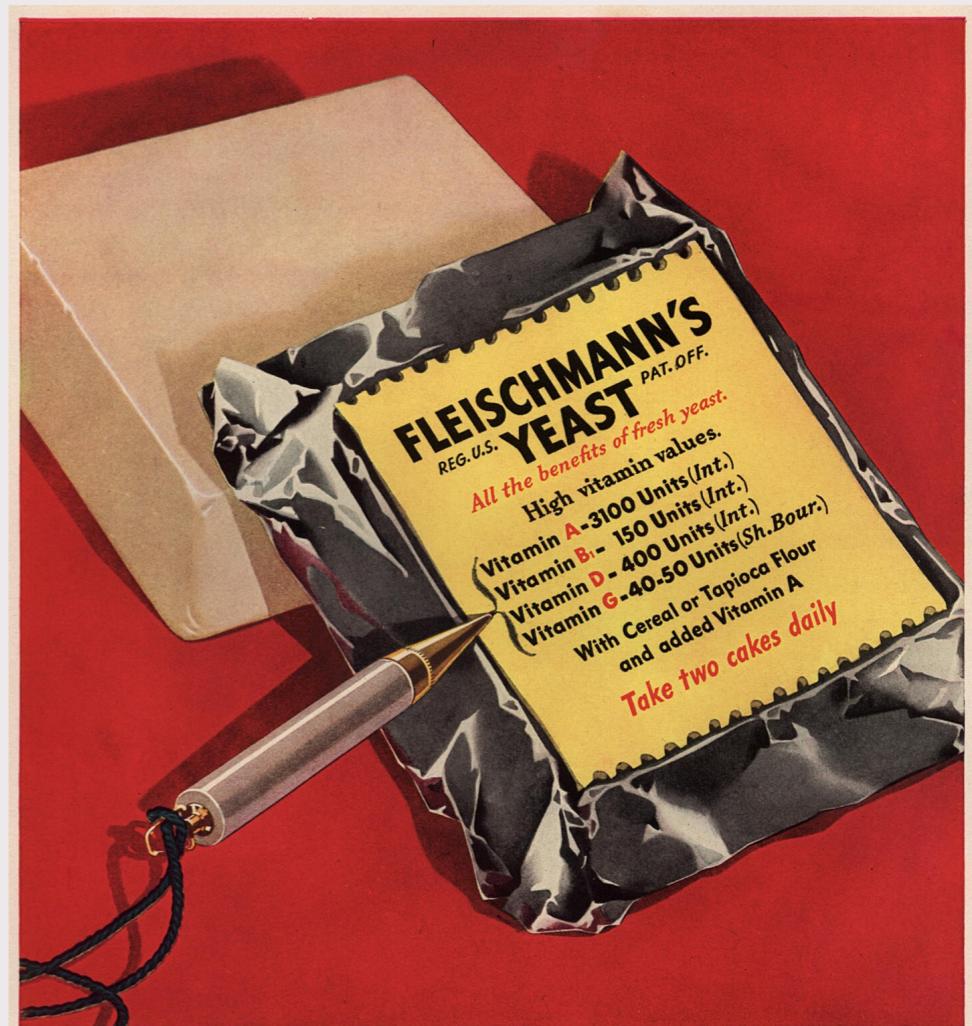
● Invented microscope in 1676

● Figured out how yeast worked in 1859



Before 1868, ALL leavened bread was made with some form of sourdough culture!

1868 - Fleischmann's Yeast begins selling varieties of shelf-stable yeast, originally as a compressed yeast cake, then as dried yeast activated with water



THE ONLY YEAST WITH ALL THESE VITAMINS IS FLEISCHMANN'S

The Household Favorite of Four Generations



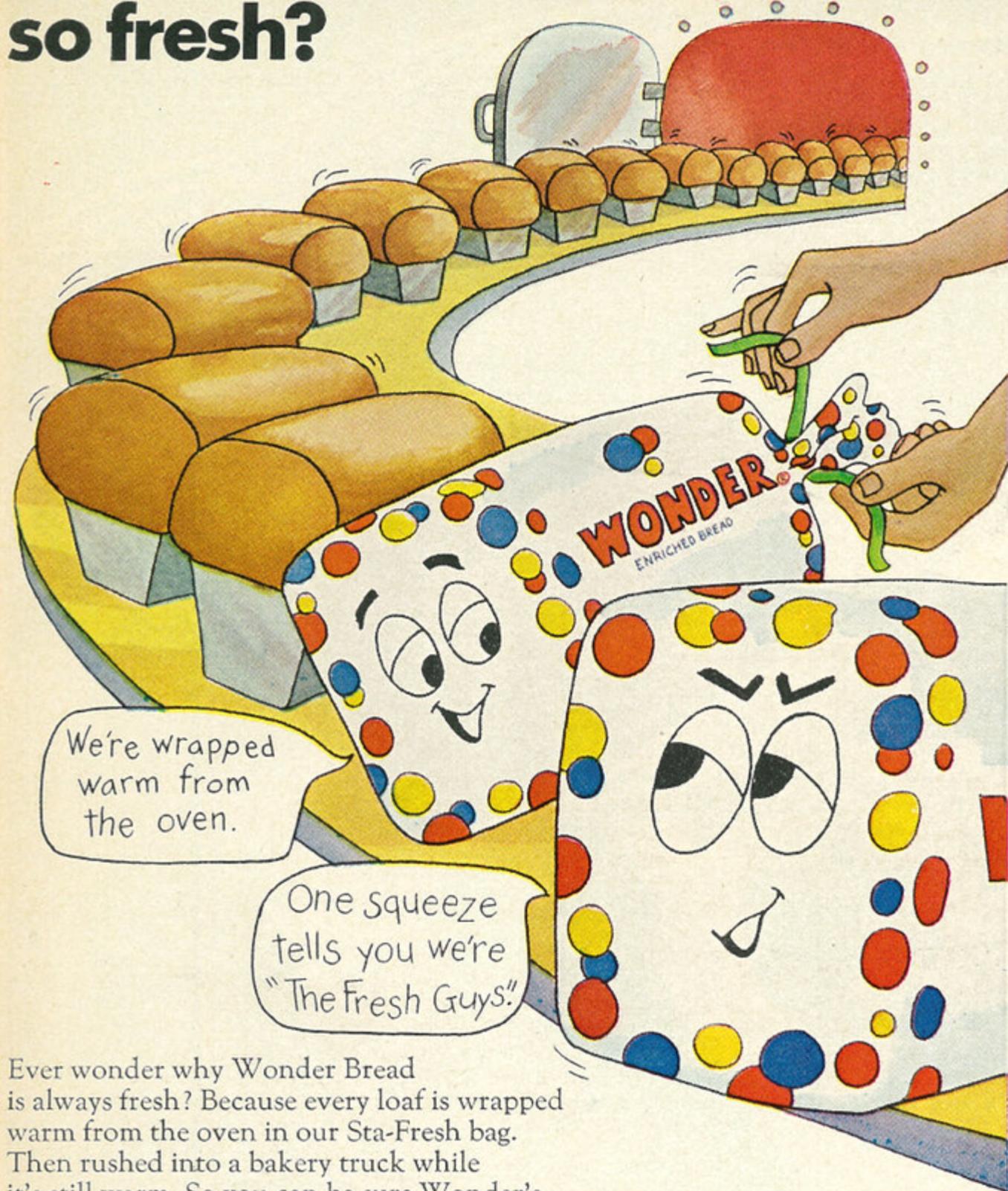
Serve Wonder Bread — for enjoyment, for enrichment.

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ENRICHED BREAD
helps build strong bodies 12 ways

• IF PRODUCT OR PERFORMANCE DEFECTIVE •
Good Housekeeping • GUARANTEES
REPLACEMENT OR REFUND TO CONSUMER •

Helps build strong bodies 12 ways!®

What makes Wonder Bread so fresh?



Ever wonder why Wonder Bread is always fresh? Because every loaf is wrapped warm from the oven in our Sta-Fresh bag. Then rushed into a bakery truck while it's still warm. So you can be sure Wonder's always fresh in the store. Wonder Enriched Bread — not just fresh and delicious...it's also good and nutritious.

Wonder helps build strong bodies 12 ways®



**Unbleached
Unbromated**



**Bleached
and/or
Bromated**



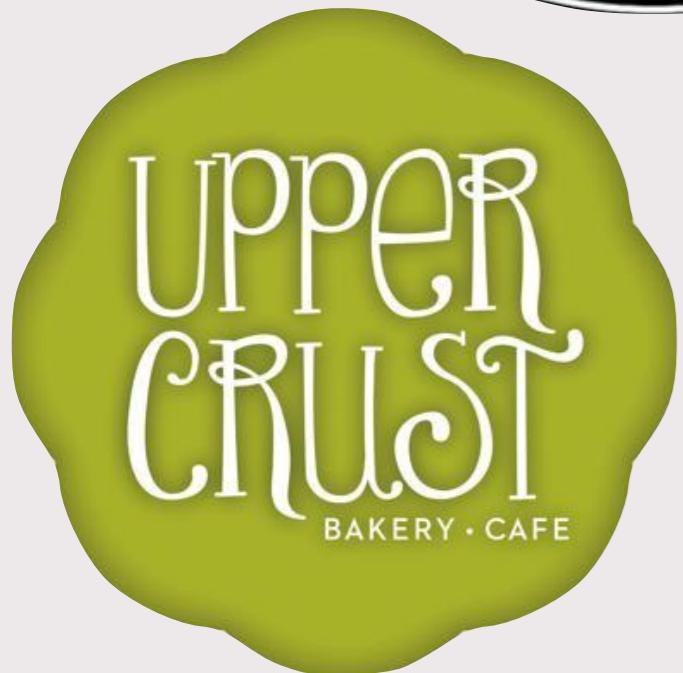
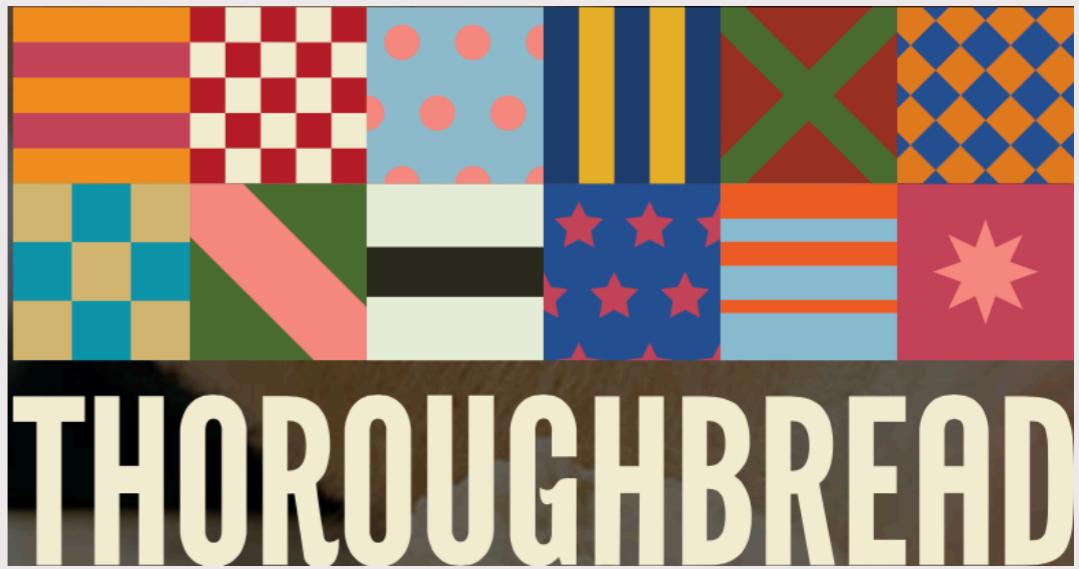
REAL BREAD CAMPAIGN



**SAY NO TO
SOURFAUX!**

FLOUR WATER SALT





If you'd like to read more about bread...

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- <https://www.atthemummiesball.com/baking-ancient-egyptian-bread/>
- <https://www.nytimes.com/2019/08/08/science/egyptian-yeast-bread.html>
- <https://www.zmescience.com/science/archaeology/ancient-bread-roman-recipe-17032017/>
- <http://www.thefreshloaf.com/node/42934/artisan-pompeii-miche>
- <https://www.ncbi.nlm.nih.gov/books/NBK208880>