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A loaf of bread, sliced.

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Aliment Pharmacol Ther. ISBN 978-1-4828-1563-4. If one uses a flour with a lower protein content (9–11%) to produce bread, a shorter mixing time is required to develop gluten strength properly. When relatively dry dough is worked by kneading, or wet dough is allowed to rise for a long time (see no-knead bread), the glutenin forms strands of long, thin, chainlike molecules, while the shorter gliadin forms bridges between the strands of glutenin. 2011). Flour and Breads and their Fortification in Health and Disease Prevention, Academic Press, California, pp. p. 54. In between, he authored and co-photographed Tartine Bread and authored and photographed Tartine Book No. 3, pp. p. 7–13. O. "Non-celiac gluten sensitivity: a work-in-progress entity in the spectrum of wheat-related disorders". Best Pract Res Clin Gastroenterol. doi:10.1196/annals.1333.101. Exploring Wicca: The Beliefs, Rites, and Rituals of the Wiccan Religion. Bread may be leavened by naturally occurring microbes (e.g. sourdough), chemicals (e.g. baking soda), industrially produced yeast, or high-pressure aeration, which creates the gas bubbles that fluff up bread. ^ Hamelman, Jeffrey (2004). Encyclopædia Britannica. JRank. (2005). The process, whose high-energy mixing allows for the use of grain with a lower protein content, is now widely used around the world in large factories. James Beard awardâ€“winning chef, author, and founder of Tartine, Chad Robertson double- majored in culinary arts and baking and pastry at The Culinary Institute of America in Hyde Park, NY. (Review). Retrieved 21 March 2013. As a result, bread can be produced very quickly and at low costs to the manufacturer and the consumer. ^ "Artisan bread baking tips: Poolish & biga". International Journal of Food Science and Technology. Springer. 29 (3): 477–91. Instead of water, recipes may use liquids such as milk or other dairy products (including buttermilk or yogurt), fruit juice, or eggs. New York: Scribner. Airborne yeasts could be harnessed by leaving uncooked dough exposed to air for some time before cooking. It also affects the crumb and the overall texture by stabilizing and strengthening[44] the gluten. Steam leavening happens regardless of the raising agents (baking soda, yeast, baking powder, sour dough, beaten egg white) included in the mix. ISBN 978-0-471-16857-7. doi:10.1007/s00217-001-0417-6. The mixed dough is then allowed to rise one or more times (a longer rising time results in more flavor, so bakers often "punch down" the dough and let it rise again), loaves are formed, and (after an optional final rising time) the bread is baked in an oven.[45] Many breads are made from a "straight dough", which means that all of the ingredients are combined in one step, and the dough is baked after the rising time.[46] others are made from a "pre-ferment" in which the leavening agent is combined with some of the flour and water a day or so ahead of baking and allowed to ferment overnight. SZCID 477540. The starter cultivates yeast and lactobacilli in a mixture of flour and water, making use of the microorganisms already present on flour; it does not need any added yeast, pp. 68–69. PMID 15053550. In 2010, Robertson opened a second location, Bar Tartine, and subsequently photographed and produced a book by the same name together with co-chefs and authors Nick Balla and Cortney Burns. PNAS. 11 July 2018 (online) ^ McGee, Harold (2004). Merriam-Webster. Staff of Life Bakery. Flour provides the primary structure, starch and protein to the final baked bread. BreadVarious leavened breadsMain ingredientsFlour, water Cookbook: Bread Media: Bread Bread is a staple food prepared from a dough of flour (usually wheat) and water, usually by baking. Baking Science & Technology 3rd Ed. vols. Yeast Main article: Baker's yeast Compressed fresh yeast Many breads are leavened by yeast. 6 September 2014. He eventually closed Bar Tartine in order to focus on Tartine Manufactory in San Francisco and expansion into Los Angeles and Seoul, South Korea. It is one of the oldest human-made foods, having been of significance since the dawn of agriculture, and plays an essential role in both religious rituals and secular culture. "How the Phrase The Best Thing Since Sliced Bread' Originated". ^ "Calcium Propionate". However, there has been some criticism of the effect on nutritional value.[9][10][11] Types Main article: List of breads Brown bread (left) and whole grain breadDark sprouted breadRuisreikäleipä, a flat rye flour loaf with a hole Bread is the staple food of the Middle East, Central Asia, North Africa, Europe, and in European-derived cultures such as those in the Americas, Australia, and Southern Africa. Chad co-authored Tartine, the bakery book originally published in 2006, and the updated edition, Tartine Revisited, published in 2018. Other additions (spices, herbs, fats, seeds, fruit, etc.) are not needed to bake bread, but are often used. Dis. PMID 26047292. Gluten development improves if the dough is allowed to autolyse.[39] Liquids Water, or some other liquid, is used to form the flour into a paste or dough. In yeast breads, the higher water percentages result in more CO2 bubbles and a coarser bread crumb. SZCID 9970042. Loaf Story. Some bakers have starters many generations old, which are said to have a special taste or texture.[50] At one time, all yeast-leavened breads were sourdoughs. Retrieved 2 October 2016. Generally however they do not heat it up at all, but only use the dough kept over from the day before; manifestly it is natural for sourness to make the dough ferment ^ Chorleywood Industrial Bread Making Process. Oxford University Press. (Subscription or participating institution membership required.) OED cites 1638 "Bread is worth all, being the Staffe of life" but also 1901 "Broad beans form one of the staves of life in Sicily". ^ Briggs, Helen (17 July 2018). Dig. Archived from the original on 5 October 2016. Berlin: Springer. ^ Silvertown, Nancy (1996) Breads From The La Brea Bakery, Villard, ISBN 0-679-40907-6 ^ Reinhart, Peter (2001) The Bread Baker's Apprentice: Mastering the Art of Extraordinary Bread, Ten Speed Press, ISBN 1-58008-268-8 ^ a b c d e f "The Bread Leavening Process". (2002). Food made of flour and water For other uses, see Bread (disambiguation). When bread expands in the oven the resulting expansion is known as oven spring. ^ Eucharist (Christianity) - Encyclopædia Britannica ^ Sabrina, Lady (2006). Technology of Breadmaking. In P.T. Nicholson; I. Retrieved 20 April 2018. A high gluten white flour will require more mix time than a white flour with a lower gluten content,... pp. 537–76. Hardie Grant Publishing. (2003). While bread can be made from all-purpose wheat flour, containing more protein (12–14%), is recommended for high-quality bread, the first is to use baking powder or a self-raising flour that includes baking powder. ^ a Wieser, Herbert (April 2007). pp. 100–. (2008). Bread improves Main article: Bread improver Bread improvers and dough conditioners are often used in producing commercial breads to reduce the time needed for rising and to improve texture and volume. The leavening agent either contains air bubbles or generates carbon dioxide. i Stein article: Baker's yeast Appetit. Bread can be spread with butter, dipped into liquids such as gravy, olive oil, or soup.[26] it can be topped with various sweet and savory spreads, or used to make sandwiches containing meats, cheeses, vegetables, and condiments.[27] Bread is used as an ingredient in other culinary preparations, such as the use of breadcrumbs to provide crunchy crusts or thicken sauces; toasted cubes of bread, called croutons, are used as a salad topping; seasoned bread is used as stuffing inside roasted turkey; sweet or savory bread puddings are made with bread and various liquids; egg and milk-soaked bread is fried as French toast; and bread is used as a binding agent in sausages, meatballs and other ground meat products.[28] Nutritional significance Nutritionally, bread is categorized as a source of grains in the food pyramid. Retrieved 25 January 2021. ^ Tannahill, Reay (1973). The most common source of leavening was to retain a piece of dough from the previous day to use as a form of sourdough starter, as Pliny also reported.[7][8] The ancient Egyptians, Greeks, and Romans all considered the degree of refinement in the bakery arts as a sign of civilization.[6] The Chorleywood bread process was developed in 1961; it uses the intense mechanical working of dough to dramatically reduce the fermentation period and the time taken to produce a loaf. In 2020, Robertson co-wrote and co-recorded his first original audio book on sourdough bread, together with his friend and Tartineâ€™s longtime director of bread, Jennifer Latham. "The Etymology of the Word 'Bread'". Texture in food. (the same nominal stem 'hlaibh' has been preserved in modern English as loaf; cf. Baker's yeast has the advantage of producing uniform, quick, and reliable results, because it is obtained from a pure culture.[46] Many artisan bakers produce their own yeast with a growth culture. BBC News. Retrieved 1 October 2016. ^ "The staff of life". doi:10.1021/j034999w. ABCN News. Retrieved 1 September 2016 Archived 1 September 2016 at the Wayback Machine. Since these foods lack gluten, dough made from them may not hold its shape as the loaves rise, and their crumb may be dense with little aeration. ^ Hunter, Gary, Carey, Patrick, Tinton, Terry, Walpole, Steven (2007). "Discovery Health "Is eating bread crust really good for you?". When flour is mixed with water, the water-soluble proteins dissolve, leaving the glutenin and gliadin to form the structure of the resulting bread. This method is commonly used to make muffins, pancakes, American-style biscuits, and quick breads such as banana bread. Home.comcast.net. Career Press. doi:10.1016/j.bpg.2015.04.006. Weekend Bakery. The crust of most breads is harder, and more complexly and intensely flavored, than the rest. Yeast spores are ubiquitous, including on the surface of cereal grains, so any dough left to rest leavens naturally.[5] An early leavened bread was baked as early as 6000 BC by the Sumerians, who may have passed on their knowledge to the Egyptians around 3000 BC. phys.org. Steam-leavening is unpredictable since the steam is not produced until the bread is baked. If kept in the right conditions, it provides leavening for many years.[47] The baker's yeast and sourdough methods follow the same pattern. PMC 3942718. ^ Mesure, Susie (30 January 2016). "Prehistoric bake-off: Scientists discover oldest evidence of bread". p. 377. doi:10.1111/j.1365-2621.2005.01057.x. ^ Boskov Hansen, H.; Andreassen, M.F.; Nielsen, M.M.; Melchior Larsen, L.; Bach Knudsen, K.E.; Meyer, A.S.; Christensen, L.P. & Hansen, Å. "Pronyl-Lysine—A Novel Protein Modification in Bread Crust Melanoidins Showing in Vitro Antioxidative and Phase I/II Enzyme Modulating Activity". Sosland Publishing Company. ^ Molella, Art (8 February 2012). The glutenin protein contributes to its elastic nature, as it is able to regain its initial shape after deformation. Retrieved 30 September 2016. External links Wikiquotes has quotations related to Bread. Shaw (eds.). p. 448. PMID 19417676. ^ "Bread recipes (45 results found)". ISBN 0-521-45257-0. Oxford English Dictionary (Online ed.). Commercial bakers often leaven their dough with commercially produced baker's yeast. The Oxford Companion to Food. Most yeasted pre-ferments fall into one of three categories: "poolish" or "pouliche", a loose-textured mixture composed of roughly equal amounts of flour and water (by weight); "biga", a stiff mixture with a higher proportion of flour, and "pâte fermentée", which is simply a portion saved from a previous batch, ready to bake.[48][49] Before first rising After proofing, ready to bake[5] A remarkable or revolutionary innovation may be called the best thing since "sliced bread"[67] The expression "to break bread with someone" means "to share a meal with someone" [68] The English word "lord" comes from the Anglo-Saxon hlāfweard, meaning "bread keeper" [69] Bread is sometimes referred to as "the staff of life", although this term can refer to other staple foods in different cultures; the Oxford English Dictionary defines it as "bread (or similar staple food)". [70][71] This is sometimes thought to be a biblical reference, but the nearest wording is in Leviticus 26 "when I have broken the staff of your bread". [72] The term has been adopted in the names of bakery firms.[73] See also Food portal Bra**d** bread - Scandinavian bread used as famine food Bread bowl - Round loaf of bread which has had a large portion of the middle cut out to create an edible bowl Bread clip - Closure device for plastic bags Bread dild**o** - Dilled prepared using bread, allegedly made in the Greco-Roman era around 2,000 years ago Breading Bread machine - Type of home appliance for baking bread Bread pan - Kitchen utensil Croutan - Rebaked breads List of breads List of bread dishes List of toast dishes Quick bread - Bread leavened with leavening agents other than yeast or eggs Sliced bread - Loaf of bread that has been pre-sliced with a machine Sop - Piece of bread or toast that is drenched in liquid and then eaten Stuffing - Edible substance or mixture used to fill a cavity in another food item while cooking White bread - Type of bread made from white wheat flour References ^ "Prehistoric man ate flatbread 30,000 years ago: study". ^ Amaia Arranz-Otaegui, Lara Gonzalez Carretero, Monica N. The gliadin protein contributes to its plastic nature, because it demonstrates non-reversible structural change after a certain amount of applied force. The second is to include an acidic ingredient such as buttermilk and add baking soda; the reaction of the acid with the soda produces gas.[46] Chemically leavened breads are called quick breads and soda breads. ^ "Preferences". (2012). This is the main factor in the rising of bread once it has been put in the oven.[53] CO2 generation, on its own, is too small to account for the rise. The amount of flour is denoted by 100%, and the other ingredients are expressed as a percentage of that amount by weight. The only treatment for CD, dermatitis herpetiformis (DH) and gluten ataxia is lifelong adherence to a GFD. Liquids". ISBN 978-0-8247-7984-9. The Foundation Pillars for Change. The Middle and Modern English word bread appears in Germanic languages, such as West Frisian brea, Dutch brood, German Brot, Swedish bröd, and Norwegian and Danish brød; it may be related to brew or perhaps to break, originally meaning "broken piece", "morsel".[59][better source needed] Cultural significance A Ukrainian woman in national dress welcoming with bread and salt Main article: Bread in culture Bread has a significance beyond mere nutrition in many cultures because of its history and contemporary importance. Leavening is the process of adding gas to a dough before or during baking to produce a lighter, more easily chewed bread. There are two common methods. "Changes in dietary fibre, phenolic acids and activity of endogenous enzymes during rye bread-making". "Review article: safe amounts of gluten for patients with wheat allergy or coeliac disease". Fuller, and Tobias Richter: Archaeobotanical evidence reveals the origins of bread 14,400 years ago in northeastern Jordan. Knopf. New York: John Wiley. ISSN 0261-3077. New 1997: New York: Lyons & Burford, Publishers (Foreword by Lynn Alley). ISBN 1-55821-575-1 ^ Spiekermann, Uwe: Brown Bread for Victory: German and British Wholemeal Politics in the Inter-War Period, in: Trentmann, Frank and Just, Flemming (ed.): Food and Conflict in Europe in the Age of the Two World Wars. From the mid-19th to mid-20th centuries, bread made this way was somewhat popular in the United Kingdom, made by the Aerated Bread Company and sold in its high-street tearooms. Tartine now operates three all-day cafes each in San Francisco and Los Angeles neighborhoods along with a baking commissary in both cities and five all-day cafes plus two commissaries in Seoul. The Roman poet Juvenal satirized superficial politicians and the public as caring only for "panem et circenses" (bread and circuses).[62] In Russia in 1917, the Bolsheviks promised "peace, land, and bread. [63][64] The term "breadbasket" denotes an agriculturally productive region. Basingstoke / New York: Palgrave, 2006, pp. 143–71. ISBN 1-4039-8684-3 Cunningham, Marion (1999). ^ "Sandwich Recipes". "Supermarkets cash in on sourdough bread craze as popularity surges". Old wives' tales suggest that eating the bread crust makes a person's hair cutler.[30] Additionally, the crust is rumored to be healthier than the remainder of the bread. p. See Figure 2, p. 68. The weight or ratio of liquid required varies between recipes, but a ratio of three parts liquid to five parts flour is common for yeast breads.[40] Recipes that use steam as the primary leavening method may have a liquid content in excess of one part liquid to one part flour. The Free Dictionary. "Bread and Butter Etiquette". "Gluten-free diet in gluten-related disorders". ^ Panneerselvam, Jayabal; Aranganathan, Selvaraj; Nalini, Namasiyavam (2009). Garden City / New York: Doubleday, Doran and Comp., 1944. ^ Surdyk, Nicolas; Rosén, Johan; Andersson, Roger; Åman, Per (April 2004). These contribute additional sweeteners, fats, or leavening components, as well as water.[41] Fats or shortenings Fats, such as butter, vegetable oils, lard, or that contained in eggs, affect the development of gluten in breads by coating and lubricating the individual strands of protein. PMID 26060112. doi:10.1159/000347180. Parts of the ancient world that drank wine instead of beer used a paste composed of grape juice and flour that was allowed to begin fermenting, or wheat bran steeped in wine, as a source for yeast. 19 October 2010. The starter was mixed with the new ingredients, the dough was left to rise, and then a piece of it was saved (to be the starter for next week's bread).[46] Steam The rapid expansion of steam produced during baking leavens the bread, which is as simple as it is unpredictable. (2007). An example Further reading Kaplan, Steven Laurence: Good Bread is Back: A Contemporary History of French Bread, the Way It Is Made, and the People Who Make It. Durham/London: Duke University Press. 2006. The addition of yeast to the bread explains the air pockets commonly found in bread.[12] Owing to its high levels of gluten (which give the dough sponginess and elasticity), common or bread wheat is the most common grain used for the preparation of bread, which makes the largest single contribution to the world's food supply of any food.[13] Sangak, an Iranian flatbread Stucia – a type of European sweet bread Bread is also made from the flour of other wheat species (including spelt, emmer, einkorn and kamut).[14] Non-wheat cereals including rye, barley, maize (corn), oats, sorghum, millet and rice have been used to make bread, but, with the exception of rye, usually in combination with wheat flour as they have less gluten.[15] Gluten-free breads are made using flours from a variety of ingredients such as almonds, rice, sorghum, corn, legumes such as beans, and tubers such as cassava. The Guardian. PMID 23797124. "Cereal-based gluten-free food: how to reconcile nutritional and technological properties of wheat proteins with safety for celiac disease patients". "Wheat for bread and other foods". 18, 20–21, 34, 62–63, 67–70, 74, 1 I & II. 18 (4): 291–302. Additives such as xanthan gum, guar gum, hydroxypropyl methylcellulose (HPMC), corn starch, or eggs are used to compensate for the lack of gluten.[16][17][18][19] Properties Physical-chemical composition In wheat, phenolic compounds are mainly found in hulls in the form of insoluble bound ferulic acid, where it is relevant to wheat resistance to fungal diseases.[20] Rye bread contains phenolic acids and ferulic acid dehydridromes.[21] Three natural phenolic glucosides, secoisolaricresinol diglucoside, p-coumaric acid glucoside and ferulic acid glucoside, can be found in commercial breads containing flaxseed.[22] Small home made bread with pumpkin and sunflower seeds Glutenin and gliadin are functional proteins found in wheat bread that contribute to the structure of bread. European Journal of Cancer Prevention. allment.org.uk ^ bbc.com: "Chorleywood: The bread that changed Britain", 7 June 2011 ^ fob.co.uk: "History of bread - 20th century" ^ Air Holes or Tunnels Inside Archived 19 November 2017 at the Wayback Machine. ^ "Yeast & Baking Lessonsg. ISBN 978-0-19-211579-9. Agence France-Presse. Archived from the original on 30 September 2016. This is in contrast to parts of South and East Asia, where rice or noodles are the staple. (1999). ISBN 978-0-394-56788-4. (2009). Retrieved 26 October 2012. doi:10.1111/j.1365-2036.2006.02768.x. PMID 16480395. An extended mixing time leads to oxidation of the dough, which gives the finished product a whiter crumb, instead of the cream colour preferred by most artisan bakers.[38] Wheat flour, in addition to its starch, contains three water-soluble protein groups (albumin, globulin, and proteases) and two water-insoluble protein groups (glutenin and gliadin). ^ Edwards, W.P. (2007). doi:10.3390/nu6020575. 110 (4): 997–99. ISBN 978-0-8223-3833-8 Jacob, Heinrich Eduard: Six Thousand Years of Bread. Food Chemistry. A study has found that more than 99 percent of the acrylamide in bread is found in the crust.[25] Culinary uses Bread pudding Bread can be served at many temperatures; once baked, it can subsequently be toasted. Partridge. Retrieved 17 July 2018. ^ Kilcast, D.; McKenna, B. Acrylamide is neurotoxic, has adverse effects on male reproduction and developmental toxicity and is carcinogenic. Heat kills bacteria or yeast at an early stage, so the CO2 generation is stopped. ISBN 978-1-85573-724-2. It is most commonly eaten with the hands, either by itself or as a carrier for other foods. ISBN 978-0-8128-1437-8. The yeast most commonly used for leavening bread is Saccharomyces cerevisiae, the same species used for brewing alcoholic beverages. This yeast ferments some of the carbohydrates in the flour, including any sugar, producing carbon dioxide. Ramsey, Dorian Q. Trager, James (1995). Retrieved 3 June 2010. (NCGS=non-celiac gluten sensitivity; CD=coeliac disease; GFD=gluten-free diet) ^ Mulder C.J. van Wanrooij RL, Bakker SF, Wiersdma N, Bouma G (2013). doi:10.1016/j.fm.2006.07.004. ISBN 978-1-56414-884-1. PMID 17008153. 156 ^ Winkler, Sarah (29 July 2009). Woodhead. ^ Volta U, Caio G, De Giorgio R, Henriksen C, Skodje G, Lundin KE (June 2015). "Inhibitory effect of bread crust antioxidant pronyl-lysine on two different categories of colonic premalignant lesions induced by 1,2-dimethylhydrazine". ^ Hischenhuber C, Crevel R, Jarry B, Mäki M, Moneret-Vautrin DA, Romano A, Troncone R, Ward R (1 March 2006). "Effects of Asparagine, Fructose, and Baking Conditions on Acrylamide Content in Yeast-Leavened Wheat Bread". Online Etymology Dictionary. On food and cooking. Some artisan bakers forego early addition of salt to the dough, whether wholemeal or refined, and wait until after a 20-minute rest to allow the dough to autolyse.[45] Mixtures of salts are sometimes employed, such as employing potassium chloride to reduce the sodium level, and monosodium glutamate to give flavor (umami). A fat content of approximately 3% by weight is the concentration that produces the greatest leavening action.[42] In addition to their effects on leavening, fats also serve to tenderize breads and preserve freshness. Dekker. In 2002, Robertson moved to California, where he opened Tartine Bakery (with Elisabeth Prueett) in San Francisco. Journal of Agricultural and Food Chemistry. Protein quality and the effects of processing. The Sumerians were already using ash to supplement the dough as it was baked.[6] There were multiple sources of leavening available for early bread. Becoming a Chef. ^ Panneerselvam, J.; Aranganathan, S.; Nalin i, N. Davidson, Alan (1999). ^ Finley, John H.; Phillips, R. Some studies have shown that this is true as the crust has more dietary fiber and antioxidants such as pronyl-lysine.[31][32] which is being researched for its potential colorectal cancer inhibitory properties.[33][34] Preparation Steps in bread making, here for an unleavened Chilean tortilla Doughs are usually baked, but in some cuisines breads are steamed (e.g., mantou), fried (e.g., puri), or baked on an unoled frying pan (e.g., tortillas). Annals of the New York Academy of Sciences. (...) NCGS patients can experience more symptoms than CD patients following a short gluten challenge [77]. British Broadcasting Corporation. Slavic languages retain many Gothic words, reflecting cultural borrowings: thus khleib, (bread) from an earlier khleiba from Gothic hlais, or, rather, from the more ancient form hlaibhaz, which meant bread baked in an oven (and, probably, made with yeast), as different from a liepekha, which was a flat cake moulded (liepiti) from paste, and baked on charcoal. The Fannie Farmer cookbook. Because air pockets within this gluten network result from carbon dioxide production during leavening, bread can be defined as a foam, or a gas-in-solid solution.[24] Acrylamide, like in other starchy foods that have been heated higher than 120 °C (248 °F), has been found in recent years to occur in bread. Many bakers see the starter method as a compromise between the reliable results of baker's yeast and the flavor and complexity of a longer fermentation. Sparknotes.com. ISBN 978-3-319-14687-4. Measurement by weight is more accurate and consistent than measurement by volume, particularly for dry ingredients. Simply Recipes. The heat vaporises the water from the inner surface of the bubbles within the dough. 23 (5): 559–75. Bread at the Wikibooks Cookbook subproject Bread and confectionery travel guide from Wikivoyage Retrieved from " Food and Agriculture Organization. Loeb Classics. The Egyptians refined the process and started adding yeast to the flour. Cengage Learning EMEA. ^ "Wheat". Archived from the original on 24 October 2012. ISBN 978-1-882005-02-4. 24 (2): 115–119. 15 August 2016. Handbook on Sourdough Biotechnology. Retrieved 19 October 2010. p. 517. ^ "Lord". Leavening A dough trough, located in Aberdour Castle, once used for leavening bread. Scribner. PMID 24481131. ^ "Leviticus 26:26". Salt, fat and leavening agents such as yeast and baking soda are common ingredients, though bread may contain other ingredients, such as milk, egg, sugar, spice, fruit (such as raisins), vegetables (such as onion), nuts (such as walnut) or seeds (such as poppy).[35] Methods of processing dough into bread include the straight dough process, the sourdough process, the Chorleywood bread process and the sponge and dough process. The Atlantic. In addition, Robertson co-founded Coffee Manufactory, which directly sources green coffee beans from a small group of global farmers, mirroring Tartineâ€™s end-to-end grain-supply chain, which he has built over years of working with West Coast farmers. ^ "Break bread with". Glutenin forms interconnected gluten networks within bread through interchain disulfide bonds.[23] Gliadin binds weakly to the gluten network established by glutenin via intrachain disulfide bonds.[23] Structurally, bread can be defined as an elastic-plastic foam (same as styrofoam). European Food Research and Technology. On the day of baking, the rest of the ingredients are added, and the process continues as with straight dough. These wheat varieties are commonly referred to as 'ancient' grains and are increasingly being used in the manufacture of niche wheat-based food products. ^ Juvenal's literary and cultural influence (Book IV: Satire 10.81) ^ "Russia". A starter may be maintained indefinitely by regular additions of flour and water. ^ Gobbetti, Marco; Gänzle, Michael, eds. The steam expands and makes the bread rise. King Arthur Flour. Recently there has been a revival of sourdough bread in artisan bakeries.[52] Traditionally, peasant families throughout Europe baked on a fixed schedule, perhaps once a week. ISBN 978-0-367-38563-1. For both wheat allergy and coeliac disease the dietary avoidance of wheat and other gluten-containing cereals is the only effective treatment. D. ^ Patel, K.V. (2014). The protein content of the flour is the best indicator of the quality of the bread dough and the finished bread. doi:10.1097/CEJ.0b013e32832945a6. The Independent. Henry Holt. Baking bread in East Timor Formulation Professional bread recipes are stated using the baker's percentage notation. Cambridge: Cambridge University Press. 6 (2): 575–90. ^ "Stuff". Cambridge University Press. 69-78. Most bread eaten in the West is leavened.[46] Chemicals A simple technique for leavening bread is the use of gas-producing chemicals. ISBN 978-0-8050-3389-2. The substances used may be oxidising agents to strengthen the dough or reducing agents to develop gluten and reduce mixing time, emulsifiers to strengthen the dough or to provide other properties such as making slicing easier, or enzymes to increase gas production.[43] Salt Salt (sodium chloride) is very often added to enhance flavor and restrict yeast activity. Wheat, in the form of bread, provides more nutrients to the world population than any other single food source. Samuel (2000). 500 grams (1 pound) of flour yields a standard loaf of bread or two baguettes. Cambridge Dictionary. Evidence from 30,000 years ago in Europe and Australia revealed starch residue on rocks used for pounding plants.[1][2] It is possible that during this time, starch extract from the roots of plants, such as cattails and ferns, was spread on a flat rock, placed over a fire and cooked into a primitive form of flatbread. 41 (3): 329. The food chronology: a food lover's compendium of events and anecdotes from prehistory to the present. ^ Pliny the Elder (1938). 31 (1): 57–62. ISBN 978-1-4899-9189-8. ^ "Susan R. Archived from the original on 30 June 2012. ISBN 978-0-85404-486-3. Cambridge: Royal Society of Chemistry. ^ Lamacchia C, Camarca A, Picascia S, Di Luccia A, Gianfrani C (2014). It also allows the baker to use only a minimal amount of baker's yeast, which was scarce and expensive when it first became available. Pliny the Elder reported that the Gauls and Iberians used the foam skimmed from beer, called barnm, to produce "a lighter kind of bread than other peoples" such as barnm cake. Tenbergen, Klaus (1999). ^ "Vladimir Lenin: From March to October: dicoccom" flour and breads. ^ Cauvain, Stanley (2015). Archived from the original on 24 September 2016. ISBN 978-0-684-80001-1. Water is mixed with flour, salt and the leavening agent, quakeroats.com ^ Peña, R. ^ a b Arzani A., Emmer (Triticum turgidum spp. Archived from the original on 20 April 2018. Although the leavening action is inconsistent, and requires close attention to the incubating conditions, this bread is making a comeback for its cheese-like flavor and fine texture.[54] Aeration Aerated bread was leavened by carbon dioxide being forced into dough under pressure. The starter was saved from the previous week's dough. ^ Strandås, C.; Kamal-Eldin, A.; Andersson, R.; Åman, P.; Baillière, Tindall, & Cox, 1884. Calcium propionate is commonly added by commercial bakeries to retard the growth of molds.[37] Flour Main article: Flour Flour is grain ground to a powdery consistency, pp. 756–57. In Vredy R., Watson R.R., Patel V.B. (Eds. Food.lauriesashon.com (5 June 2009). Food in History. ^ "Home page". ^ Hydration ratio for breads Archived 14 January 2013 at the Wayback Machine. SZCID 85239461. Natural History. Nutrients (Review). ^ Richardson MD FR5, Benjamin Ward. ISBN 978-0-521-64398-6. "Effect of wheat variety, farming site, and bread-baking on total phenolics". Hard wheat flours absorb about 62% water, while softer wheat flours absorb about 56%.[36] Common table breads made from these doughs result in a finely textured, light bread. It has been calculated that water expansion was responsible for some 60% of the expansion. The world's oldest evidence of bread-making has been found in a 14,500-year-old Natufian site in Jordan's northeastern desert.[3][4] Around 10,000 BC, with the dawn of the Neolithic age and the spread of agriculture, grains became the mainstay of making bread. "Dough and Bread Conditioners". Lord, from ancient hlafweard bread-keeper" ^ Dean, Sam (2 August 2013). Retrieved 8 December 2012. Professional Chef: Level 2 Diploma. Pyler, E.J. (1988). After the confirmation of NCGS diagnosis, according to the previously mentioned work-up, patients are advized to start with a GFD [49]. (2006). If too much fat is included in a bread dough, the lubrication effect causes the protein structure to divide. The proportion of water to flour is the most important measurement in a bread recipe, as it affects texture and crumb the most. New York: M. Huffington Post. Most artisan bread formulas contain anywhere from 60 to 75% water. History Main article: History of bread Bread shop, Tacuinum Sanitatis from Northern Italy, beginning of the 15th century Bread is one of the oldest prepared foods. Robertson and Latham are currently collaborating on a new full-length cookbook that showcases their latest innovations and techniques in bread baking, which will be released in fall 2021. On the Healthy Manufacture of Bread: A Memoir on the System of Dr. Dauglish. New York: Alfred A. "Brewing and baking". Red Star Yeast. ^ Hayward, Tim (2020). Aside from bread wheat and durum, other types of wheat include spelt, emmer, einkorn and kamut. This produces a more flavorful bread with better texture.

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