

Part II

Sourdough Bread



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

Sydney Sherman
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!



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****



WORLD BREAD MAP

It began in Ancient Egypt



The New York Times

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

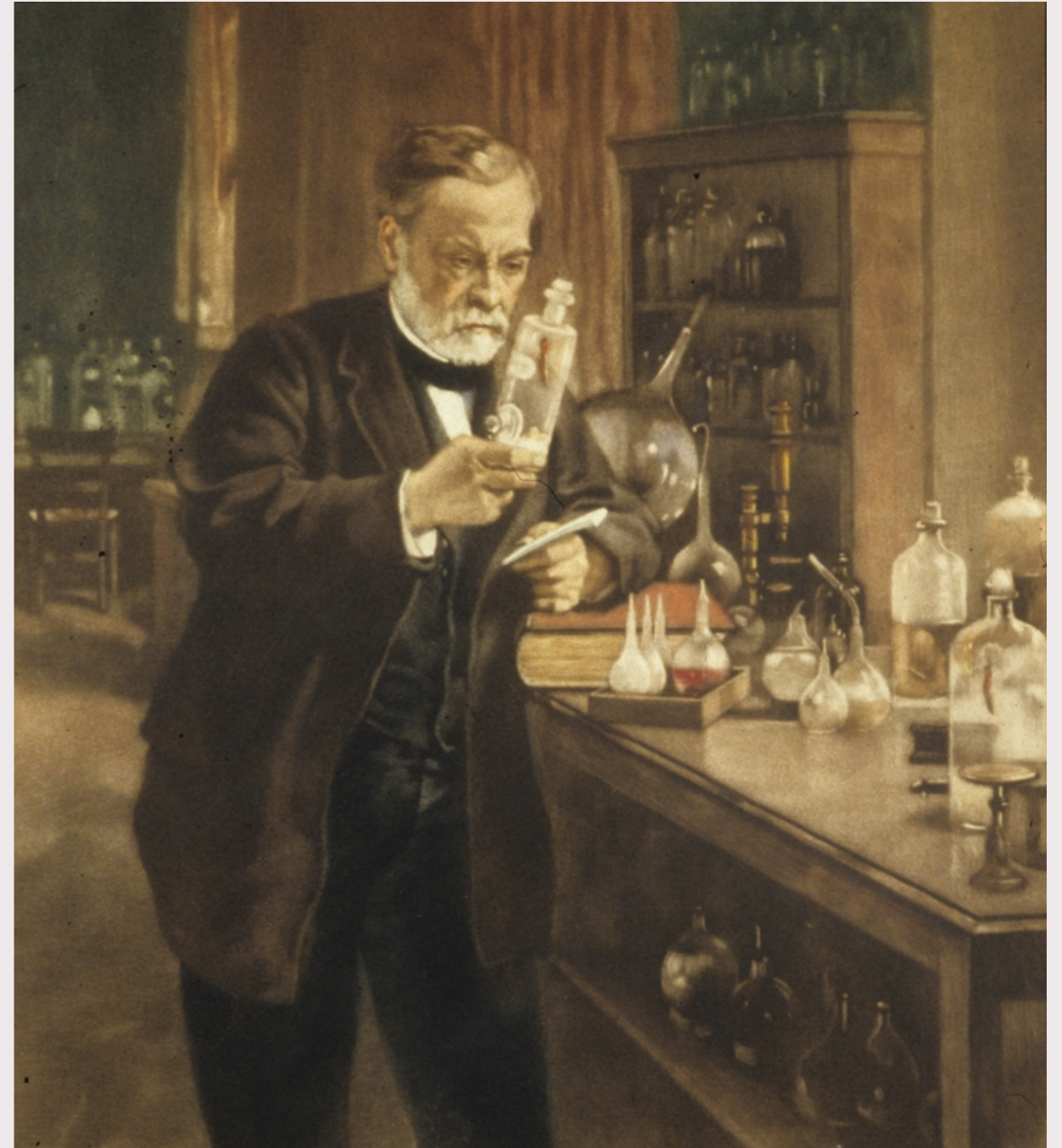


Anton Van Leeuwenhoek



- 🍷 **Invented microscope in 1676**

Louis Pasteur



- 🍷 **Figured out how yeast worked in 1859**



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

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



THE ONLY YEAST WITH ALL THESE VITAMINS IS FLEISCHMANN'S

The Household Favorite of Four Generations



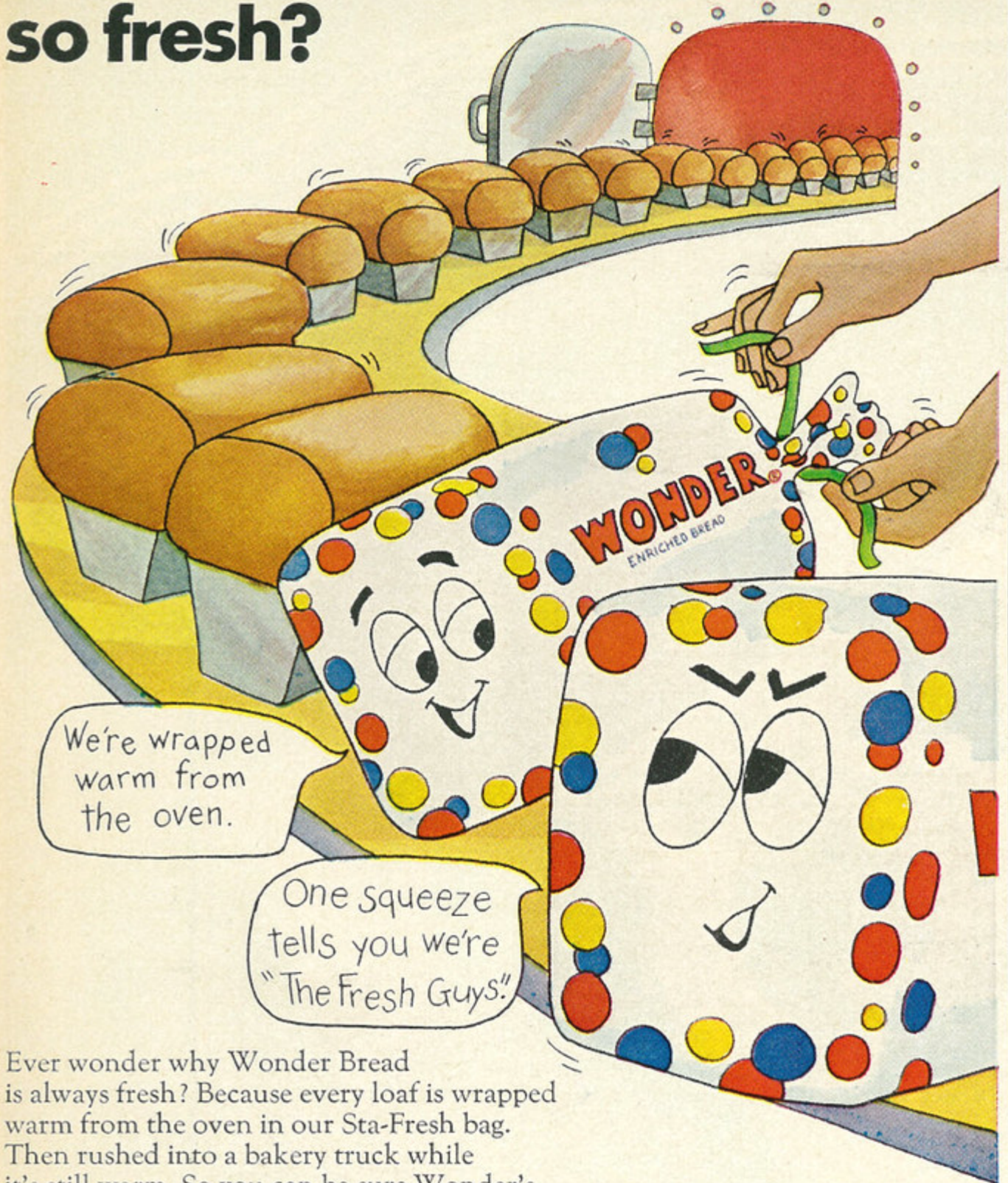
Serve Wonder Bread — for enjoyment, for enrichment.

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.

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**Unbleached
Unbromated**



**Bleached
and/or
Bromated**



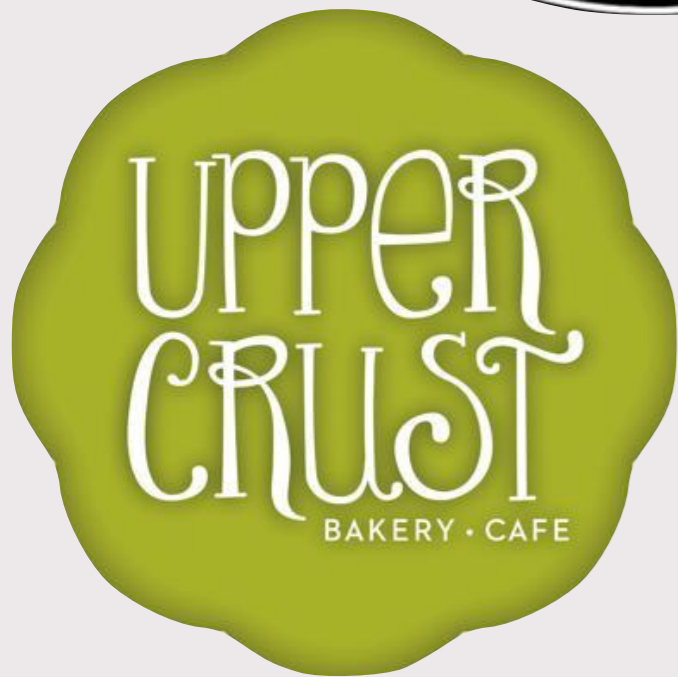
REAL BREAD CAMPAIGN



SAY NO TO SOURFAUX!

FLOUR WATER SALT





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



- <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>