



Break making

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PLAN

- Bread
- History of bread
- Types of bread
- Bread making



- Bread is a staple food prepared from a dough of flour and water, usually by baking. Throughout recorded history it has been popular around the world and is one of the oldest artificial foods, having been of importance since the dawn of agriculture.



- There are many combinations and proportions of types of flour and other ingredients, and also of different traditional recipes and modes of preparation of bread. As a result, there are wide varieties of types, shapes, sizes, and textures of breads in various regions. Bread may be leavened by one of many different processes, ranging from natural fermentation (so-called sourdough) to industrial yeast or chemical leavening, or by pressure artificial aeration methods. However, before they can be used for baking, the dough must be leavened, so that it can rise. Many non-leavened breads are also included, ranging from fruit



□ Depending on local custom and



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HISTORY OF BREAD

- The importance of bread in the formation of early human societies cannot be overstated. From the western half of Asia, where wheat was domesticated, cultivation spread north and west, to Europe and North Africa, and enabled humans to become farmers rather than hunters and foragers.



This in turn led to the formation of towns, as opposed to the nomadic lifestyle, and gave rise to more and more sophisticated forms of societal organization. Similar developments occurred in eastern Asia, centered on rice, and in the Americas with maize.





TYPES OF BREAD

- Bread is also made from the flour of other wheat species, rye, barley, maize, and oats, usually, but not always, in combination with wheat flour. Spelt bread continues to be widely consumed in Germany, and emmer bread was a staple food in ancient Egypt. Canadian bread is known for its heartier consistency due to high protein levels in Canadian flour.





quick bread



Rye bread



Flat bread

TYPES OF BREAD



Barley bread



maize bread



oats bread

BROWN BREAD

BROWN BREAD IS MADE WITH ENDOSPERM AND 10% BRAN. IT CAN ALSO REFER TO WHITE BREAD WITH ADDED COLORING TO MAKE IT BROWN; THIS IS COMMONLY LABELED IN AMERICA AS WHEAT BREAD



RYE BREAD

RYE BREAD IS MADE WITH FLOUR FROM RYE GRAIN OF VARYING LEVELS. IT IS HIGHER IN FIBER THAN MANY COMMON TYPES OF BREAD AND IS OFTEN DARKER IN COLOR AND STRONGER IN FLAVOR. IT IS POPULAR IN SCANDINAVIA, GERMANY, FINLAND, THE BALTIC STATES, AND RUSSIA.



THE MAIN ELEMENTS OF BREAD





STAGES OF MAKING BREAD



□ Thank you for your
attention