



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) or industrial yeast, to the use of chemical leavening agents. However, some breads are not leavened, so they are called unleavened. Many non-leavened breads are made from fruit



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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 BAL TIC STATES, AND RUSSIA.



THE MAIN ELEMENTS OF BREAD





STAGES OF MAKING BREAD



□ Thank you for your
attention