



## TECHNOLOGICAL NOTE NO. 4

### Production of home – made bread



## COMPONENTS

water, yeast, sugar, fine flour, salt, cumin

nutrition value per 100 g: 1,63 g fat, 50,77 g saccharides, proteins 8,26 g, fibre 4,288 g, calcium 97,172 mg, vitamins, minerals

## TECHNIQUE

First of all prepare sourdough. You need about 3 tablespoons of lukewarm water, 50 g of yeast and a teaspoon of sugar for that. Put it into a bowl, stir it properly and put on the warm place to prove.

Put 1 kg of fine flour, 1 table spoon of salt with cumin into a bigger bowl, then add proved sourdough and  $\frac{1}{2}$  litre of lukewarm water and knead the dough well. First you can use a kneader and then knead it again on the rolling board. If the dough is too runny, add a little flour. Leave it to knead well.

Make two small loaves and put them on the oiled can tin or baking paper. Leave it to knead for a while again. Then put it into the preheated oven to bake in for about 10 minutes, grease it with melted butter and salt water. Bake home-made bread about  $\frac{1}{2}$  hour as needed (it depends on the type of the oven)

## PACKAGING

a loaf packed in a paper bag, the weight of 1000 g



## DISTRIBUTION

in plastic transport boxes

## USE

Bread belongs to the basic food which is prepared by baking dough or its steaming or frying and it consists minimally of some flour, water, salt and sourdough. Some kinds of bread contain some spice and seeds too. The seeds are also used as bread decoration. Bread itself started to be baked in Egypt around 4000 BC in the shape of a griddle cake to which sourdough was put. This kind of bread is now called Arabian or Pita bread, which is the most popular in the CR with gyros.



## EXAMPLE OF A NATIONAL RECIPE

### FARMER'S LOAF – regional foodstuff

The Farmer's loaf is characterised by chestnut colour of its crust and strong aromatic juicy crumb which is making savourous smell. The bread is made from rye sourdough which is different by its trait from existing rye sourdough on the regional market. Its typical attribute is bigger porousness of the crumb, which makes bread original.



**Composition** – water, yeast, sugar, fine wheat and rye flour, salt, cumin

**Packaging** - a loaf without a packaging,

**Weight** - 900 g

Average nutritional values for 100 g of product: 230 kcal, proteins 8 g, fat 1,2 g, saccharides 41,5 g, fibre 4,6 g, vitamins, minerals

**Awards** – Regional foodstuff of 2015 – Farmer's loaf

### Bakery and confectionery Sazava

Before more than 25 years a little bakery was established in a small village of Sázava. It connects the tradition of bakers' and confectioner's crafts. It was founded by Mr. Matejicek and Mr. Kollert who got into people's awareness by their gradual work and diligence as the traditional bakery with home-made taste.

Bakery and Confectionery Sazava has not just its unique chain of baker's shops but also an important share in regional independent market with bakery products. Now the Bakery and confectionery Sazava is dynamically developing company with own 28 shops. Among their dominant products belongs their wide offer of breads made from traditional rye sourdough.

The aims of the company are products with the traditional recipes, craft work and a unique taste, which is its biggest value. They do not just finish baking of their bakery products but they mostly bake it straight in front of customers' eyes.



## RECIPE

### Zucchini toasts



#### Components:

Zucchini mixture: 1 onion, 100 g bacon, oil, 500 g c, 3 garlic cloves, milled pepper, salt, soya sauce according to your taste

Next: 6 slices of stale bread, brown or white toast bread, oil for frying, garlic for spreading, a tissue

#### Procedure and preparation:

Heat up a small amount of oil on the frying pan and put there gently chopped onion to turn glassy. Add cut bacon and frizzle it, pour more sliced young unpeeled zucchini with chopped garlic. Sauté and mix it randomly. When it is ready, season it with pepper, salt and soya sauce (you can use Worcester sauce or different spice). During roasting we can brown bread slices or toasts on a pan or we can use a toaster. When toasts are ready and still hot, take squishy garlic and spread on them.

Put ready zucchini mixture on the toasts and serve. We can decorate them with grated cheese or fresh vegetables. If you like eggs you can put two of them into the zucchini mixture at the end and let them clot.