

# How we make our bread



All of our breads are made using a tradition slow fermentation to develop flavor, texture and improve shelf life. Some of our breads use only wild yeasts, such as sourdoughs, and all of our breads contain a varying level this natural starter. The starter is created from flour and water and natural yeasts found in the air. It is claimed that a bread made from a starter in one area will produce bread that tastes different to a bread made with a starter from just a couple of miles away.



Making bread with a natural leaven is divided into three stages, and takes time, skill and a little bit of passion. Each loaf we produce is handmade and unique. As an example, our sourdough starter is created from flour and water and the natural yeasts from the surrounding air. The starter is maintained by a daily “feeding” of flour and water to “train” it to be a successful starter -some starters have been on the go for decades.



Next, we make a leaven using the starter mixed with more flour and water. This is left to develop for several hours or overnight. This stage helps to develop the gluten structure in the bread and allow it to trap carbon dioxide and to create the rise and crumb we expect in our bread. This stage also develops the typical sourdough flavour, and improves the shelf life of the finished product.



Finally, the bread is shaped and allowed to rise in baskets over a period of 3 to 4 hours before baking in our traditional oven. Each sourdough bread takes 36 hours to make to give a depth of flavour that is unsurpassed, the crumb is light and airy and the keeping properties extend to one week in the right conditions.