



SOURCES OF SUSTENANCE

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LET'S GET THIS BREAD

Bread is the most widely consumed food in the world, and humans have been baking bread for approximately 30,000 years. Until over 100 years ago all types of bread were sourdough breads that were naturally leavened. Recently, commercial yeast that has been processed and produced in a factory has grown in popularity since it speeds up the leavening process.

Whether bread is made with natural or com-



Sourdough bread is made with starter culture, artisan bread flour, artisan all purpose flour, and 100% whole wheat flour, as well as water and salt.

mercial yeast, both forms are fermented with the exception of sweet breads.

Commercial yeast is dormant in its package and becomes activated when it comes in contact with water. Commercial yeast expedites the fermenting process to produce bread faster, and this is one reason why it might be favored over natural yeast, while some might consider natural yeast a hassle.

Natural yeast is made by mixing flour and water together and letting it ferment. This is called a starter or mother culture. Naturally occurring wild yeast exists in the air, and when it reacts with the mixture of flour and water, over time it will ferment to form a bubbly, acidic, and sour smelling substance that will rise and fall as it is continually fed. When a starter is added to bread dough, it causes the bread to spring up in the oven.

During the 20th century, bread making changed drastically. With enriched flours, conditioners, and chemicals, grocery store loaf bread developed into what is well known today. As the world population increased and bread demand increased, companies such as Wonder Bread introduced white bread that appealed to more people's taste buds.

White bread is made from white flour, and white flour is made from wheat kernels as is whole wheat flour, but the bran and germ are removed from the kernel. This is what gives wheat its nutritional value, so to compensate for nutrients lost, Wonder Bread enriched their flour with vitamins such as iron, calcium, and B vitamins. Relatively recent nutrition research has revealed that enriched breads that have essentially been made in a lab are not as wholesome and healthy as whole wheat sourdoughs.

A loaf of bread on the shelf at the grocery has anywhere from 20-40 ingredients, which often includes high fructose corn syrup and sugar. However, a loaf of sourdough consists of only three ingredients: flour, water, and salt. □