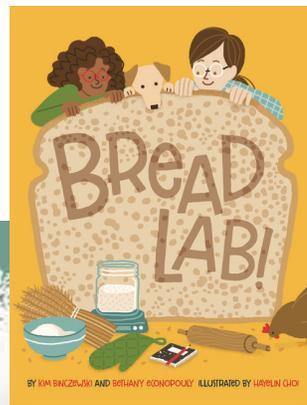


New from Readers to Eaters...



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illustrated by Hayelin Choi

BREAD FACTS A BAKER'S DOZEN*

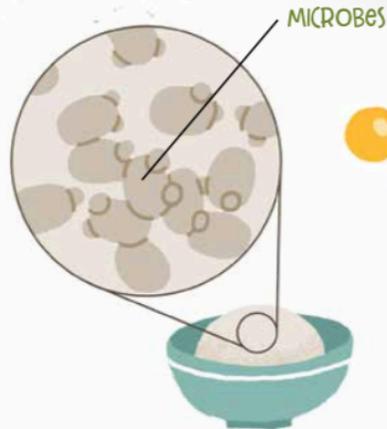
1 People all over the world love to eat bread, whether it's pita, challah, bagels, pretzels, roti, naan, crumpets, flatbread, focaccia, tortillas or pizza.

2 Bread making always starts with two ingredients: flour and water.

3 Flour is made of grain, and grains are seeds. The process of grinding grain to make flour is called **milling**.

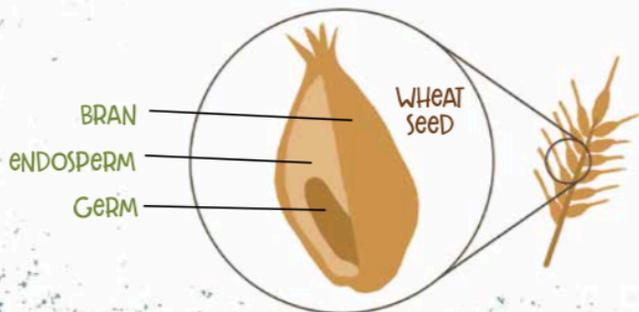
4 Wheat is the most common type of flour, but other grains—including barley, rye, oats and buckwheat—are also used to make flour.

5 Whole wheat flour contains all three parts of the wheat seed—bran, endosperm and germ—full of vitamins, minerals and fiber that make whole wheat bread particularly nutritious and delicious.



6 The secret to making sourdough bread is tiny microbes of bacteria and yeast—including lactic acid bacteria such as *Lactobacillus* and wild yeasts such as *Saccharomyces* and *Candida*.

*A **baker's dozen** is the usual dozen—12—but with one extra!



7 Wild yeast and bacteria float around in the air and live on seeds and in flour. When you add water to flour, these microbes feed on the sugars in the flour and multiply. So, with just flour and water, you can create a bubbly mix of microbes. This mix is called a **starter** because it starts the bread-making process. You can **keep** your starter alive for years.



8 When microbes eat, they release bubbles of carbon dioxide (CO₂). These bubbles make bread dough rise and create the holes you see in slices of bread. These microbes also produce acids when they eat. Lactic and acetic acids give sourdough bread its famous, wonderfully sour taste and smell. Amino acids add the sweet, nutty and toasty flavors.

9 The process of yeast and bacteria eating sugars in the dough—and then producing gases, acids and alcohols—is called **fermentation**.

10 When it's time to start making your bread dough, you add starter, flour and water to create what we call a **sourdough mix**. Other names for a sourdough mix include preferment, leaven or levain, refresh, poolish and biga.

11 After you've added flour, water and salt to your sourdough mix, you're ready to start working your dough into whatever shape you choose, whether it's a loaf or a pretzel.

12 Experienced bakers find that sourdough bread tastes better after it has had time to cool, which allows the flavors from the flour and fermentation to develop. But hot bread, fresh from the oven, is hard to resist.

13 April 1 is National Sourdough Bread Day in the United States.

