THE BREAD OF LIFE

“Leaven” in the Bible

And the people took their dough before it was leavened, having their kneading bowls bound up in their clothes on their shoulders. (Ex 12:34)

Another parable spake he unto them, The kingdom of heaven is like unto leaven, which a woman took, and hid in three measures of meal, till the whole was leavened. (Matthew 13:33)

Know ye not that a little leaven leavens the whole lump? (1 Cor 5:6)

Leavened bread in ancie

In ancient Egypt, the word for bread was the same as the word for life.
Emmer wheat and barley are by far the most common grains of ancient Egypt, while other varieties of these species and some millet have been identified.

In the beginning, the simplest Egyptian bread was made from flour mixed with water and salt, patted into flat circle with the hands laid on a hot rock next to the fire to cook (like tortillas bread of today).

Egypt produced the first leavened bread perhaps by accident. One theory is that yeast landed on some dough left out. The gluten in the flour went to work and the bread puffed up.

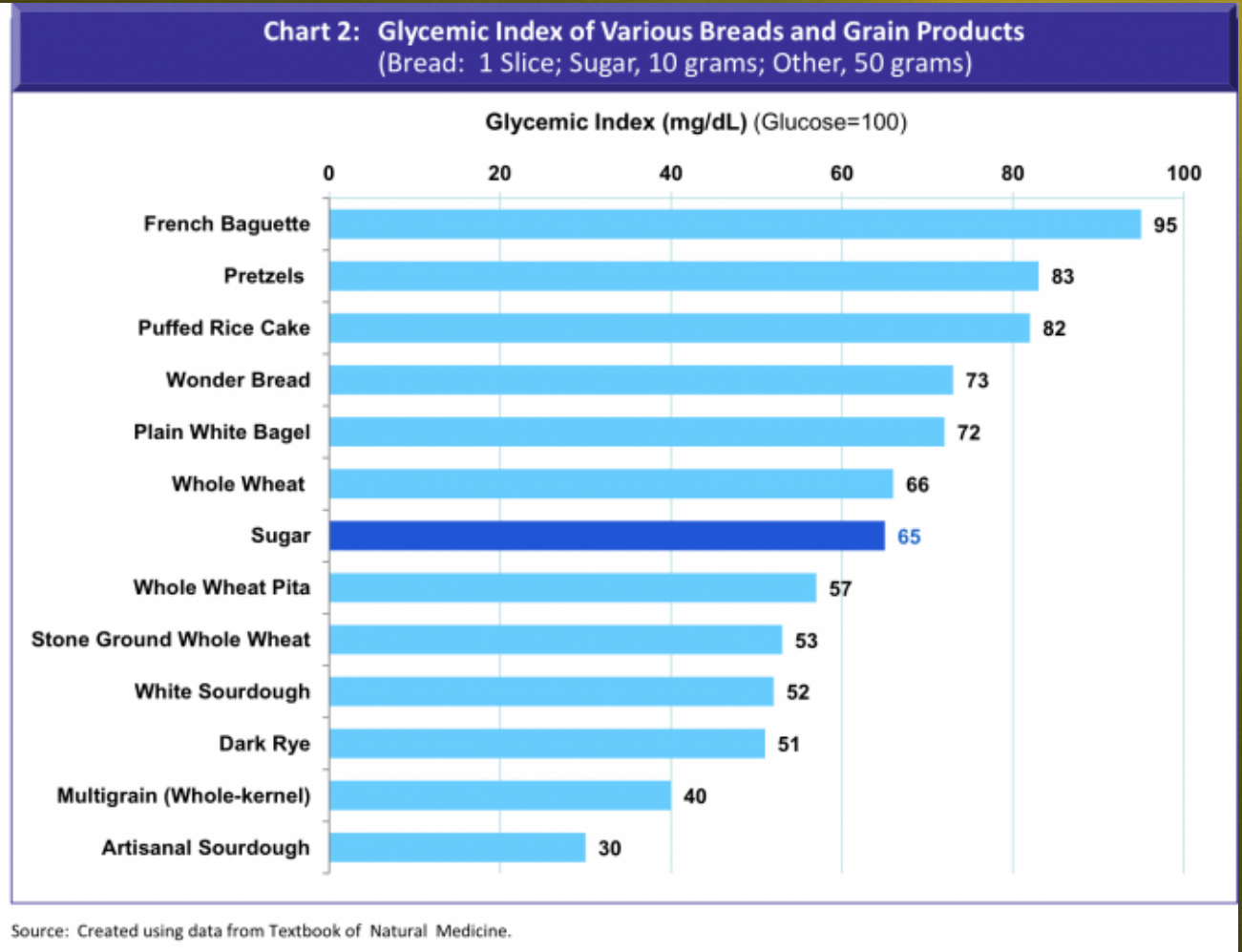
A sourdough method was employed for leavened bread. Remnants of a previous batch of dough was mixed with new dough and allowed to ferment or sour overnight.

- The Egyptians did not have yeast sealed in foil packets of jars, not did the pilgrims or settlers.
- So, where did the families through history get yeast?
- The answer is simple: from family and community, and originally from the air. Wild yeast is everywhere – in the air you breathe, on the bark of trees, on leaves. Ever seen the white film on backyard grapes? That's wild yeast. The same film can be found on juniper berries. For centuries, both berries have been used as natural "start" for bread yeast. Natural yeast is sometimes referred to as sourdough, but with the right strain of yeast, it doesn't have to be sour.
- Until the 19th century, homemade yeast was the only kind there was. In 1857 Louis Pasteur discovered that living organisms- yeasts- were responsible for fermentation. In the U.S., compressed yeast cakes were introduced to the nation at Philadelphia's Centennial Exposition in 1876, which drew 10 million visitors. When America entered World War ll , yeast companies developed dry yeast for the military which did not require refrigeration. And then in 1984, rapid-rising yeast was invented in U.S. laboratories.

The 1980s also saw another trend- the beginning of a continui
spike in Celiac disease, gluten intolerance, acid- reflux diseas
diabetes, and wheat allergies. There is evidence that using n
yeast can help combat these problems.

The slow rising process of natural yeast has many critically
important health benefits:

- Natural yeast slows digestion ho help you feel full longer,
- making it a natural way to eat less.
- Friendly bacteria neutralize phytic acids that otherwise pre
- minerals found in the grain from being absorbed properly
- They also predigest the gluten, making it easier for people
- with gluten intolerance to absorb bread
- Best of all…



Natural yeast lowers the body's glycemic response to all carbohydrates.


INGREDIENTS: WHEAT FLOUR, WATER, HIGH FRUCTOSE CORN SYRUP OR SUGAR, YEAST. CONTAINS 2% OR LESS OF: SOYBEAN OIL, BARLEY MALT, WHEAT GLUTEN, SALT, CALCIUM CARBONATE, SODIUM STEAROYL LACTYLATE, VITAMIN D3, VINEGAR, MONO- AND DIGLYCERIDES, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, YEAST NUTRIENTS (AMMONIUM CHLORIDE, AMMONIUM SULFATE), ENZYMES, YEAST EXTRACT, WHEAT STARCH, CALCIUM DIOXIDE, FERROUS SULFATE (IRON), "B" VITAMINS [NIACIN, THIAMINE MONONITRATE (B1), RIBOFLAVIN (B2), FOLIC ACID], SOY LECITHIN, AZODICARBONAMIDE, SOY FLOUR, WHEY, CALCIUM PROPIONATE (TO RETAIN FRESHNESS), DATEM, SORBIC ACID. CONTAINS: WHEAT, MILK, SOY.
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Corporate Office, Irving, TX 75039 ©2012 HBI
518961 Questions or Comments? Contact us toll free 1-800-483-7253 Mon.-Fri. 8:30am-4:30pm Central Time or online at www.wonderbread.com


SOURDOUGH BAKING COMPANY
SLICED
URDOUGH
Nutrition Facts
Serving Size: 1 Slice (49g)
Servings Per Container: About 14
Amount Per Serving
Calories 120 Calories From Fat 10
Total Fat 1g 1%
Saturated Fat 0g 1%
Trans Fat 0g
Polyunsaturated Fat 0g
Monounsaturated Fat 0g
Cholesterol 0mg 0%
Sodium 230mg 9%
Total Carbohydrate 23g 8%
Dietary Fiber 1g 3%
Sugars 0g
Protein 4g
Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 8%
Thiamin 20% • Riboflavin 10%
Niacin 10% • Folate 15%
*Percent Daily Values (DV) are based upon a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.
Calories 2,000 2,500
Total Fat Less than 65g 80g
Sat. Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4
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INGREDIENTS: ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, CONTAINS 2% OR LESS OF THE FOLLOWING: VITAL WHEAT GLUTEN, SALT, YEAST, DISTILLED VINEGAR, VEGETABLE OIL (CANOLA AND/OR SOY), CORN MEAL, DOUGH CONDITIONERS (ASCORBIC ACID AND AZODICARBONAMIDE), CALCIUM SULFATE, ENZYMES, POTASSIUM SORBATE (MOLD INHIBITOR).
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Ingredients:
Organic White Whole Wheat Flour, Filtered Water, Organic Canola Oil, Organic Wheat Gluten, Organic Cane Sugar, Sea Salt, Yeast, Organic Apple Cider Vinegar, Organic Dough Conditioner (Organic Unbleached Wheat Flour, Natural Enzymes, Ascorbic Acid).
Contains Wheat.

Isn’t sourdough bread bad for us?

- Many a life has been sacrificed by the eating of heavy, sour bread. An instance was related to me, of a hired girl who made a batch of such bread. In order to get rid of it and conceal the matter, she threw it to some very large hogs. Next morning the man of the house found his swine dead; and upon examining the trough he found pieces of this heavy bread. He made inquiries, and the girl acknowledged what she had done. She had not thought of the effect of such bread upon the swine. If sour heavy bread will kill swine, which can devour rattlesnakes and almost every detestable thing, what effect must it have upon that tender organ, the human stomach? (CTBH 156.1)

We frequently find graham bread heavy, sour, and but partially baked, This is for want of interest to learn, and care to perform the important duty of cook. (CD 317.3)

The stomach has not power to convert poor, heavy, sour bread into good food, but this poor bread will convert a healthy stomach into a diseased one. (CD 317.5)

In many families we find dyspeptics, and frequently the reason of this is the poor bread. The mistress of the house decides that it must not be thrown away, and they eat it. Is this the way to dispose of poor bread? …Has the stomach power to make sour bread sweet? Heavy bread light? Moldy bread fresh? (CD 318.1)

Some do not feel it is a religious duty to prepare food properly; hence they do not try to learn how. They let the bread sour before baking, and the saleratus added to remedy the cook's carelessness makes it totally unfit to the human stomach. It requires thought and care to make good bread. But there is more religion in a good loaf of bread than many think. (CD 315.4)

Bread should be light and sweet. Not the least taint of sourness should be tolerated. The loaves should be small, and so thoroughly baked that, as far as possible, the yeast germs shall be destroyed. (CD316.4)

- Owen Simmons "The Book of Bread" (1886) analyzed various breads from bakeries across the whole of England, Scotland and Wales. A bread made with 8oz of malt extract and 8 oz of yeast Simmons described as "A miserable loaf- to be guarded against. Worst seen for a long time. Poor flour, poor process, poor skill". Another local baker's bread was likewise described as "Poor loaves, overworked. Bad flavor, bad smell and cold oven largely contributed. Sponge too long. Other loaves ranged from atrocious, sour, pasty and discolored. Fortunately elsewhere some were described as beautiful or excellent, but finding good bread at the end of the 19th century was hit and miss.
- Some of the commonly used additives added to bread in the 19th century were actually poisonous. To whiten bread, bakers sometimes added alum and chalk to the flour, while plaster of Paris (calcium sulphate), mashed potatoes, pipe clay and even sawdust could be added to increase the weight of loaves. Dried, powdered beans were commonly used to replace wheat flour and the sour taste of stale flour was then disguised with ammonium carbonate.

What kind of yeast did our pioneers use?

Leavened Bread

Sweet Brown Bread- take one quart of rye flour, two quarts of coarse Indian meal, one pint wheat meal, half a teaspoon of molasses or brown sugar, and one gill of potato yeast. Mingle the ingredients into as stiff a dough as can be stirred with a spoon, using warm water for wetting. Let it rise several hours, or overnight. Then put it in a large deep pan and bake five or six hours. (HHTL 34.6)

Potato or Hop Yeast

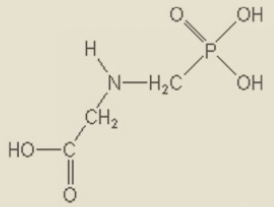
- Wash, pare, and grate, one dozen large potatoes. Boil two large handful of hops in five pints of water, and strain it on to the grated potatoes. Add a teacupful of sugar and one-half teacup of salt. Put all in a tin pail or pan, and set into a kettle of boiling water, and stir occasionally till thoroughly cooked. When nearly cool add a pint of good yeast and let it rise. One tablespoon of this yeast is sufficient for an ordinary loaf of bread. If in a cool place it will keep several months in summer without souring. (HHTL

- 1870 (Testimonies for the Church 2:383,384)
- "A moderate amount of milk and sugar, a little salt, white bread raised with yeast for a change, graham flour prepared in a variety of ways by other hands than her, plain cake with raisins, rice pudding with raisins, prunes, and figs, occasionally, and many other dishes I might mention, would have answered the demand of appetite."
- (Commercial fresh compressed yeast was not even introduced till 1876, so EGW was referring to a homemade wild yeast)

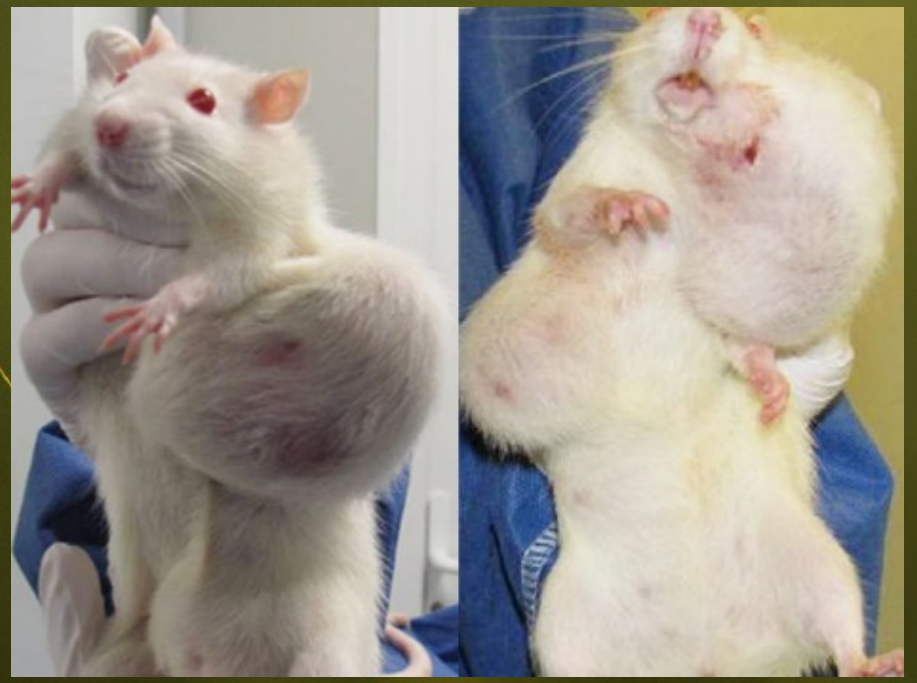
One more thing about the wheat

Glyphosate, the Main Ingredient in Roundup, is Dangerous to Human Health & Should Be Banned Like DDT

1. Endocrine (hormone) disruptor possibly making you fat
2. Causes birth defects & tumors
3. Binds needed metals in body and removes them
4. An antibiotic killing beneficial gut bacteria
5. Has a possible link to Autism
6. Linked to cancer and other illnesses
7. Damages cellular DNA



MAMAVATION
CHANGING LIVES ONE MOM AT A TIME



Desiccation of wheat, and other cro

Round- up residue in our food

- “We are told these (glyphosate residues) are too small to matter but can we believe that? I think everyone, even farmers that use and love glyphosate, would rather not eat a loaf of bread with glyphosate in it...
- Consumers don’t realize when they buy wheat products like flour, cookies, and bread they are getting glyphosate residues in those products.
- We have seen an explosion of gluten intolerance. What’s really gong on?
- Can you imagine the public’s response if they knew that glyphosate is being sprayed on the oats in their Cheerios only weeks before it is manufactured?”

Round-up in our food

Non-organic cereals and grains are the most common food with glyphosate.

Wheat, barley, rice, oats, popcorn, sorghum, lentils, peas, beans, non-GMO soybeans, corn, flax, rye, buckwheat, millet, canola, sugar beets, potatoes and sunflowers.

- In 2003 BASF, the chemical company, introduced Clearfield wheat, which is tolerant to their proprietary herbicide Beyond, much like Roundup Ready Corn is tolerant of glyphosate. They proudly proclaim that the wheat is not the product of genetic engineering, but of "inhanced traditional plant breeding" methods. The technique is called "chemical mutagenesis" and might be worse than GMO engineering. Using a highly toxic chemical-sodium azide- as well as gamma and x-rays radiation, the exposed wheat embryo mutates. After further experimentation, testing and development, Clearfield wheat emerges and is tolerant of the Beyond herbicide. Clearfield is now supplied in 20 varieties and nearly a million acres are planted with it in the US and Canada.

He which testifieth these things saith, Surely I come quickly. Amen. Even so, come, Lord Jesus. (Revelation 22:20)

TIPS TO PREVENT "SOUR" BREAD (USING LEAVEN/STARTER)

1. REGULAR FEEDING

A starter (the active mother culture) contains both wild yeast and beneficial bacteria (called lactobacilli). Rugular flour feedings keep the organisms fed and in balance. But missing a feeding gives the bacteria a leg up. The yeasts run out of food when the simple sugars in flour are all consumed, and they start dying off. But the bacteria still have food to eat. They eat expired yeasts, along with the yeasts' wastes, and continue to produce lactic acid, the main sour flavor. And so the starter gets more sour. Feed at least 2 x week!

2. LOSE THE HOOCH (the liquid that rises to the surface)

Pour off the hooch- the acidic liquid the organisms produce after consuming the simple sugars in flours. This is where the sourness from the lactobacilli mainly resides. If fed regularly, your starter may not produce much hooch. Refrigerating your starter slows down the “hooch” formation

3. SHORTER RISING TIMES

Let your dough rise for shorter times, rather than longer. Sourness develps over time. As the wild organisms consume the simple sugars in flour, they produce acids. The acids give the characteristic sour flavor. Less time= less sour. The ideal rising time is between 6-12 hours. You will get heavier and more sour bread if you will let your dough proof for longer then 12 hours.

4. COOLER RISING LOCATION

Let your dough rise in a cooler location. The wild organisms that work on grains to optimize nutrition and digestion really go to town at warmer temperatures. When they feast, they produce those sour acids. So, slow them down by keeping them cooler.

5. USE MORE STARTER

Use more starter in a recipe, not less. This sounds strange, but here's why it works. More starter will work more quickly to rise and prepare the dough for digestion, resulting in less time for the dough to become sour. If adjust a recipe to add more starter, you should lessen the amount of water or liquid.


BOSCH
universal plus
800W

BASIC BREAD RECIPE- 4 LOAVES

- 1 cup starter (mixed to remove bubbles)
- 5 cups of lukewarm water
- 4 tsp sea salt
- 12 to 12 ½ cups of flour (50 % whole wheat , 50% unbleached white)

optional: ¼ cup of olive oil

¼ cup of molasses

1 cup of seed mixture

*** for pizza dough use ½ of the starter (for this recipe- ½ cup)

WAFFLES WITH LEAVEN

- 2 cups of flour (organic white, whole wheat or spelt)
- 1 ½ c water
- 1 c leaven
- ¼ c oil
- 2 eggs or flax eggs (2 Tbs ground flax with 6 Tbs water)
- 1 Tbs sugar or honey
- 1 tsp salt
- 1 Tbs water
- 1 tsp baking powder
- Mix flour, water and leaven. Cover and let it sit for about 4 hours.
- Stir oil, flax eggs, sweetener into the batter, mix well. Add baking powder. Bake in the waffle iron.

PUTTING YOUR STARTER ON HOLD (kingarthurflour.com)

- Spread it out to dry
- Dry the starter completely, until it's brittle
- Break it into pieces
- Store it airtight. Keep the jar in a cool, dark place
- Bring your starter back to life (1 oz of starter chips+ 2 oz warm water)
- Stir the mixture occasionally (about 3 hours)
- Feed with flour- 1 oz , cover it lightly, keep it warm (about 85 F)
- Let it rest until it bubbles
- Feed your starter again (don't discard! 1 oz water with 1 oz flour)- more bubbles… (8 hours?)
- Feed again
- Put the starter back on its regular feeding schedule

Very useful website- breadtopia.com

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