



# HOW BREAD IS MADE



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Three important people are involved in making bread.



**THE FARMER**

The farmer provides the wheat.



**THE MILLER**

The miller mills the wheat into flour.



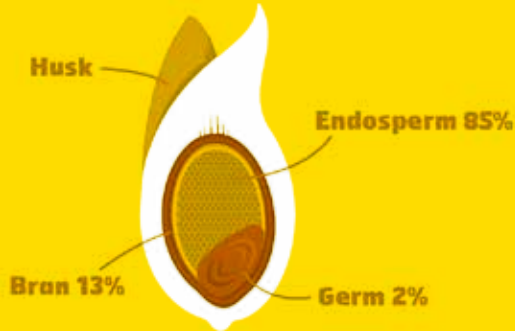
**THE BAKER**

The baker bakes the flour into bread.

# WHAT IS BREAD MADE OF?

## Wheat

Wheat is grown in the fields by farmers.



Wheat is milled to produce flour and is the main ingredient in bread. It contains 'gluten', which is what makes dough stretch and rise in the oven.

## Water

Water is used to make the bread mixture stick together.

## Yeast

Yeast feeds on the naturally occurring sugar in the flour and makes the bread rise in the oven by producing a gas called 'carbon dioxide'. Yeast also helps develop flavours in the bread.

## Salt

Salt is added to enhance the flavour of the bread. It also slows the yeast down, stopping the bread from rising too fast.

## Soya Flour

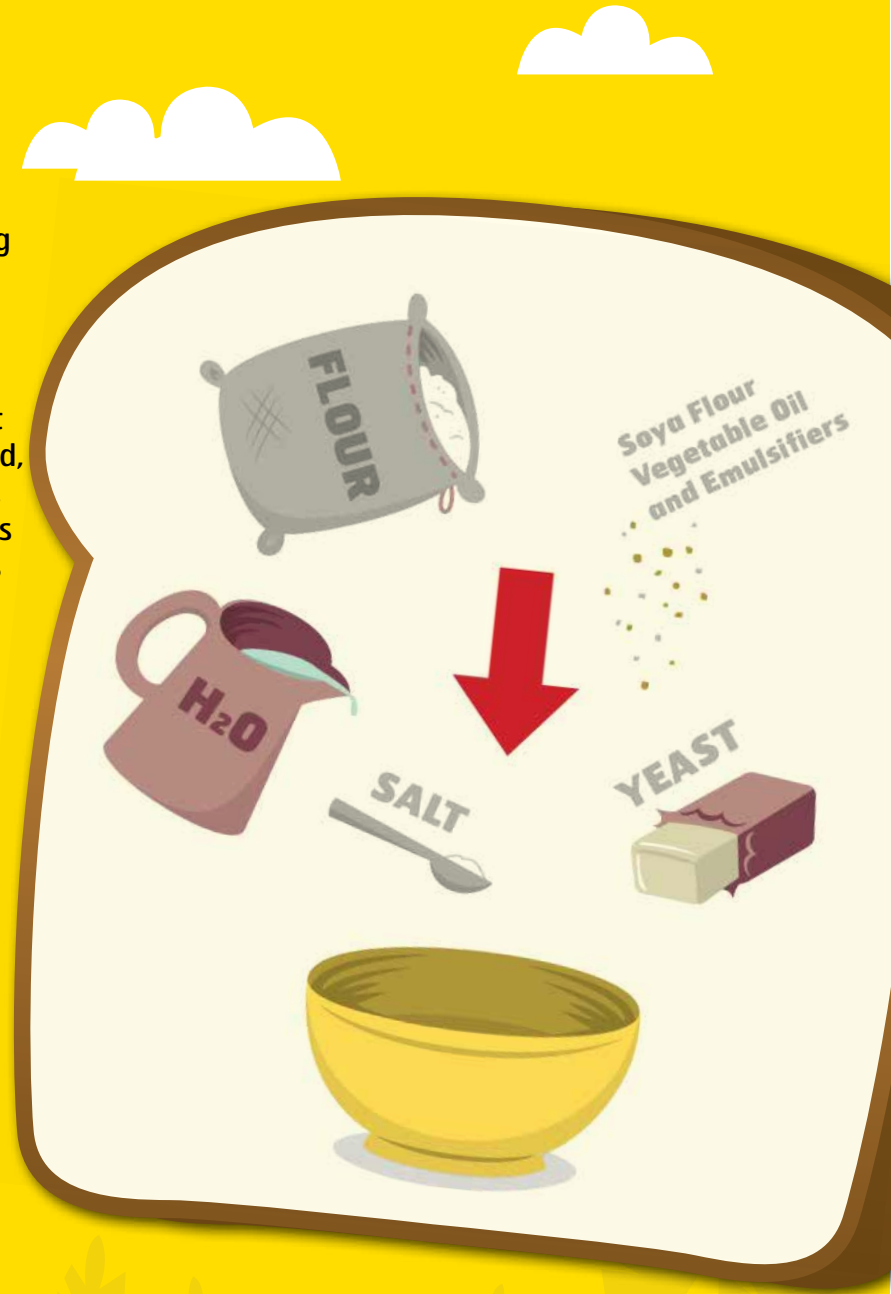
Soya flour is important in making bread as it has many functions. It helps soften the bread, provides food for the yeast and holds water, which keeps the bread moist. It also contains an ingredient (an 'enzyme'), which improves the natural colour of the bread.

## Vegetable Oil

Vegetable oil is added to the bread to make it soft and keep it fresh.

## Emulsifiers

Emulsifiers prevent separation of oil and water solutions helping to stabilise and give strength to the bread while it rises, stopping the dough from collapsing. They also give the bread a nice shape and volume.



# The Miller

When the miller gets the wheat, he tests it to see how good it is. For example, he'll measure the amount of protein and moisture in the wheat. Then the wheat is sorted into different varieties.

The wheat is cleaned to remove anything that shouldn't be there – like stones, wood, and other grains such as barley or oats.

Water is added to the wheat and left for several hours. This softens the wheat to make it ready for milling.

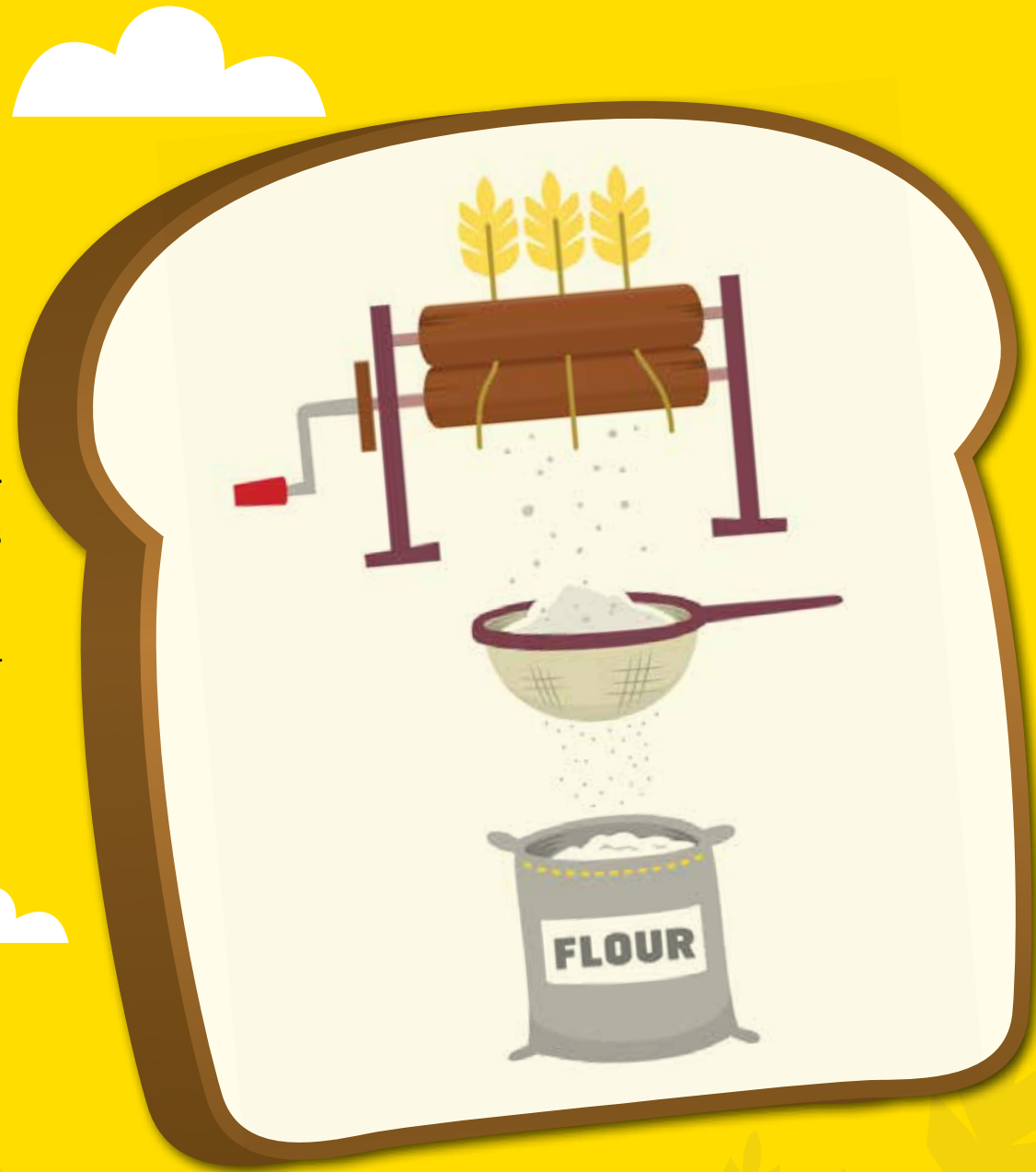
The wheat is then milled. That means large rollers are used to break the grains down.

What's left is the white part of the grain, called the 'stock'. This is then cleaned. That means that all the stock is the same size and shape. A sieve then removes the 'bran' and 'germ'.

Thereafter the stock is ground down further into flour, then it is sifted again with a giant sieve. Only when the stock passes through all of this, is it called flour.

Flour is made up of different types of wheat. This is known as the blend or 'grist'.

Unlike white flour, wholemeal flour includes the bran and the germ.



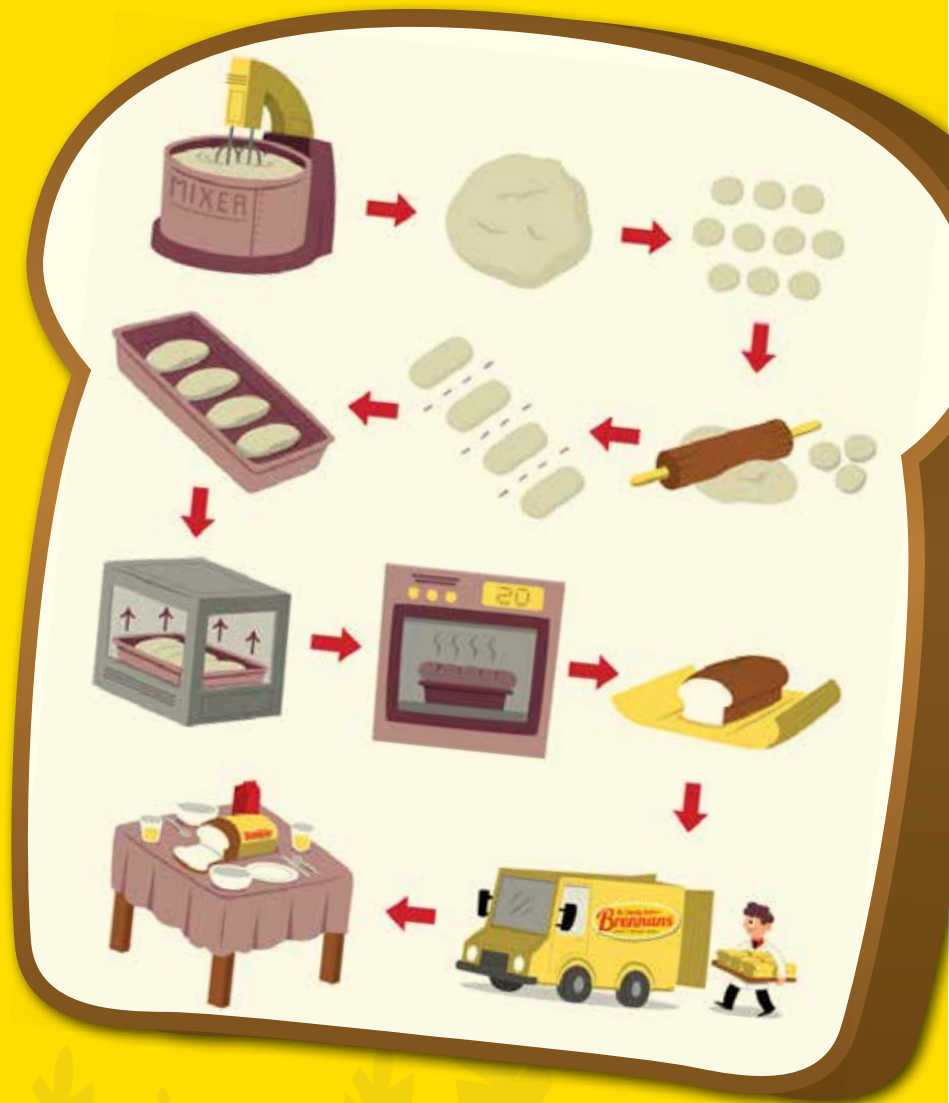


# The Baker

Finally the baker gets his hands on the flour. Bread used to be made by hand, but today we use some big machines to help us make it.

- Flour is delivered to the bakery.
- In the bakery, the mixer mixes the flour, water, yeast, salt and 'improver' (soya flour, vegetable oil and Emulsifier), according to the recipe.
- All the ingredients, and only the best will do, are mixed together to form dough.
- When the dough comes out of the mixer, the baker checks that it's not too tight, not too loose, not too hot and not too cold.
- The dough is then cut up into the weight of a loaf.
- Next, the dough is shaped into a ball and allowed to rest in a warm area to recover.
- After 5 minutes, the dough is rolled out, flattened like a pancake and then rolled like a swiss roll. Then it's cut into 4 pieces and put into a tin.

- The tin is sent to another warm place called the 'prover'. This allows the dough to relax a second time and it's here that the dough rises.
- As the dough leaves the prover, the baker checks to ensure it's risen correctly.
- Next the dough is then sent to a large, hot oven for baking.
- Here the bread's shape is set and this is also when the 'crust' is formed. The bread bakes really quickly.
- Once it's baked, the baker checks the temperature and height of the bread before removing it from the tin. It's left to cool down in a large, low temperature room. This is called the 'cooler'.
- After 2 hours, the bread is ready to be sliced and wrapped. Here the baker checks it one last time for consistency. If the baker's happy, the bread is ready to go to the shops.
- From start to finish, the whole process can take 5 or 6 hours depending on which bread we are baking.



# Did you know?

Most breads are low fat which means they contain less than 3g of fat per 100g of bread.

Breads are a source of protein.

Most breads do not contain any added sugar. There is naturally occurring sugar in the flour.

White and wholemeal bread contain **fibre**, with brown breads containing more.

The miller adds **Vitamin B** and **Iron** back into the flour as they are lost during the milling process. **Calcium** is also added back to wheat flour.

All our breads are Genetically Modified Organisms (GMO) free. As well as that, because they're so fresh, they don't need any artificial preservatives.

Brennans breads are suitable for vegetarians. They are suitable for vegans too, with the exception of our buttermilk variety.

We specially select our wheat, so as to give top quality bread, crafted perfectly for the Irish palate.



# The good stuff in bread

Brennans bread is full of goodness – it's made fresh every day with the best of ingredients, so it's fresh and tasty for you. It is naturally low-fat, with no added sugar and no artificial preservatives.

If you would like to find out more, just look at our Brennans bread packaging or website ([www.brennansbread.ie](http://www.brennansbread.ie)) for everything you need to know about our bread.

## Ingredients

