The People's Bread Toolkit

SCOTLAND THE BREAD

Home-grown bread for a healthy future

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03 **Introduction to *The People's Bread***

08 **Making *The People's Bread***
09 Criteria for *The People's Bread*
10 Community Recipes

16 **Sharing *The People's Bread***
17 Example workshop schedules
23 Equipment list
23 Teaching materials
26 Opening up conversations

28 **Other information & resources**

30 **Glossary**

31 **Hyperlinks**

Any **orange** text will navigate to different pages within this PDF

If you're viewing this PDF on your computer you'll be able to click the **purple** QR code circles to visit the hyperlinks (only when downloaded).

Introduction to *The People's Bread*

Scotland The Bread is a community organisation devoted to food justice. In a good society, nutritious, tasty and digestible bread should be easily available to everyone, as of right.

The industrialisation and globalisation of our food system have transformed our diets – both the types of food we eat and the food itself. Nowhere is this more pronounced than bread. The soft sliced loaves that make toast and sandwiches today are hardly recognisable as the nutritious staple food bread once was. We trade wheat all over the world as a commodity rather than an important food crop, mill it in ways that remove much of the nutritional content, and produce bread that is low in fibre and hard to digest.

The People's Bread is...

...the tangible and delicious rallying cry of a movement of plant breeders, farmers, millers, bakers and eaters working to create a better bread system for everyone.

... a Real Bread[1] that serves as a benchmark for wholesome change in the way we grow, mill, bake and eat grain.

...not a specific recipe, but rather a set of guiding criteria that - if followed - will produce bread that positively impacts personal and planetary health.

Whether it is a loaf, flatbread, batch of rolls or any other shape you can imagine, *The People's Bread* is a way for everyone to get involved in and share the benefits of a more healthy, equitable, sustainable and locally-controlled bread supply.

[1] *Real Bread is made without chemical raising agents, so-called processing aids or any other additives.*

Why do we need *The People's Bread?*

The modern British loaf no longer nourishes us

The recent history of bread in the UK reveals multiple failings and unintended consequences of the industrial food system.

1870s New roller milling technology was introduced in flour milling that was more efficient than traditional stone grinding and sifting. It was more effective at separating white flour (the 'endosperm') from the bran and germ (containing important minerals, vitamins and fibre). This technology was particularly useful for milling the 'hard' bread wheat imported to the UK from Russia and later Canada and the USA.

1880s Dr Thomas Allinson deplored the loss of nutrients in roller-milled flour and set up his own stone mills to make wholemeal flour for bread. Companies such as Hovis developed brown flour with extra wheat germ in an attempt to supply something healthier than white.

1912 The full extent of the nutritional losses caused by modern production methods was revealed with the discovery of vitamins.

1939 Leading nutritionist Jack Drummond wrote that from 1870 'to the present day a large part of the population of England has been subsisting on diets containing considerably less vitamin B1 than is physiologically required.'

1942 When wheat supplies ran low during the Second World War, the Government subsidised the production of a light brown 'National Loaf' which wasted less grain. The widespread availability of this healthier bread led to an improvement in public health.

1953 The government legislated for the mandatory fortification of industrial white flour with chalk (calcium carbonate), iron and B vitamins. All non-wholemeal flour in the UK contains these 'fortificants' but they represent only a partial replacement of the nutrients that occur naturally in whole grain and may, in any case, be difficult to absorb from eating industrial bread.

1961 The Chorleywood Bread Process was introduced, aimed at increasing the use of UK wheat. It used high-energy mixing, greatly increased levels of yeast and a radically reduced fermentation time. The modern white loaf was born, complete with chemical additives. Thirty years later, two of the additives – potassium bromate and azodicarbonamide – were found to be potential carcinogens and were quietly replaced by a new class of 'improvers' made from industrial enzymes. For example, 'crumb-softening' enzymes keep bread soft for many days and can encourage overconsumption. Novel cocktails of enzymes, emulsifiers and 'flour treatment agents' are found in almost all UK bread products.

Late 1980s Complaints about 'bloating' became more common and medical conditions such as Irritable Bowel Disease were identified. The most common 'ultra-processed' food – white bread – was an obvious culprit. Subsequently people reduced their intake or sought 'gluten-free' alternatives which invariably cost more and often contained less fibre and fewer nutrients.

Today Bread is the most needlessly wasted food in the UK. Almost half of all bread produced in this country is thrown away, with approximately 24 million slices ending up in the bin each day.

There are 120,000 known varieties of wheat but we only grow a handful commercially in Scotland, choosing the highest yielding ones over those with highest nutritional qualities. Many older varieties of wheat have higher concentrations of magnesium, iron and zinc. These minerals are essential for converting food into energy, regulating nervous systems, maintaining immune systems and improving brain and muscle functioning.

In this country, wheat is the second largest cereal crop after barley, but next to none of it goes into bread. The majority of Scotland's wheat is used for animal feed, biscuits, mass market alcoholic drinks or 'bio-diesel'.

Most wheat is grown in an intensive monoculture. This means that all the plants in the field are identical and all equally vulnerable to threats posed by pests, disease or the effects of a changing climate. Chemicals – such as pesticides and fertilizers – are used to produce the crop, causing harm to the soil and local biodiversity.

We need a more transparent bread system and a better standard of bread for everyone

Basic quality industrial bread is 'convenient and cheap' – if you ignore the damage to people's health and the environment caused by the way it is produced. Inadequate labelling and clever marketing limit our ability to know what we are actually eating or how this may affect our health. As a result, today the relationship between food producer and citizen is severely damaged.

Human rights are involved here. There is a clear imbalance of power when, unknown to the ordinary citizen, basic foods are quietly denuded of their goodness by those who profit from their production. This imbalance can only be redressed if the nutritional value of food is maintained at an acceptable level over time and if everyone knows and trusts that this is the case.

We need to bring back transparency in our food system and provide an honest offer to everyone in our communities, particularly people on low incomes. For too long people with limited money and power have had to make do with poor quality, inexpensive food. But a healthy diet is everyone's right. Daily bread that is truly nutritious and digestible can be available to all if we build new relationships of trust between farmers, millers, bakers and citizens.

We all benefit from standards–for everything from car seat belts to drinking water–that protect us from harm. The People's Bread proposes a high standard for our basic food for the benefit of the whole community.

***The People's Bread* aims to be a template for creating delicious healthy bread, guaranteed to benefit both people and planet, made available and accessible to all.**

By baking *The People's Bread*, you are actively creating a better bread system. Imagine...

In 2030, the bread supply chain looks very different.

- Scotland is self-sufficient. Rather than importing wheat from all over the world for our bread, we grow diverse varieties that are suited to our climate and produce high quality flour. Farmers use techniques that support biodiversity and healthy soils, so that fields are teeming with life.

- Community-run and commercial mills are dispersed throughout the country. Farmers and communities growing wheat can process it locally. They use the latest milling technology which produces fine wholemeal flour whilst conserving all the important minerals.

- Everyone has access to fresh, nutritious, high-quality bread. A thousand people have trained or retrained as skilled bakers and every community has a local bakery.

- Bread is the cornerstone of healthy diets. Delicious, naturally fermented bread is the norm – served in schools, hospitals and prisons. Real Bread is easily found on every high street.

- These local supply chains have increased community food security, resilience and empowerment through trusting relationships with producers and opportunities for skill-sharing. Many more people are involved in growing, baking, and eating, with bread bringing communities together.

We know that not every community is yet served by a real bread bakery and that an 'artisan' loaf can be out of the financial reach of many. Meanwhile, the bread options that are available may be lacking in nutrition.

However we also know that there are communities across the country overcoming these barriers. Current examples include a pay-as-you-feel community bakery, baking bread for a food pantry or holding regular breadmaking sessions as part of weekly activities.

We have designed these resources to inspire and equip those who wish to take a similar approach. We are inviting communities to use *The People's Bread* to start discussions about the current bread system and how to create a more nourishing alternative.

The People's Bread should reflect the tastes and culture of the people that make it. That is why, instead of a particular recipe, we have developed guiding criteria that can serve as a foundation for your own creativity.

These ambitious criteria are rooted in our strong belief that everyone should have access to bread which properly nourishes themselves, their community and the environment. By setting higher standards for one of our staple foods we are demanding better than the current offer and redressing the inequality which sees those with fewer resources generally only able to access poor-quality food.

This is a standard for Scotland where there is much to do if we are to achieve the Scottish Dietary Goals on the way to becoming a Good Food Nation.[2]

We trust that everyone calling their offerings '*The People's Bread*' are following these criteria. This way we can rest assured the bread we are eating is indeed benefitting ourselves and our environment.

Criteria for *The People's Bread*

To be labelled *The People's Bread*, the following criteria must be met.

GENERAL DESCRIPTION

A well-fermented loaf, made with a high proportion of locally-milled organic Scottish-grown grain, aimed at producing a nutritious, affordable and accessible bread for everybody.

INGREDIENTS

***The People's Bread* should only contain:**

Flour - At least 75% of the flour must be wholemeal flour, milled in Scotland from organic Scottish-grown grain (wheat, rye, barley, oats etc). Up to 25% of the flour can be lighter than wholemeal, but must also be milled in Scotland from organic Scottish-grown grain.

Salt (at less than 1% of total dough weight)

Water

Sourdough starter (itself only organic flour and water) and/or **baker's yeast** (not 'fast-acting' or 'instant' which usually contain additives. 'Fresh/baker's' and 'active dry' yeast are fine.) If using yeast, it should be used at less than 1% of total dough weight.

The bread must not contain any chemical raising agents, additives or processing aids (such as baking powder, bicarbonate of soda or ascorbic acid).

METHOD

The dough should be fermented for a minimum of four hours. A common (traditional) way of achieving this is to use a small amount of yeast to make a 'sponge' (using a quarter to a third of the total flour and water) which is fermented overnight (for about 16 hours) before being combined with the rest of the water, flour and salt.

There is abundant evidence[3] that natural fermentation using a simple starter culture of flour and water (the method usually known as 'sourdough') allows the activation of beneficial microorganisms in the dough that create the healthiest, most digestible and tastiest bread.

AFFORDABILITY & ACCESSIBILITY

The aim of The People's Bread is (eventually) to be available to everyone as of right. To this end, it should be made with consideration given to how it will be shared with others. For home bakers, this might mean committing to 'bake two, share one'. For community food hubs, using a 'subsidy' such as Scotland The Bread's solidarity bag[4], or providing a communal oven to help people save on fuel costs would do the trick.

It is not possible to set a maximum price because bread sizes, weights and shapes vary so much. However, we do encourage commercial bakers to consider 'pay what you can' or 'pay it forward' schemes, which can help ensure that the best is available to everyone, irrespective of resources.

Examples of ensuring accessibility & affordability can be found in **Sharing *The People's Bread***.

Community Recipes

Rather than a prescriptive recipe, *The People's Bread* is a set of guiding principles and values. We hope that bakers will use their creativity and skill to translate these criteria into bread for everyday consumption – the staff of life, not occasional 'treats'.

This flexibility also ensures that *The People's Bread* does not simply come in the form of a sliced tin loaf, but can be shaped in ways recognisable, accessible to and enjoyed by all of the diverse cultures and tastes in Scotland – such as flatbreads, rolls, bannocks, batons, focaccia, chapati, rooti...

In 2023, we launched *The People's Bread* at the inaugural Scottish Real Bread Festival and as a category within the Scottish Bread Championships. We wanted to know how home, community and professional bakers interpreted the concept, and enjoyed seeing (and tasting!) their ideas.

We are grateful to the passionate and talented bakers who have shared their recipes with us – and we're delighted that we can in turn share these with you.

Of course, we hope that these will serve simply as inspiration and that you will be able to get creative yourself and adapt *The People's Bread* to suit your own community.

If you or members of your community come up with a popular recipe that you'd be happy to share with others, please add it to the recipe database!

Recipe database

Recipe submission form

Rooti

Recipe developed by Neel Paul
Makes about 10 rooti

Ingredients

200 g fine wholemeal wheat flour
4 g salt
150 g warm water

Note: Some people keep a little of their rooti dough aside to be added to the next batch.

Method

- Place the flour and salt in a mixing bowl. Add 100 g of water to the flour, keeping about 50 g in reserve. Since the water might be hot, stir the flour and water initially with a spoon.

- When the dough is cool enough to touch, start kneading with your hand. Knead the dough with your knuckles stretching it out and folding it onto itself. Add more of the reserve water as required. Knead until the dough is smooth and crack free – about 3–5 minutes.

- Cover with a bowl and leave to rest for around four hours. This dough can be made in advance, left in the fridge, and cooked whenever you are ready. The longer the dough is left, the fluffier the rooti will be.

- After the rest, divide the dough into balls about 35 g each. Roll between the palms of your hands into smooth disks. The rounder and smoother they are now, the easier it will be to roll into round rootis later. Keep them covered.

- Place a bowl full of flour on your worktop. Dip a ball of dough into the flour, and use a rolling pin to flatten it. Roll with short strokes while rotating the disk – this is the key to a round rooti. Practised rooti makers can simultaneously roll and rotate the dough with the movement of their wrist. Beginners, however, have to stop and rotate manually. Occasionally sprinkle extra flour to avoid pinching or sticking of the dough. The disk should slide easily on the worktop. Roll along one side, not the centre. Once the rooti is about 16–18 centimetres in diameter, dust off the excess flour and set it aside.

- While you are rolling the rooti, set a tawa or crepe pan to heat on the stove. A thicker or cast-iron pan retains more heat and cooks the outer surface of the rooti quickly, so that the insides can remain soft and puff up.

- Once the tawa is very hot place the rooti on it. When you see small bubbles appear turn it over. Cook the other side for 5 seconds. Turn on another burner and place the rooti on full flame. If everything goes right, it will puff up completely. Once it puffs up turn it over and let the other side develop a few spots – this should only take a few seconds.

- Maintaining the heat level is key here. If the pan is not hot enough, the rooti will become too crisp. If it is too hot it will develop burnt spots in some place but will remain wet in others and will stick to the pan. Once in a while, a rooti will just not puff up even though you seem to be doing everything right. Don't sweat it—the rooti will still be soft.

Wholemeal Rolls

Recipe developed by Ivy Kong
Makes a small tray of four rolls

Stage 1: prepare the pre-ferment sponge

300 g Scotland The Bread organic wholemeal wheat flour
⅛ tsp active dry yeast
280 g warm water
580 g total pre-ferment sponge

The day before you want to bake, mix all ingredients together in a large bowl and leave to ferment for 16-24 hours in a cool place.

Stage 2: making the final dough

580 g pre-ferment sponge above
75 g Scotland The Bread organic wholemeal flour
125 g Mungoswells organic brown bread flour
9 g salt
⅛ tsp active dry yeast (or 50 g refreshed sourdough starter)
140 g warm water
929 g total dough (979 g if made with sourdough)

Add all ingredients to the pre-ferment inside the bowl and mix together, using your hand to ensure that everything is well mixed.

Cover the bowl with a plastic bag, shower cap or tea towel and leave for one hour. In the meantime lightly grease a 20 cm square baking tray.

Do a 'stretch and fold': wet your hands and 'fold' the dough by pulling it up and over itself from each of the four sides of the bowl, then turn the whole ball upside down. Cover and set a timer for 15 minutes. After 15 minutes, do another 'stretch and fold', then place your dough into the baking tray.

Cover the tray and either leave it somewhere warm for 4-5 hours until the dough is ready to bake or leave it to ferment overnight in the fridge. The dough is ready to bake when it has some small bubbles on the surface.

Pre-heat the oven to 230°C or as high as it will go. Lightly dust the dough with flour, then use a dough scraper to cut it gently but firmly into four sections. When baked and cooled, these will separate nicely into 'rolls'.

Bake at this high temperature for 15 minutes, then turn down to 200°C and continue to bake for another 12-20 minutes, depending on your oven. For fan ovens, reduce the temperature settings by 20°C from those shown.

The centre of this bread will continue 'cooking' for some hours once out of the oven, so it is best left to cool completely and eaten the following day. If it is cut into too early the inside will still be 'gummy', so resist the temptation to try it fresh from the oven!

Soordough Pizzas

Recipe developed by Pete Smith
Makes 3 x 200 g pizzas

For this recipe you will need a sourdough starter. If you know someone who has one, you can ask for some of theirs, or follow the instructions below to make your own.

Stage 1: Making a Starter from Scratch

Day 1

40 g wholemeal wheat flour (e.g. Scotland The Bread flour)
25 ml warm water (30°C)
Mix to a firm dough, cover loosely with a polythene bag and leave in a fairly warm place – around 27°C is ideal. After 24 hours, refresh the starter as follows:

Day 2

60 g starter from Day 1
40 g wholemeal wheat flour
25 ml warm water (30°C)
Mix well, knead briefly and cover as before. After another day, refresh again:

Day 3

120 g starter from Day 2
40 g wholemeal wheat flour
25 ml warm water (30° C)
Mix well, knead briefly and cover as before. After one more day, refresh again:

Day 4

180 g starter from Day 3
75 g wholemeal flour (or 50:50 wholemeal and white)
45 ml warm water (30° C)
After 24 hours you should have a sourdough 'starter' which smells fruity and slightly acidic. From now on, use some of this in your recipe and keep the rest back in the fridge, refreshing with flour and water a day or two before you want to use it.

Stage 2: Making the pizza dough

18 g sourdough starter (refresh it earlier in the day if you can)
227g water
265 g Scotland The Bread wholemeal wheat flour
85 g Mungoswells plain flour
½ tsp salt (3g)
1 tbsp olive oil (11g)

The night before

Mix all the dough ingredients into a 'shaggy' (roughly mixed) dough. Cover and set a timer for 15 minutes.

Do a 'stretch and fold': wet your hands and 'fold' the dough by pulling it up and over itself from each of the four sides of the bowl, then turn the whole ball upside down. Cover and set the timer for another 15 minutes.
Stretch and fold three times more at 15 minute intervals.

- Cover and leave overnight to prove.

On baking day

- Sprinkle flour on the counter. Divide the dough into three equal pieces and shape into balls.
- Cover and leave to relax (the pizza dough!)
- Turn your oven on to its highest setting. Tear off 3 pieces of baking parchment big enough to cover your baking tray.
- Prepare your pizza toppings.
- Flatten a circle of dough on a well-floured counter until it's the thickness of crust you like. Slide the base onto a square of baking parchment and then onto your tray. Do this with the remaining balls of dough.
- Spread your preferred toppings over the three pizzas.
- Get the pizzas into your roasting hot oven for around 8-10 minutes. Keep an eye on it as every oven is different. When it's ready take it out of the oven. Take them out after 5 minutes if you want to freeze them and eat them later.
- Drizzle over olive oil and sprinkle over torn leaves of basil if you're using it. **Buon appetito!**

Sourdough FAQs

Simple sourdough wheat bread

Recipe adapted from *Bread Matters* by Andrew Whitley
Makes one large or two small loaves

Stage 1: Make a 'Production Sourdough' (a process known as 'refreshment')

160 g sourdough starter (see recipe on **p13**)
150 g wholemeal flour (e.g. Scotland The Bread flour)
50 g strong white flour
120 ml warm water (~35°C)
480 g total production sourdough

- Mix to a dough and leave in a warm place for 4 hours or in a cool place for 12 hours. Then use this sourdough to make your final dough.

Stage 2: Make the Final Dough

300 g refreshed 'production sourdough' from stage 1 above
(keep the remaining 180 g or so for your next breadmaking session)
300 g wholemeal flour
100 g strong white flour
300 ml warm water (~35°C)
8 g sea salt
1008 g total dough

- Mix all of the 'final dough' ingredients together to make a fairly soft dough. Knead the dough gently until a certain elasticity develops (this will only take a few minutes if using Scotland The Bread flour).

- If using proving baskets (banneton) or bowls lined with linen cloth, flour these well. If baking the dough in one or two tins, you may wish to grease them very lightly with butter or oil.

- If making two loaves, divide the dough. Shape it according to whether you are using a tin or oblong/round banneton. If using a banneton, dip the dough in flour (brown rice flour is best) before placing it inside.

- Cover with a wax cloth or polythene bag and leave to prove in a warm place for up to 5 hours, until the dough has roughly doubled in volume. Preheat the oven to 220°C. If you have used a proving basket, turn the dough out onto a lined baking sheet. Slash the dough with a sharp blade to make the pattern of your choice.

- Bake at this high temperature for ten minutes, then turn the oven down to 200°C and bake for another 40 minutes, to develop a good crust (the time taken depends on your oven).

- Share with family, friends, or complete strangers!

A key founding principle of *The People's Bread* is that it should be accessible to everyone.

Communities across Scotland have come up with many creative ways of sharing nutritious bread with their neighbours. Some examples of these can be found in our *Supporting Baking in your Community* resource*.

Most often, a good place for communities to begin engaging in a better bread system is through a breadmaking workshop. This provides a space to share in the communal joy of baking and eating bread together, while also helping build individual resilience through learning new skills.

With that in mind, this section of the toolkit includes practical tips and templates as a starting point for planning such activities.

In addition, we have designed posters and information sheets to help explain the more detailed aspects of breadmaking and the principles behind *The People's Bread*.

Example Workshop Schedules

We are grateful to Mahala Le May, Julie Parkin and Liz Grieve for sharing with us their approaches to running workshops in different settings. We include here some example schedules based on their experiences to provide an idea of steps, timings and other aspects to consider. We hope they can serve as useful templates for your own planning, adapted to fit your preferred recipe as well as the time, space and equipment available.

Example #1: School Class

Workshop length: 45 minutes
Recipe: Rooti, using Neel's recipe on **p11**.

9:00am	Students wash hands, tie up hair and put aprons on. Leader 1 introduces the session and explains what the children will be making. Perhaps sing together a bread-related song.*
9:10am	Leader 2 explains how a mill makes flour from grains and demonstrates using a tabletop mill (if available) or stones.
9:15am	Leader 1 demonstrates how to mix the ingredients in a bowl and knead to a dough. Explain that leaving it to ferment for a few hours makes it more healthy.
9:20am	Leader 1 demonstrates how to roll out the dough into a rooti. Children are each given a portion of pre-made dough to roll out. They place these on a paper towel (marked with their names) ready to be cooked. Leaders 1 and 2 assist.
9:30am	Leader 3 cooks rooti. Children clean down, have a go with hand mill and ask questions.
9:40am	Children taste rooti and talk about how it feels to eat something they made themselves.
9:45am	Finish. Prep for next class.

*Song ideas from Bannocks and Ballads

Notes: have three adults if possible (one weighing ingredients and cooking flatbreads, two to explain process and supervise children).

Example #2: Community Workshop

This is a hands-on workshop explaining the basics of bread making and how one dough can be used to create two easy and popular breads. With one recipe cooked in the oven and the other on the hob, this format aims to be as inclusive as possible by taking into consideration equipment availability and the cost of fuel.

Since sourdough bread requires a long period of fermentation, this workshop uses a 'here's one I made earlier' approach. This involves preparing some dough in advance that will be baked during the workshop. It requires a little more work, but allows participants to try out all steps of the process before they do it alone at home.

Workshop length: 2 hours 30 minutes
Recipes: sourdough pizzas and flatbread using Pete's Overnight Soordough recipe on p13. Pizzas baked and eaten on-site, with guests provided with some dough that they can bake later at home.

**This is also known as making a production sourdough or levain. It consists of starter + fresh flour + water, left to ferment in a warm place for 4 hours or a cool place for 12 hours.*

Before the workshop:

- Ask guests to bring a container which they can use to take dough home (and a second if they would like some sourdough starter too)
- Refresh your starter* the night or morning before the event depending on what time you are meeting and what temperature you're fermenting it at (consider making extra in case guests would like to take some home)
- Prepare pizza dough to be ready for baking during the workshop
- Weigh out ingredients into bowls for each guest
- Prepare pizza toppings
- Set out any equipment required

6:00pm	Introduction. Explain what will be made.
6:10pm	Demonstrate refreshment of sourdough starter using fresh flour and water.
6:20pm	Demonstrate initial mix for pizza dough: flour, water and starter. Put the salt on top. Guests mix their dough.
6:30pm	Leave dough to 'autolyse' (during which the flour absorbs some of the water and gluten develops without physical kneading).
6:45pm	Mix the salt into the dough. Demonstrate kneading / stretch-and-fold method. Leave the dough to prove.
6:55pm	Time for discussion.
7:15pm	Stretch and fold the pizza dough. Instruct guests to do one more stretch and fold at home then leave overnight to prove at room temperature before baking as either pizza or flatbread the following day.
7:20pm	Divide and shape pre-made pizza dough into balls. Leave to relax. Gather pizza toppings.
7:30pm	Shape pizzas on baking trays, add toppings.
7:45pm	Put pizzas in the oven. Demonstrate how the dough can also be shaped and cooked as a flatbread.
8:15pm	Eat pizzas altogether.
8:30pm	Attendees go home with the recipe, dough to bake the next day and sourdough starter if desired.

Example #3: Community Workshop

The following timeline is based on Doughlicious' monthly bread club sessions, run by Liz Grieve. This format has less hands-on time (the dough is simply mixed on-site, then taken away to be baked by each guest at home) and more of a focus on creating a social space, peer-to-peer learning and discussions about bread. Liz has created a communal social media group on which bakers can then share photos of their results and any questions between the in-person sessions.

This format is therefore more appropriate where you can be sure guests have access to an oven.

Workshop length: 2 hours
Recipe: sourdough loaf using Andrew's recipe on p15
Before the workshop:

- Ask attendees to bring a tin, lined bowl or banneton in which they can take shaped dough home and a small container if they would like some sourdough starter too.
- Refresh your starter the night or morning before the event, depending on what time you're meeting and what temperature you're fermenting it at. Make enough for everyone's loaves as well as some extra for guests to take home.
- Weigh out the ingredients for each guest.

6pm	Introduction. Explain what will be made.
6:10pm	Explain what sourdough starter is and how it differs from commercial yeast. Demonstrate how to make it from scratch, how to refresh it and how to tell it is ready to use.
6:30pm	Guests weigh out their water and sourdough starter and mix this with the pre-weighed flour and salt. **Tip:** remind people to keep one hand clean when mixing.
6:45pm	Knead the dough lightly. Alternatively you could demonstrate the 'stretch and fold' technique outlined on p12.
6:55pm	Demonstrate shaping the dough. Guests shape their loaf and place in tins / proving baskets then cover ready to take home. You may wish to demonstrate how dough can be shaped differently, eg. into rolls or focaccia as well as for a loaf.
7:10pm	Instruct guests to let their dough prove overnight in the fridge. Explain how to know when it is ready to bake and the final steps of scoring and baking the loaf.
7:20pm	Time for discussion and questions.
8:00pm	Guests go home with dough in tins or bannetons to bake at home the next day.

Note: You could expand this workshop into short sessions that take place over three days, so that you can guide learners through all stages of the process from start to finish. For example:

Session 1 (evening)

How to make and refresh a sourdough starter. Guests receive some of your starter, refresh it and take it home with instructions to refresh again ahead of the next session.

(Alternatively, if guests wished to prepare their own starter from scratch, this session could be held the week before session 2.)

Session 2 (evening)

Guests bring back their own starter, refreshed and ready to use. Follow the workshop format above to mix and shape the dough. Leave the shaped doughs in the fridge at your venue.

Day 3 (morning)

Demonstrate how to tell when the dough is ready, scoring and baking.

If you are unable to come together in person for all sessions, the first and third could be held online instead, with guests participating from their own kitchens.

Example #4: Community Workshop

Using the 'here's one I made earlier' technique, this schedule provides the opportunity for guests to try out all aspects of the breadmaking process – from mixing to shaping to baking. It also introduces both the sponge-and-dough method and sourdough, giving learners the option to pursue whichever they feel most comfortable with.

This type of workshop requires a little more preparation and breadmaking confidence on the part of the organiser. If possible, having a couple of people leading the workshop will make it much easier, both to ensure support for learners and to keep an eye on the various doughs which are proofing!

As guests are given some dough in tins to bake at home, the cost of these will need to be factored in (or if they have one already they can bring their own). However, providing these– perhaps in a pack with the recipes and some flour–is a great way of encouraging them to continue baking at home as they will have all they need to do so!

Workshop length: 6 hours
Recipes: Wholemeal rolls using Ivy's recipe on **p12**, mixed and prepared for guests to bake at home; sourdough loaf using Andrew's recipe on **p15**
Before the workshop:

- Ask guests to bring a container if they would like some sourdough starter to take home
- Refresh your starter the night or morning before the event depending on what time you are meeting and what temperature you're fermenting it at. Make enough so that you can use it in the dough mix for the sourdough loaf as well as some extra for guests to take home.
- Prepare the sourdough loaf dough to be ready for shaping and baking during the workshop (multiply the recipe by the number of guests)
- Prepare pre-ferment for the wholemeal rolls (multiply the recipe by the number of guests)
- Set out any equipment required
- Weigh out dry ingredients for the wholemeal rolls into bowls for each guest

10am	Introduction. Explain what will be made.
10:15am	Begin with the sourdough loaf that you are going to shape. Explain what a sourdough starter is and how it is made. Show the guests your bubbly starter – let them smell and taste it. Demonstrate the 'float test' that shows it is ready to use.
10:30am	Divide the pre-prepared sourdough loaf dough between guests. Demonstrate how to shape the dough for a tin or banneton (depending on the equipment available).

10:50am	Guests shape the sourdough loaf dough and place in tins/ bannetons. Cover and leave these in a warm place to proof so that they will be ready to bake towards the end of the workshop.
11:10am	Hand out the bowls of wholemeal roll ingredients. Demonstrate mixing of wholemeal roll dough. Explain what a pre-ferment is, how it is made and how it differs from a sourdough starter.
11:30am	Guests mix their roll dough. Cover and leave the wholemeal roll dough aside.
11:45pm	Time to answer questions so far or for discussion eg. about breadmaking and the bread system.
12:45pm	Return to the wholemeal roll dough. Demonstrate how to do a stretch and fold. Guests stretch and fold their dough. Cover and leave aside again.
1:00pm	Time to answer questions or for discussion, eg. explain why the roll dough will feel different as the gluten develops with time and folding.
1:15pm	Stretch and fold the wholemeal roll dough again. Guests place the dough in prepared baking trays, labelled with their names. Cover and leave these somewhere cool.
1:30pm	Lunch
2:15pm	Time for discussion, gathering feedback, or to watch a short video together.
3:00pm	Return to the sourdough loaves, which are hopefully ready to bake. Demonstrate how to score the dough.
3:20pm	Bake the sourdough loaves. While these are baking, talk your guests through how to know that their roll dough is ready to bake, scoring and baking it, which they will do at home.
4:00pm	Guests go home with a freshly baked sourdough loaf, recipes, their wholemeal roll dough in it's tin to bake later or the following day and sourdough starter if desired.

Equipment List

Below are some items useful to have when running a bread making workshop. It is not an exhaustive or prescriptive list and you can adapt the session to fit what you have available.

Do also consider what your guests may and may not have at home, as they are more likely to try breadmaking again if they know they can do it with equipment they already have. For example, some people may not have a bread knife, so it will be more useful for them to learn how to make rolls or flatbreads than a tin loaf which needs to be sliced.

You can discuss alternative kit with guests during the session: for example, if you don't have a banneton (for proving a shaped loaf) you can use a loaf tin, round bowl or colander lined with a floured tea-towel.

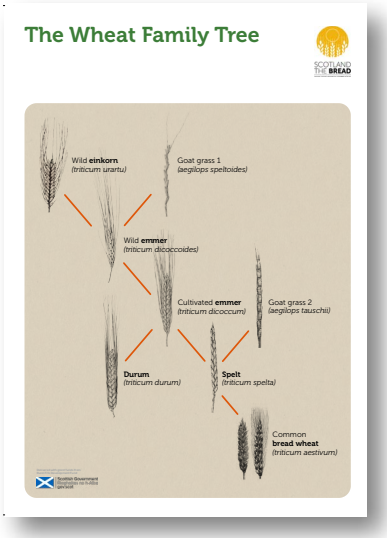
Oven (if space is tight you might consider a portable tabletop oven instead)
Hob (or portable hotplate)
Mixing bowls
Baking tins or trays
Dough scrapers / cutters
Scales
Measuring spoons
Measuring jugs
Cooling racks
Frying pans
Aprons
Tea towels
Tubs/containers for pre-weighing ingredients
Large plastic box (~9L) for larger quantities of dough
Temperature probe
Oven gloves
Plates to serve and **serving bowls** for toppings etc

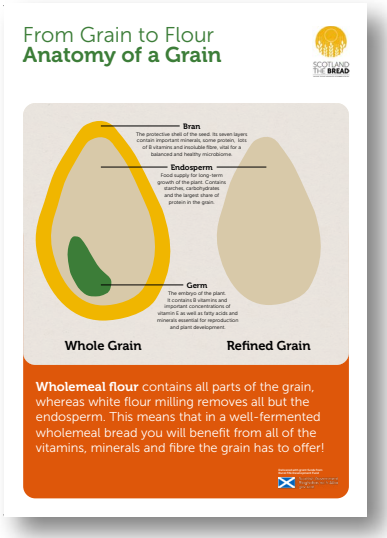
Teaching Materials

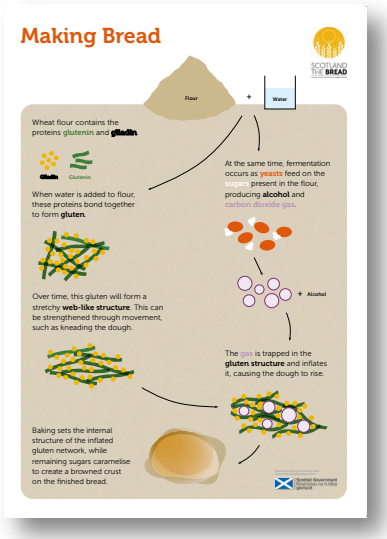
Throughout your workshop, there will be many opportunities to explore the science behind breadmaking with your guests. For example, you could explain the difference between commercial yeast and sourdough when mixing up a starter, or how gluten and yeast interact to give dough structure while kneading. There will also be several natural pauses in activity while you are waiting for dough to proof or bake, which are a great time to discuss the wider bread system and other themes touched on by *The People's Bread*.

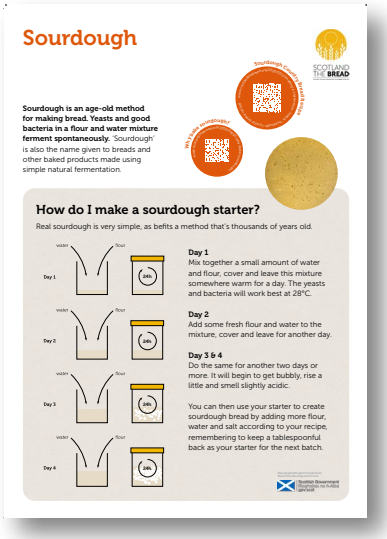
Below we have gathered some materials which we hope will be useful as you lead these conversations.

To help with explaining some of the more technical aspects, we have produced a series of downloadable posters covering some basic information. These are designed to be printed A3. Some of these visual learning tools are accompanied by an information sheet with greater detail to help you answer questions.









If you have access to a screen, you could also watch videos that explore bread-related topics.

Practical demonstrations

Rosie's accompanying PDF recipe booklet

Rosie Gray's baking demonstration

As part of our *Flour to the People* project, Scotland The Bread partnered with Rosie Gray of Reviving Food to deliver a baking demonstration from her mobile bakery in Kincraig. Rosie demonstrated how to make and refresh a sourdough starter, as well as how to use it to bake a sourdough pizza, tin loaf, rolls and brioche.

Elaine Foodbod

Full Proof Baking

There are lots of great demonstration videos online. You could watch them together or share the link with guests, so that they have the opportunity to revisit at home the techniques covered in your workshop. **Scan the QR codes or click the circles to watch some videos recommended by workshop leaders.**

Colorado Grain Chain homeschool videos

Bake with Jack

How to manage a sourdough starter

Celebrating the new wave of Scottish grain, flour & bread

Alongside a number of passionate farmers, millers and bakers we created a video highlighting an alternative bread supply in Scotland.

This video touches on many of the concerns addressed by *The People's Bread* so could be shared with your community as an introduction to the topic, a jumping-off point for discussions and as inspiration to get involved in the movement for better bread! **Please share it far and wide!**

Watch the Celebrating Scottish Grain film

Real Bread Bakers

Filmmaker Zev Robinson's fantastic documentary features Scotland The Bread alongside a number of inspirational Scottish bakers looking at how breadmaking, sourdough, local food, nutrition and a sense of community are all closely intertwined. At 28 minutes long it is an ideal length to watch with a cup of tea while waiting for dough to prove!

Watch Zev's film

Opening up conversations

The smell of bread tends to evoke strong memories, and everyone seems to have a story about baking! Informal conversations among new bakers provide much inspiration and motivation and a chance to bond.

During your workshop there will be natural pauses - while dough proofs or bakes - which are perfect opportunities for everyone to share their experiences, or ask questions about the practicalities of breadmaking.

These moments are also a good chance to open up the conversation into wider discussions about the bread we eat and where it comes from.

Below we have gathered below a few 'conversation starters' which you could use as prompts or for guiding the discussion.

YOU COULD ASK...

- Do you have any fond memories associated with baking?
- What interests you about learning to bake bread?
- The first time you baked something new, what made it so exciting?
- What do you think of when you make a choice between wholemeal and white bread? Why?
- What if we created a local bread supply here in our community - how might that look?
- How can we share our bread and baking skills with more people?

YOU COULD DISCUSS...

- The breads and baking traditions of Scotland or other countries
- The importance of bread to create a sense of community in many cultures
- The flour production process and different types of mills
- The science of yeast
- The history of breadmaking
- Other recipes using yesterday's bread
- Different types of grain and what they are used for
- Why you are choosing to bake with local and wholemeal flour
- Issues within the current grain, flour and bread system

YOU COULD DEMONSTRATE...

- How grains are milled into flour (either using a tabletop mill or two large stones)
- The difference between bran and endosperm, by looking at these in a bowl of wholemeal flour
- The flavour provided by wholemeal flour, by tasting samples of white and wholemeal bread

Community baking resources

During our Flour to the People project we gathered tips and ideas from community and small-scale bakers who are already working to involve local people in a better bread system. These have been collected into a set of PDF resources, including:

- More information about Scotland The Bread's special grains
- Techniques for 'selling the story' of local and wholemeal flours
- Tips for boosting new bakers' confidence and skills
- Inspiring stories from communities creating a local bread supply

View and download the PDF resources

Solidarity Flour

Request a bag of Solidarity Flour

Purchased by our supportive customers and members, this is available to community bakeries and food hubs who are working hard to ensure that local people have access to nutritious bread and flour on a regular basis. If you would like to request one of these bags to use for your bakery or organisation follow the link on the right.

Further learning

Learn more about the Real Bread Campaign

WEBSITES

- **The Real Bread Campaign** highlights the work of and issues facing small-scale bakers across the UK, for example campaigning to prevent the misuse of the term 'sourdough' by industrial bakeries.
- For those keen to dive deeper into the science and biology of grains, flour and bread, **Brockwell Bake** has an extensive list of studies and articles.

Visit Brockwell Bake's website

PODCASTS

- Listen to the excellent **Cereal** podcast series by Farmerama Radio to hear more from grain farmers, millers and bakers across the UK.
- Be inspired by the stories of neighbourhood bakeries and their positive impact in communities around the world in the **Rise Up!** podcast.

Listen to the Cereal Podcast

Listen to the Rise Up! podcast

BOOKS

- For a more detailed examination of the issues within the current industrial bread system and its effects on our health, see ***Bread Matters*** by Andrew Whitley
- Learn more about the history of wheat and different 'heritage' varieties in ***Restoring Heritage Grains: The Culture, Biodiversity, Resilience and Cuisine of Ancient Wheats*** by Eli Rogosa
- If working with children, the colourful ***Bread Lab! book*** by Kim Binczewski and Bethany Econopouly can provide a great introduction to the science behind sourdough
- If you are interested in taking your community baking a step further, ***Knead to Know... More*** is a fantastic guidebook from the Real Bread Campaign. It includes lots of practical advice for setting up a microbakery

SUPPLIERS

Organic, Scottish-grown grains

Visit the Mungoswells Malt & Milling website

Visit the Scotland the Bread website

Visit the Honest Oats website

Glossary

Autolyse	the process of mixing together some or all of the flour and water from a recipe, followed by a rest period. This hydrates the flour and starts the development of the gluten structure.
Biodiversity	the range of microbe, insect, plant and animal life across the globe or in a particular habitat. A higher level of biodiversity is considered more beneficial.
Commodity crop	crops that are grown (often intensively and to a uniform standard) specifically for sale into a global market, rather than for direct use by the consumer.
Fermentation (in bread)	a process of biochemical change through the action of yeasts and bacteria. In breadmaking, carbohydrates in flour are broken down into sugars. Fermentation occurs when yeasts and beneficial bacteria feed on these sugars, producing alcohol and carbon dioxide gas.
Industrial food system/ 'conventional' agriculture	farmers and processors employing the principles of industrialisation to maximise production and reduce cost. This usually involves environmentally-harmful practices such as the use of chemical inputs (eg. weedkillers, fungicides, pesticides).
Kneading	working the ingredients of bread into a dough using a repeated action. Can be done by hand or with a machine.
Monoculture	the practice of growing a single crop species in a given area. Since each plant in the field is identical they are all equally vulnerable to threats posed by pests, diseases or the effects of changing climate.
Sourdough	an age-old method for making bread involving a mixture of water and cereal flour containing naturally occurring yeasts and beneficial (e.g. lactic acid) bacteria. It is often also the name given to breads and other baked products made using this method of natural fermentation. The Real Bread Campaign defines genuine sourdough as made without additives and leavened only by a live sourdough starter culture – no commercial yeast or chemical raising agents.
Sponge-and-dough	a traditional method of breadmaking which allowed bakers to make their (expensive at the time) yeast go further. A small amount of yeast is added to some of the flour and water from the recipe to make a 'sponge'. This is left to ferment for 12-24 hours before the rest of the flour and water is added to create the final dough.
Stretch-and-fold	a technique used in breadmaking to gently develop the gluten in the dough as well as regulate its temperature. The method is described in Pete's Overnight Soordough recipe (**p13**).
Yeast	a single-celled microorganism in the fungi family. There are many species and strains of yeast. A sourdough culture will contain a diversity of these, while commercial yeasts contain only one strain.

[1]sustainweb.org/realbread/what_is_real_bread/
[2]www.foodstandards.gov.scot/publications-and-research/publications/the-scottish-diet-it-needs-to-change-2020-update
[3]scotlandthebread.org/2019/08/07/why-bake-sourdough/
[4]scotlandthebread.org/product/solidarity-flour-balcaskie-landrace-organic-flour/

Recipe submission form
docs.google.com/forms/d/1O42CzahAn6qALW54Fd6p-aThrrYn7PkBDOoZr-46DLQ/edit

Recipe database
docs.google.com/spreadsheets/d/1foDYAn09_pi3E_pRVVoYveQEwjILdQp77J0bb5uo5BQ/

Sourdough FAQs
scotlandthebread.org/our-work/sourdough-baking/sourdough-faqs/

Supporting baking in your community
scotlandthebread.org/wp-content/uploads/2021/05/Supporting-Baking-in-your-community.pdf

Bread song ideas
bannocksandballads.com

Downloadable posters
scotlandthebread.org/our-work/the-peoples-bread/

Rosie Gray's baking demonstration
vimeo.com/507075917

Flour to the People PDF recipe booklet
scotlandthebread.org/wp-content/uploads/2020/10/FTTP-recipes-A5-for-web.pdf

Full Proof Baking
youtube.com/channel/UCym_8JHA4htlFLIHGpNZGrQ

Full Proof Baking: managing a sourdough starter
youtu.be/beKzcOe6w_o

Elaine Foodbod
youtube.com/@foodbodSourdough/videos

Bake with Jack
youtube.com/@Bakewithjack/videos

Colorado Grain Chain
youtube.com/channel/UCNtjEgNTZWDBmm9QXlirOqw/videos

***Celebrating the new wave of Scottish grain, flour & bread* film**
youtu.be/f7juTF5IxGY

***Real Bread Bakers* by Zev Robinson**
zevrobinson.gumroad.com/l/psrqH

***Flour to the People* PDF resources**
scotlandthebread.org/flour-to-the-people-participant-resources

Solidarity Flour request form
scotlandthebread.org/solidarity-flour-form

The Real Bread Campaign
realbreadcampaign.org

Brockwell Bake scholary articles & reports
brockwell-bake.org.uk/docs

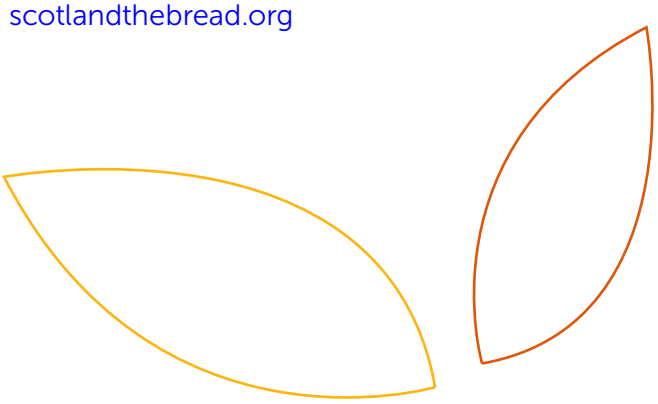
***Cereal* podcast by Farmarama Radio**
farmerama.co/category/cereal

***Rise Up!* podcast**
riseuppod.com

Honest Oats
honest-oats.co.uk

Mungoswells Malt & Milling
mungoswells.co.uk

Scotland The Bread
scotlandthebread.org



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by **Lucy Watkins**

If you use these resources to get your community baking, we would love to hear how you get on! You can get in touch with us via email or social media, using the hashtag **#thepeoplesbread**

Go online or contact us to find out more!

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