

# bread uprising bakery

Season 1, Week 1  
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## Happy Birthday, Audre Lorde!

*"The erotic cannot be felt second-hand. As a Black lesbian feminist, I have a particular feeling, knowledge, and understanding for those sisters with whom I have danced hard, played, or even fought. This deep participation has often been the forerunner for joint concerted actions not possible before. ... Recognizing the power of the erotic within our lives can give us the energy to pursue genuine change within our world."*

From "Uses of the Erotic", a paper Audre Lorde delivered at the Fourth Berkshire Conference on the History of Women. August 25, 1978. See [summeroffourlorde.wordpress.com](http://summeroffourlorde.wordpress.com) for more!

## Welcome to the first week of our inaugural season!

Y'all are amazing... your support and enthusiasm has carried us through as we've set up equipment and searched down pans, wrote recipes, made order spreadsheets, dealt with legal formalities, doubled sourdough starters and mixed sponges and soakers, and finally – **baked!**

Next week, we're hoping to roll out a bread/food/politics 'zine to accompany your orders (submissions welcome!). But for now, this page will have to do. On the back side you'll find ingredients information and net weight for all of the breads we baked this week (giving y'all this information is, incidentally, not just a good idea but also one of the few clear legal requirements we're subject to as a home-based bakery). We've also included some tips on how to keep your bread fresh over the next week, below.

Hope y'all enjoy this week's offerings! And please let us know what you like/dislike/would love. We'll also be trying out different graphic designs/logos over the next few weeks, and your comments are welcome.

Bread love,  
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# this week's bread:

## **Half-wheat sourdough sandwich (net weight 843g/loaf)**

Ingredients: Water (36% by weight), Organic whole-wheat flour (30%), Organic white flour (30%), Vegetable oil (3%), NC Honey (1%), Salt

## **Seeded sandwich (net weight 870g/loaf)**

Ingredients: Organic whole-wheat flour (49% by weight), Water (28%), Vegetable oil (6%), NC Honey (5%), Pumpkin seeds (4%), Sunflower seeds (3%), Poppy seeds (2%), Molasses (2%), Salt (1%), Yeast

## **Sourdough multi-grain artisan loaves (net weight 800g/loaf)**

Ingredients: Water (41% by weight), Organic whole-wheat flour (41%), Organic whole rye flour (3%), Lentils (2%), Oatmeal, Barley, Buckwheat, Whole rye berries, Golden flaxseed, Pumpkin seed, Sunflower seed, Poppy seed, Sesame seed, Salt

## **Whole-wheat peach-cornmeal muffins (net weight 440g/half-dozen)**

Ingredients: NC peaches (41% by weight), Organic whole-wheat flour (23%), Pecan milk – contains pecans and water (16%), Yellow cornmeal (7%), Maple syrup (5%), Water (3%), Organic fair-trade sugar (3%), Flaxseed (1%), Baking soda, Baking powder, Cinnamon, Salt.

## **Pizza crusts (net weight 340g each)**

Ingredients: Water (37%), Organic whole-wheat flour (30%), Organic white flour (30%), Olive oil (3%), Yeast, Salt.

## **How to use pizza crusts**

We under-bake our pizza crusts on purpose so that they can finish browning once you put them in the oven again with toppings. To use, preheat your oven to 475 degrees Fahrenheit, top the crust however you desire, and bake until the toppings are done and the crust is golden-brown (usually 12-15 minutes).

## **Bread storage – some tips**

- Sandwich breads keep best in plastic bags (they'll help keep moisture in . Don't refrigerate bread – it will go stale a lot faster (see below).
- Crusty artisan breads need to breathe a little bit, especially over the first few days. Keep them in a paper bag or wrapped in a clean towel for the first few days, and in a plastic bag after that.
- Muffins also keep well in plastic bags, and our muffins do great in the freezer (you just have to remember to pull them out the night before you'll want to eat them).
- Pizza crusts should be kept frozen if you don't plan on using them within a day or two – just put the plastic bag directly into the freezer. Thaw before use!
- If you don't think you'll eat all of your bread before it goes stale, put it in the freezer! We often cut artisan loaves in half and put the halves in a ziplock bag in the freezer. Thawed, they taste just as fresh as the day they were baked. If you freeze sandwich bread in slices, you can just get out a few slices at a time as you need them (and even put them directly into the toaster).

## **Why bread stales**

Bread kept in the fridge goes stale about four times as fast as it does at room temperature. Why? Staling can occur either when the bread dries out through evaporation or when cooked starch molecules in the bread cool and form a crystalline structure. Crystallization forces water out of the starch molecules and causes the bread to become more firm in texture. We think of staling as being a loss of water when in fact, the water content may still be the same, just no longer trapped by starch molecules. The cooler temperature of the fridge increases the speed at which crystallization occurs.