

Bread UPRISING

Season 4, Week 12

Nov 1, 2010
4:42PM

It's the last day of season 3!!

It has been great baking for you this season. Don't forget to fill out your sign-up form for season 4, or give us a call to talk it over! This week in the zine, we've got a collage report from "The Independents," 5th grade students at Central Park School for Children; and info about baking powder.

Also, thanks to Rachel and Lauren for making and freezing sweet potatoes from Two Ton Farm and local applesauce this past week! We'll be using them in muffins all year.

PROFILES IN BREAD SCIENCE: Baking Powder

Last week we talked about yeast, which is one of many ways to leaven baked goods. Before the mid-19th century, yeasts of some sort were pretty much the only leavening for home-baking in the United States (so you would eat yeasted sourdough pancakes, yeasted biscuits, yeasted muffins, cornbread that rose because of a sourdough starter).

Keeping yeast cultures alive and adapting to their intricacies is almost a full-time job (ask Tim and Noah!). As industrial culture began to dominate the United States, and more people moved into the cities and joined the working-class, fewer folks had time or money to stay home all day and keep up with household food production. How to make a cake if you don't have time to beat egg whites by hand? Or pancakes without keeping a sourdough culture alive or waiting around for yeast?

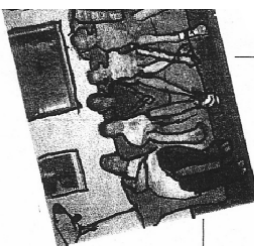
Of course, capitalism is great at creating problems only to provide a market solution.



Enter modern science, with the acid-base reaction some of y'all remember from elementary school science experiments (think volcano). Sodium bicarbonate + acid => carbon dioxide gas + salt + water! Bubbles of carbon dioxide gas are the same thing that makes yeasted bread rise, except the chemical way works reliably every time (and without the yummy rustic flavors contributed by yeast).



Specifically, baking powder is a mixture of baking soda (sodium bicarbonate), tartaric acid powder (a dry form of the acidic ingredient in wine or grape juice), and some other dry acid which only becomes active at high



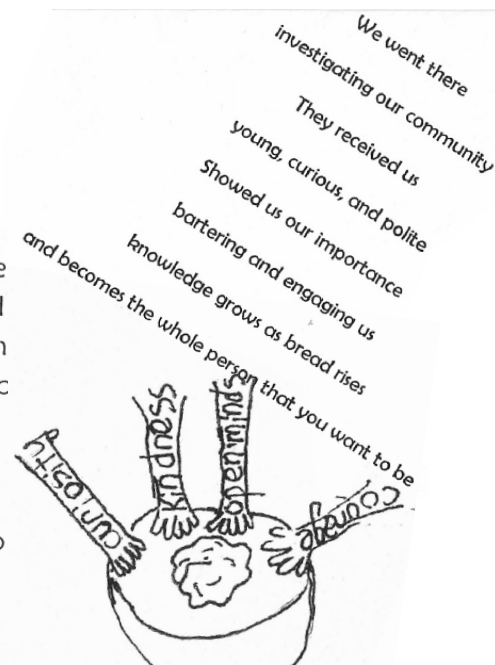
Bread rises

Recipe for Success

Ingredients:	Instructions:
1 cup of courage	Heat the oven to 350°F
2 cups of curiosity	Mix courage and curiosity in a rather small bowl
3 1/2 cups of kindness	Then, in a medium bowl, mix kindness, encouragement, and open minds.
1 tbsp of encouragement	Combine the contents of both bowls into a larger bowl, and mix until smooth (cook for 20 minutes)
1 tsp of open minds	(sprinkle in redirection as needed)
1/2 tsp of redirection	

On September 2nd four students from central park school for children went to Bread Uprising on Yancy St. , Emma ,Eli, Bailey, and

Zoe learned how to subscribe for bread and conducted an interview. In addition to that we learned how to make delicious potato bread and sampled awesome rolls. We spoke called co-baker Tim (who was in London), and in general just had a great time.



temperatures. That's what 'double-acting' means on a baking powder label -- it bubbles both at room temperature when you first add water (as the tartaric acid reacts with baking soda) and again in the oven as heat activates the other acidic ingredient.

The first experiments in baking powder were done by British chemist Alfred Bird in 1843 as a way to make bread for his wife who was allergic to the two main leavenings of the time (yeast and eggs). In the United States, the Rumford company first patented baking powder in 1865. In the bakery, we use baking powder for muffins.



Half-wheat sourdough sandwich (840g/loaf)

Water (36%), OG ww flour (30%), OG white flour (30%), veg oil (3%), NC Honey (1%), Salt

Whole-wheat sandwich bread (840g/loaf)

OG ww flour (57%), Water (35%), Vegetable oil (4%), NC Honey (2%), Fair-Trade Molasses, Salt,

Yeast

Spent grain bread (761g/loaf)

OG ww Bread Flour (39%), Water (34%), Whole malted barley from Gus' beer-making (21%), OG White Bread Flour (5%), Salt (1%)

Pizza Crusts

Water (36%), OG ww bread flour (29%), OG unbleached flour (29%), Olive Oil (3%), Salt, Yeast

Persimmon-raisin muffins (410g/half-dozen)

OG ww pastry flour (34%), Persimmon puree from Stone House and Chapel Hill Rd. persimmons (30%), NC Honey (20%), Organic Raisins (5%), Pecan milk (pecans & water - 4%), OG Olive Oil (4%), Vinegar, Salt, Baking Powder, Baking Soda, Ginger, Nutmeg, Cilander, Cloves

Vegan truffles!

OG fair trade chocolate chips, pecan milk, OG coconut milk, OG coconut oil, vanilla. Rolled in: coconut, cocoa powder, powdered sugar, etc.

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