



Jan 24, 2011

10:54 ZM

oH MY we have entered a new time/bake continuum. a second angel of bread is upon us with fiery wings and smokey breath. we think we like it. . . you might want to come by soon to meet the new governor. in the meantime another GOR-JUS zine for your learnin pleasure.



PROFILES IN BREAD SCIENCE: PECAN MILK by: Tim Stallman

Chemically speaking, cow's milk is a colloid -- it's a suspension of tiny bits of butterfat in a fluid containing mostly water, but also milk sugars (lactose) and proteins (casein, which coagulates to form cheese and whey proteins). That combination of fat globules, protein and sugar is what gives cow's milk a rich taste and what makes it add richness to baked goods. But on an industrial scale, extracting milk, without consent, from cows that have been bred for generations for the sole purpose of producing milk for human consumption seems like a deeply unethical process. Plus, lots of bakery members are committed vegans and baking the bread that they need means baking without milk.

So, what is a community bakery to do? We thought about soy milk, but that would replace an industrial process that is harmful to animals with one that is harmful to the land (soy monocropping is taking over more and more land

FINDING PAULI MURRAY

by: Anna Lena Phillips

Our history is so giant that it can feel impossible for me to take in everything I want to know. Luckily, sometimes there's help. A couple years ago, in search of a new couch, I went to the TROSA Furniture Shop on Foster Street every Friday for their half-price sale. I got really familiar with the mural on the side of the building, which shows a smiling woman wearing glasses, painted in brilliant colors. Her signature is reproduced below it—"Pauli Murray" in elegant and cheerful script. Beside the painting, there's a quote from Murray about community:

True Community is based upon equality, mutuality, and reciprocity. It affirms the richness of individual diversity as well as the common human ties that bind us together.

That was enough to let me know that Murray was worth finding out about. But it took the combined effects of the painting, and others like it around town; of people in Durham actively

in the global South). In order to duplicate the properties of cow's milk, we needed to make a suspension of fats, proteins and sugars in water -- basically a big smoothie! It turns out that in addition to soybeans it is possible to make 'milks' out of most nuts, seeds, coconuts, and grains. With some variations in taste and consistency, the process is basically the same -- soak your ingredient in near-boiling water for at least 15 minutes and as long as overnight, then blend the water and soaked nuts/grains/whatever for 3-5 minutes at high speed.

We decided to use pecans, because they're a nut that grows easily here in North Carolina and one we can envision foraging for rather than buying. We use 1 cup of pecans to 4 cups of water to make our pecan milk. We buy pecans from Carolina Nutcracker (a nut processor which in turns buys 'yard nuts' from a lot of individual houses and small farms across Eastern NC) at a cost of \$5.50/lb. Since each pound of nuts makes around 1 gallon of pecan milk, our pecan milk costs \$2.75 for a half-gallon, which is similar to the price of local Maplevue farms milk. And pecan milk makes the tastiest hot chocolate!!!

working to make Murray's legacy better known; and of my friends (many of whom have also wanted to know more about her) to push my busy life out of the way so I could begin reading Murray's memoir of her childhood and her ancestors, *Proud Shoes: The Story of an American Family* (1956). Murray researched her own family's history extensively for the book, and then she told it as a story, something we're more accustomed to seeing in the work of contemporary writers. It's a great read and I'll probably finish it pretty quickly, so if you haven't read it and want to borrow my copy, let me know. Or visit the Durham County Library, which has lots of copies.

Murray (1910–1985) was a civil-rights activist, a scholar, a feminist, a poet, a lawyer and an Episcopal priest. She grew up in Durham, on Cameron Street, and was the 1926 valedictorian of Hillside High School. In 1938 she applied to UNC but was denied admission because she was not white, and in 1944 she was rejected by Harvard Law School (after having won a fellowship) because she was not male. She was imprisoned in 1940 for refusing to sit at the

What We Baked This Week:

Half Wheat Sourdough (840g/loaf)

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

Whole Wheat Sandwich (840g/loaf)

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

Gluten Free Bread (750g/loaf)

Water (41%), OG brown rice flour (15%), Whole-grain millet flour (11%), Potato starch (10%), Corn starch (9%), Tapioca flour (7%), NC honey (5%), canola oil, yeast, salt, guar gum

Granola (510 g/bag)

Organic Oats (50%), Dried Cherries (9%, contain sugar & oil), NC Honey (9%), Canola Oil (7%), Organic Pumpkin Seeds (6%), NC Pecans (6%), Organic Fair-Trade Molasses (5%), Organic Sunflower Seeds (2%), Salt, Cinnamon, Cardamon

back of a bus in Virginia. She was a founding member of CORE (the Congress of Racial Equality) and of NOW (the National Organization for Women). You can read more about her life in her autobiography, *Song in a Weary Throat: An American Pilgrimage* (1986).

A map of all the murals in Durham that feature Murray, and lots more, can be found at the website of the Pauli Murray Project, at www.paulimurrayproject.org.

To Buy the Sun: The Challenge of Pauli Murray, a play about Murray's life, will be performed at the Hayti Heritage Center (804 Old Fayetteville St.; www.hayti.org) this weekend. Shows are January 28–30 at 7:30 p.m. Tickets are \$10; for information on group tickets, call Barbara Lau at 919.613.6167. Individual tickets can be purchased from the box office, 919.683.1709, ext. 21, Monday–Friday from 10 a.m. to 5 p.m. and Saturday from 10 a.m. to 3 p.m. The play will also run February 4 and 5 at the ArtsCenter in Carrboro.

Leftovers bread (960g/loaf)

Dough scraps (50%, contains pecans, raisins, molasses, sweet potato, cornmeal, rye flour, whole-wheat flour, white bread flour, spelt flour), Organic whole-wheat bread flour (30%), Water (26%), Salt

Pear-Ginger Muffins (436g/half-dozen)

OG whole-wheat pastry flour (27%), pears from Monica's yard (27%), NC pecan milk (21%), NC wildflower honey (10%), OG cornmeal (8%), Vegetable oil (4%), Apple cider vinegar (2%), Candied ginger, fresh ginger, baking soda, salt, baking powder, powdered ging



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