



**Nov 29, 2010
4:54 PM**

Hi there,

There are pretzels in the oven as I write this - exciting! They are warming up the kitchen. We had a bread team meeting yesterday, and we are getting ready to start our study sessions on race, class, queerness and the bakery this Thursday (let us know if you'd like to join us).

In this week's zine, we have a continuation of the days of mourning series, with reflections from Chelsea about her groszmama; and profiles in bread science - all about gluten.

My Groszmama's Zwieback

by Chelsea Earles

My grandma Frieda Elsie (Schlichting) Hiebert, died at the beginning of this month. Jess and I had just said goodbye her 5 days earlier, not realizing those were our last hugs from her. It's a terribly painful loss. She has been one of the most nurturing people in my life, tough love and all. She helped anchor me in the world, by accepting me and my place in our family. I realized when we went to her small Mennonite town for the funeral that my connection to her is hard to put my finger on, because it was so strong long before I could speak. (Whenever I was around her I had an overwhelming urge to just snuggle into the crook in her arm, like I had done as the first grandbaby.)

This reminds me too of the smells and tastes and sights that bring her back to me so immediately. One center of this is her zwieback. Zwieback ("sweeback") is the quintessential Mennonite food. It's there for every holiday meal and family gathering and, of course, every funeral.

Profiles in Bread Science: Gluten & Gluten Allergies



Since we've been baking gluten-free bread regularly for a while now, we thought it would be a good time to ask... what is gluten?

Basically, gluten is the main protein in wheat flour. In baking, proteins act as binders and stabilizers - individual gluten proteins link up with each other to form networks which can then trap and hold air bubbles in the dough, causing it to rise. [In traditional recipes for muffins, pancakes, etc. eggs play this roll: egg proteins in the batter solidify at about 158 degrees Fahrenheit during the baking process, thus trapping the gas bubbles that baking powder has been producing. Bread is a little bit different, in that gluten proteins don't turn solid during baking (hence chewy bagels, pizza crusts or pretzels).] Gluten is actually a combination of two kinds of proteins. One of them, glutenin, is from a class of proteins called glutelins which most grains have, but the other, gliadin, is

I remember grandma teaching me to form the two balls of dough you stack together (like snow-mennonites.) I didn't remember how to do it well, but they tasted right when I made them this Thanksgiving. I wanted to make zwieback for our family of friends for a lot of reasons.

I guess I feel like it's time for me to decide what I pass on to Jess and what gets lost. My mom's generation passed very little high or low German on to us kids because of WWII, a loss I have felt for a long time. Grandma was my link to our family's languages and to our food. It's all so mixed up together, the wind blowing across the farm we went to every holiday and wheat harvest, the smell of her house, the sound of her laugh, the ways she never adapted to English, the taste of zwieback and borscht, the feel of her hug. I think about all we have lost, people who came here by choice or by force, and people who were here long before. And about the value of fighting (zwieback by zwieback in my case) for connection to the lives of our people before us.

unique to wheat.

Most of our dough process is about developing and manipulating gluten structure. Without a lot of added mixing, it takes time for gliadins and glutenins to combine in the first place (which is why no-knead doughs usually have to rest for at least 24 hours before baking). After gluten is formed, we knead, stretch and fold dough to develop a strong and consistent gluten network, while being careful not to over-stress and break the gluten network. One reason whole-wheat baking is more of a challenge is because the bran (the outside husk of wheat berries, which has a lot of fiber and is removed from white flour) can cut through and weaken the gluten network. Nuts and seeds with sharp edges can also cut through gluten easily, which is why we always add things like sunflower or pumpkin seeds after we've almost finished kneading dough.

Wheat, and gluten, have been staples for folks living in Europe and central Asia for a very long time. There's nothing inherently unhealthy about gluten, but like any food, some people's bodies don't take too kindly to it. Sarah is one

Speaking of connection, I hope you can come hear my dear friend Jess who I've know half my life speak about what the FBI does to people like her who organize effectively to draw the connections between peoples and build solidarity in the US with people in Palestine and Colombia.

Tuesday Nov. 30, 7:00pm - 8:30pm
Chapel Hill Public Library

Jess Sundin is an antiwar activist from Minneapolis, targeted in the recent FBI raids.

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

Sunflower Seed Rye (790g/loaf)

Water (30%), Organic high-gluten white flour (26%), Organic whole-wheat flour (15%), Organic rye berries (14%), Organic whole rye

of our members who has been eating gluten-free bread. She had gotten really bad stomach-aches as a baby when her mom fed her bread, but her mom was able to build up a tolerance for gluten by feeding her small amounts of bread at first, than more and more. Even though she could eat bread without getting a stomach-ache, ever since then she's had chronic migraine headaches and tiredness (like wanting to go to sleep all the time) from her body's intolerance to gluten. Now that she's mostly stopped eating gluten, the headaches and tiredness have mostly gone away.



flour (10%), Organic sunflower seeds (4%), Salt, Yeast

Cranberry Corn Muffins (393g/half-dozen)

Pecan milk (26%: water and NC pecans), Organic whole-grain cornmeal (24%), fresh cranberries (14%), Organic whole spelt flour (12%), Water (6%), Vegetable oil (6%), NC Honey (5%), Egg substitute (5%: water and OG flaxseed), Organic Whole-wheat pastry flour (2%), Organic White all-purpose flour (2%), Lemon juice, Baking powder, salt

Pretzels (150g/4 pieces)

Organic high-gluten white flour (57%), Water (35%), Vegetable oil (3%), Organic whole-wheat flour (2%), Yeast, NC Honey, Salt

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, xanthan gum

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