



A GUIDE FOR BAKERIES

Be organic!

Bake organic!





CHAPTER 1

Main organic ingredients for bakery

ROMANIA

The sourdough

The sourdough is a fermentation agent used to make bread and other doughs, which can then be used for pizza, focaccia and many others

It is a mixture of flour and water that has been fermented. The fermentation process causes the dough to rise, giving it a unique flavor (fermentation is also what gives alcoholic beverages their distinct taste).

What are the benefits of sourdough bread?

Sourdough has less gluten. Gluten is a protein found in wheat, barley and rye. People with celiac disease or gluten intolerance cannot digest it properly and may experience symptoms such as bloating, diarrhea, constipation, abdominal pain and fatigue when consuming foods containing gluten. Sourdough bread contains less gluten than regular bread due to the longer fermentation process (which breaks down the proteins). Eating bread with sourdough instead of traditional bread can help you reduce the risk of developing celiac disease or a wheat allergy.

Sourdough contains vitamins from the B complex that increase the energy level, helping the body to transform carbohydrates into glucose, which will be transformed into energy. Also, these vitamins help to increase immunity by producing antibodies that fight against infections. All these properties make sourdough ideal for those who suffer from fatigue or difficult digestion following an illness or surgery; they will be able to benefit from the increased vitamin content without having to add additional vitamins to their diet through pills!



Sourdough contains minerals such as iron, which play an important role in the transport of oxygen in the body - this can help prevent fatigue after physical exercise, as well as maintain general health during periods when we do not get enough restful sleep due to stress.

Sourdough is easier to digest than conventional bread, because it does not contain preservatives that can sometimes cause stomach problems.

In short, sourdough is an excellent choice if you are looking for an alternative to white flour products, because it contains less gluten per portion and provides the body with the vitamins and minerals it needs to stay healthy!

ITALY

The ferment

There are three types of yeast, chemical yeast (powder), organic yeast and fresh yeast. These three types of yeast, in addition to different chemical characteristics, they also have different uses and purposes. We go on to specify:

Chemical yeast (powder): It has a bicarbonate base and reacts only when in contact with heat. This is commonly used in cookies and cakes. This yeast is not used to make bread because it does not have enough strength to make it rise.

Biological Yeast: It is based on microorganisms that feed on glucose and that reproduce at a temperature of 30° to 50°C. When this ferment comes into contact with the ingredients, they eat them, multiply and make the dough rise. This yeast is essentially used in bread.

Fresh Biological Yeast: This yeast is also known as “baker's yeast” and can be purchased at any bakery. It is a yeast that has the same characteristics as biological yeast, but as it is fresh, it has a shorter shelf life and needs to be kept in the fridge.



MALTA

Sea Salt

It is important to uphold ethical manufacturing standards when cultivating organic products that are healthy, all the while respecting the people, biodiversity, and the environment. We must strive towards a greener future and create a sense of purpose that is interdependent of all life forms. To promote ecological balance, we need to recognize that ‘Food is Medicine’ so our organic products are a result of organic farming practices to safeguard the quality of food and personal wellbeing.

Organic White Sea Salt is Rich In Minerals

Organic white sea salt is a great source of minerals like potassium, iron, and calcium. Potassium maintains fluid balance in the body, it also helps maintain blood pressure levels and bone health. Calcium of white sea salt builds bones and teeth, it also helps regulate blood pressure. Iron helps make haemoglobin and it is also essential for activating certain enzymes throughout the body.

Maltese Organic White Sea Salt is Natural and Unprocessed

Organic White Sea Salt is unprocessed and has no additives. Sea salt is nutritionally worthier as compared to regular table salt, which is heavily processed and most of its nutrients have been removed. Natural white sea salt is an excellent substitute for the regular table salt and it is great for cooking and detoxifying. White sea salt can also be used as a bath salt as it may decrease skin dryness and inflammation.

White Sea Salt Improves Digestion

Consumption of white sea salt mixed with lukewarm water improves digestion as it contains chloride is necessary to produce stomach acid and sodium chloride helps in absorption and transportation of nutrients in the intestines during digestion when they have broken down. If you consume white sea salt on a regular basis then it will help improve your digestive health.



PORTUGAL

Brandy

Brandy is a drink with an alcohol content corresponding to 40° to 60° and is born from the distillation of wine made from white grapes. This drink is usually consumed at the end of meals. Of the different types of Brandy we can highlight the following:

- Cognac: is a brandy produced in France and produced from the Ugni Blanc grape. This undergoes two distillations.

- Armagnac: is produced in the Armagnac region, in southwestern France. As cognac uses Ugni Blanc grapes, however, nine more different varieties are added and it is only distilled once.

- Jerez: Distilled, also, once and produced in Spain through the Airén grape.

- Pisco: Distilled from wine belonging to Moscatel. It is a characteristic drink of Peru and Chile.

The Portuguese Brandy: One of the most famous brandys in Portugal is Brandy Constantino. This Brandy belongs to a family company that ages its Brandy for 12 months in wooden barrels, where additives, colorings and flavorings are added in order to make the drink tastier, smoother, sweeter and clearer. Like other Brandys, it is served as a digestive, however, there are those who drink it mixed with coca-cola or even juices.

Animal fat

Animal fat is derived from animal lipids. This fat is used not only in breads but also in pastries. This fat is solid or semi-solid at room temperature. This type of fat is not people's favorite as it increases cholesterol levels, thus often favoring vegetable fat.



GREECE

Durum wheat, widely known as Zea, is one of the oldest types of wheat in Greece.

It is a grain ideal for mild form and sustainable agriculture, while it does not need fertilizers and pesticides, being an excellent food as its processing gives products of high nutritional value.

For most Greeks, a few years ago, zea was an unknown food. Not unjustly, since for many years cereal had disappeared from the country.

The most likely correct theory for this was the appearance of more profitable types of wheat, such as whole-grain crops, requiring less post-harvest processing than coated, with better yields. It is the usual phenomenon, when the agricultural sector is evolving and acquiring new know-how.

Zea is a hard quadruped wheat with "coated" and "stuck" in two grains.

Its nutritional value is indisputable.

Due to its chromosomal structure, hot wheat tends to contain less gluten than regular wheat, which make it more tolerable by people with gluten sensitivity.

It contains fiber and minerals but especially high percentage of magnesium that activates the enzymatic processes of metabolism.

It contains 40% more magnesium than other cereals and high levels (20%) of the essential amino acid lysine that the human body cannot synthesize on its own. This amino acid is rarely found in high content in food and contributes to the absorption of calcium, the maintenance of nitrogen balance, the enzymes, hormones and antibodies production.

The amino acid lysine it contains, is the component of proteins that increases their digestibility, strengthens the immune system and is the key element in the biochemical function of the brain.

It suppresses inflammation and cancer cell enzymes.



Compared to regular wheat and other grains, zea contains more antioxidants and complex carbohydrates.

After all, it is no coincidence that the etymology of the word "zedoros" (the one who gives life) comes from this cereal.

For all this, this cereal forgotten for decades returned dynamically to the forefront making its products (flour, rusks, bread, pasta etc) expand their market share every year.



CHAPTER 2

Storage rules

ROMANIA

The sourdough

There are two options:

- keeping it in the refrigerator
- keeping it in the form of dry (dehydrated) sourdough.

3 useful storage tips for natural sourdough:

- freeze the sourdough in silicone cups for muffins or in special ice containers.
- When they are frozen well, move them into a sealed bag and store them in place in the freezer.
- When you need it, you can take out a cube that you leave to thaw in the refrigerator, then take it out to room temperature and feed it normally at least a few times.

Depending on how often we make bread, the sourdough can be kept either at room temperature or in the refrigerator.

If we make bread quite often (daily or every 2-3 days), it would be ideal to keep the sourdough at room temperature and feed it every 12 hours. For feeding, we apply the whole 1:3:2 ratio, so we take 10g of the mother sourdough and add it to a clean jar together with 30g of flour and 20g of water and mix until it reaches a homogeneous consistency and there is no dry flour left. After feeding, put the lid on and leave at room temperature.

If we make bread less often or occasionally we keep the sourdough in the fridge. Even if we make bread occasionally, the sourdough must be fed at least once a week, like this: we take the sourdough out of the fridge, feed it according to the 1:3:2 ratio, leave it at room temperature until it reaches the maximum fermentation point (it doubles / triples its volume) and then put it back in the fridge.

In this case, when we decide to make bread, we make 1-2 additional feedings before preparing the preferment for bread, so that the yeast is as active as possible.



STORING DRY SOURDOUGH (DEHYDRATED)

Finally, let's talk about one of the best answers to the question of how to store sourdough in the long term - dry sourdough (dehydrated sourdough).

Here are the benefits of this method:

Sourdough dries very easily

It does not require maintenance

If it is stored correctly, it will last for several years

It can be reactivated quite quickly, after 2 or 3 feedings

ITALY

Ferment:

Chemical yeast (powder): It should be stored in a cool, dry place away from sunlight.

Biological Yeast: Keep the product in a clean, cool and dry place, protected from light. After opening the vacuum package, it must be kept in the refrigerator for a maximum of 06 (six) weeks, so that it will not lose its fermentative power.

Fresh Biological Yeast: Its validity is about 45 days from the date of manufacture. It should always be kept refrigerated between 1 and 8°C. After opening the package, use the contents as soon as possible.

MALTA

Pure salt (pure sodium and chloride) never goes bad. As it does not contain any additives, it will preserve its flavour and potency in time. Salt is a natural preservative. If stored correctly (in dry and cool conditions), it can have an infinite shelf life.

How long will salt last?



Some different types of salt, like sea salt and pink salt can last forever if stored in the right way as they are pure forms of salt. However, others like table salt have a rather short shelf life due to additive compounds. As salt is hygroscopic, it attracts water from the environment and absorbs it. So, storing in a damp environment like a kitchen causes salt to become clumpy. The steam comes of from cooking and the odor affects the texture and taste of salt. That is why salt should be stored in an airtight container for longer shelf life.

When the salt storage is not airtight, it still absorbs the moisture from the environment, even though the cardboard box is not opened. If you are convinced to store salt, you will need to learn how to store salt in long term. The best way to store salt is to keep it away from moisture. So, the salt storage container should not permit water or damp in. The container should be able to stay sealed for a long time without contaminating the salt or allowing moisture in.

Ceramic or clay container: You can safely store salt in ceramic or clay containers if sealed with a plastic lid.

Glass container: Glass containers are another good option as long as you seal them with a plastic lid.

The container inside a container: You can also store salt in its original packaging but inside another container. You can use a plastic lid to seal the container and keep the moisture out.

The keyword about how to store salt long term is: COOL & DRY.

It is suggested, as a natural salt exporter, to store salt long term:

Do not let the moisture in the environment affect salt. Store salt in dry and cool places and inside safe, damp-free containers.

PORTUGAL

Brandy:

This type of beverage cannot be in contact with a very low or high temperatures, however, it should not be placed in the fridge as it changes its flavors and composition. The ideal



temperature for the conservation of this drink is between +5°C to 15°C. The barrels containing the cognacs must be placed vertically, be completely in the dark and must not come into contact with cork.

GREECE

Many people think that the preservation of organic bread is the same as the traditional bread. But its biological properties lead to a shorter expiration date. The "key" to achieving a longer time until its expiration is the healthy atmosphere of its packaging. The seal of the package retains air and moisture, thus removing the growth of bacilli on the bread.

Organic foods are very sensitive to environmental changes.

Grocery stores need to limit sun exposure, reduce damage from equipment and technical failures, and store items at the proper temperature. Overhandling can cause a lot of damage to some items and even shorten the shelf life of some foods.

Producing organic food requires more work. Since the focus is on natural farming methods for farmers who grow organic food, the amount of manual labor required to bring items to market is much higher, as less automated processes may be required.

Natural fertilizers like green manure may need to be spread by hand to eliminate the environmental impact of tractors and other equipment. Weeding is usually done by hand. While these measures improve soil conditions, they also increase the cost of household purchases.

Storage conditions determine the safe storage period for any grain. Safe storage guidelines for durum wheat have not been developed, despite the fact that it is more susceptible to spoilage than other wheat classes. The rates of deterioration of durum wheat samples with 15, 16, 17, 18, 19 and 20% initial moisture content (wet basis) stored at 10, 20, 30 and 40 °C for 12 wk were studied. The grain deterioration parameters including seed germination, moisture content, appearance of visible mould, invisible microflora, free fatty acid value (FAV), and ochratoxin production were monitored at regular intervals. From these results, safe storage guidelines for durum wheat were developed with respect to the moisture content and storage



temperature. Germination rates of the samples decreased with an increase in moisture content, temperature and storage period. Visible mould was found in all high moisture samples (17, 18, 19 and 20%) stored at high temperatures. FAV of the samples increased with moisture content and storage time.



CHAPTER 3

Validity of the ingredients

ROMANIA

How to keep sourdough as long as possible? There are only two options: keeping it in the refrigerator and keeping it in the form of dry (dehydrated) sourdough.

In the situation if you don't bake bread weekly and you have a sourdough that is still quite young. You can keep the sourdough in the refrigerator, but I still recommend feeding it at least once a week or at most every 10 days. Take the sourdough out of the refrigerator, wait until it reaches room temperature, then keep 10 grams, which you feed with 30 grams of water and 30 grams flour. Apply this feeding ratio (1:3:3) for at least 2-3 days and do not hesitate to change it to 1:4:4 if you feel a rather sour pregnant smell. This means that she is "starving" and needs as much consistent food as possible.

DRY SOURDOUGH (DEHYDRATED)

Finally, let's talk about one of the best answers to the question of how to store sourdough in the long term - dry sourdough (dehydrated sourdough).

Here are the benefits of this method:

Sourdough dries very easily

It does not require maintenance

If it is stored correctly, it will last for several years

It can be reactivated quite quickly, after 2 or 3 feedings



ITALY

Fresh Biological Yeast: Its validity is about 45 days from the date of manufacture. It should always be kept refrigerated between 1 and 8°C. After opening the package, use the contents as soon as possible.

MALTA

Salt is necessary for a healthy diet. It is one of the basic ingredients for survival and to maintain health. Here are some reasons why you should store salt listed below.

Essential for Health

Humans need salt to survive. Sodium in salt helps the body to maintain the fluid balance, keep the muscles properly functioning, and transmit nerve impulses. Sodium deficiency can lead to several health problems such as dizziness, headaches, weakness, seizures, and fatigue.

Its Use in Food Preservation

Salt has been used for food preservation for hundreds of years. The reason for this is that salt absorbs the moisture of the food and dries it out which prevents any bacterial growth. It has been commonly used for the preservation of meat. As salt draws the moisture of the meat, so bacteria, and microbes cannot survive.

Flavor and Seasoning Purposes

Saltiness is one of the basic tastes for humans along with sweetness, sourness, bitterness, and savouriness. That is why salt has been used for flavour enhancement for foods.

PORTUGAL

Brandy:

It has an indefinite shelf life as they do not spoil.

Ferment:

Chemical yeast (powder): Up to 6 months.



Biological Yeast: it must be kept in the refrigerator for a maximum of 06 (six) weeks.

Fresh Biological Yeast: Its validity is about 45 days from the date of manufacture.

Animal fat: Up to 12 months.

GREECE

Durum flour is used for pasta, noodles, couscous and some speciality breads. Home pasta makers often prefer working with durum flour as opposed to semolina, as it is easier to work with — durum flour mixes easier with water, and forms a smoother dough.

Durum wheat pasta is a shelf stable product that can maintain the same properties for long periods of time. It can have an average shelf life of 10 to 12 years, however, this can be increased to 30 years or longer.

After six months of storage, pasta samples did not present variations in their sensory properties. The enrichment of durum wheat pasta with 1% of macroalgae *Fucus vesiculosus* and *Ulva rigida* flours, or flours of its extracts, was found to be adequate without influencing or modifying the sensory characteristics of pasta samples during the storage period. Water activity was shown to be the main criteria influencing the quality parameters of pasta during shelf life. A higher water activity during storage will lead to higher cooking losses and a lower firmness of cooked pasta, which will damage pasta quality over time.



CHAPTER 4

Start baking

ROMANIA

Sourdough: is mostly used to bake bread and several bread derived products

ITALY

Ferment:

Chemical yeast (powder): To make all kinds of cakes.

Biological Yeast: Used to make bread.

Fresh Biological Yeast: Used primarily to make bread.

MALTA

Salt & Flavor of Baked Goods:

Whichever type of salt is used, it directly influences flavour in a surprisingly complex way. Adding a hint of salt to batter won't give the cake a salty flavour. Rather, salt reduces bitterness and allows sweetness to come forward, producing a more well-rounded flavour. Same is true with bread dough, just a little salt takes the flavour from flat to full.

We do not need to limit our use of salt to batter and dough. I often add just a pinch of salt to pie filling, fruit curds, jams and jellies to highlight the fruit flavour.

A little pinch of salt in a chocolate recipe can enhance the overall flavour without tasting salty. Of course, salted caramel has become ubiquitous.

How Salt Reacts with Flour in Baked Goods



Salt is not only a flavour enhancer. Salt also affects the tenderness of a baked good. Salt molecules form strong bonds with flour proteins, causing the gluten molecules to become less mobile, which, in turn, makes the dough or batter tighter and more elastic.

This is a desirable trait in a bread dough, but is not desirable in a cake batter.

How Salt Affects Eggs

Salt “denatures”, or loosens up, egg proteins. Add a little salt to egg wash to thin it down. A thinner egg wash is easier to brush onto bread or pastry for a glossy finish.

PORTUGAL

Brandy:

Brandy is used in Portugal in all pastry shops when we talk about making the typical Christmas cake, Bolo Rei. In addition, it is used to make specific breads.

Animal fat: Essentially used to make cakes and bread.

GREECE

Durum wheat is a variety of spring wheat that's typically ground into semolina and used to make pasta. It can also be ground into a finer flour and used to make bread or pizza dough.



CHAPTER 5

Recipes of the organic bakery products

ROMANIA

Sourdough bread

Preferment ingredients

- 75g starter (wild yeast)
- 75g wholemeal flour
- 75g water

Bread dough ingredients

- the Preferment from the previous point
- 1100g intermediate flour (white 650)
- 600g of water
- 20g of salt

Preferment preparation

1. Remove the jar of natural sourdough from the refrigerator. It must be active, i.e. have a specific smell (a bit of vinegar), but mostly bubbles due to the carbon dioxide emitted. Gas bubbles can be seen in the pictures.



2. Remove 75g of yeast from the jar and add it to a bowl that will fit the 2kg dough at the end. We use the kitchen scale all the time, because otherwise it's difficult to appreciate the proportions.

3. Add 75g of wholemeal flour to the same bowl

4. Add 75g of water. The water should be at room temperature. If the water is warm, we risk deactivating the sourdough

5. We mix the 3 ingredients in the bowl with the help of a spoon, after which we let the preference develop (react) for 3-4 hours, that is, until we notice a sharp smell of vinegar and especially small bubbles on its surface.

6. We cover the preference with a clean kitchen towel and leave it for 3-6 hours. The time depends on the temperature of the kitchen where you leave it to ferment. If it's during the summer, it's warmer and the time is shorter, the winter is a bit longer.

Preparation of sourdough bread

1. We check the preference after 3-4 hours and if we notice bubbles and the volume is increased by at least 25%, it's ready. We go to the next step.

2. Add the amount of 600g of water, at room temperature (approx. 24 degrees C) and mix with a spoon.

3. We add the flour (intermediate/type 650) over the preference

4. Mix all the ingredients very well with the help of a large spoon or by hand.

5. We use a plastic scraper to remove the dough from the edges of the bowl.

After we have incorporated the flour very well, we have a homogenized dough, let it autolyse for 20-30 minutes to 1 hour * (it means hydration of the flour), before adding the salt.

We cover the bowl with a towel and let the dough autolyse.

6. After hydrating the dough, add salt to the entire surface of the dough.



We wet our fingertips first by putting them in a bowl of water (it's good to have it next to the bowl of dough), then we insert them into the dough to create holes in it. Then sprinkle the salt over the dough.

7. Mix well by hand, until the salt is incorporated into the dough: make holes with your fingers and rotate the dough, pull it, etc.

8. Let the dough rise in the bowl covered with a kitchen towel or plastic wrap for approx. 20 min.

9. We start the stretch & fold technique, or in Romanian, pulling and folding, a relatively easy technique that replaces actual kneading. This technique will develop the gluten in the flour, lead to the release of carbon dioxide and create a nice airy dough.

Wet our hands before touching the dough to limit the dough from sticking to our hands.

We grab the dough from under its base (below it) and pull the dough up towards us, after which we let it down slightly.

Turn the bowl with dough 90 degrees and put your hand under the dough again, pull it again and fold it.

We proceed similarly on all 4 sides of the dough, i.e. all around the dough. It doesn't take us more than 1 minute in total.

10. After finishing the pulling and folding technique, cover the dough bowl with foil again and leave it to rise for 20-30 minutes.

11. After another 20-30 minutes, apply the same stretch & fold technique to the bread dough around it. Let the dough rise again for 20-30 minutes.

12. This stretch & fold technique is applied 4 times in total (up to 6), with breaks of 20-30 minutes.

13. After applying the last round of stretch & fold and leaving the dough to rise, we take a thinner piece of dough and try to see if the gluten has developed enough. This check is done with the help of the two hands that we use to stretch the dough until a transparent window



is created. If the dough is relatively elastic and does not break, then it means that stretch & fold is no longer needed and we have a sufficiently worked, aerated dough with developed gluten.

14. Let the dough rest and ferment, without disturbing it for 1-2 hours. In total it should leaven for at least 4 hours at room temperature, including the stretch & fold part. The dough should rise at least 1/3 of its original size and show small air bubbles on the surface before moving on to the next step.

15. After the 3-6 hours, we put a little flour (or not at all, if the dough is not super hydrated) on the wooden board so that the dough does not stick to the board. Wet our hands so that the dough does not stick to them. Or we can use a wider metal scraper.

Basically, we don't want to add a lot of flour to the dough, to keep the dough hydrated.

It is practically the time when we have to form the two loaves, unloading the dough on the wooden board. We can use a plastic spoon or scraper to remove the dough from the bowl very well.

16. We unload the dough from the bowl onto our workbench, using a scraper. The work surface should have a little flour, but not excessively, so as not to influence our hydrated dough.

17. We cut the dough into two equal or less equal parts, depending on the size of the vessels or baskets in which you want to put the pieces of dough to rise. I cut the dough with a metal scraper into two equal parts because the baking pans/baskets are equal in size. We will make two loaves in the end.

Each piece in my case is about 1000g.

18. For the formation of the loaves we will use two stages for each of the two loaves: an initial stage of pre-shaping and a final stage of rendering the final shape of the bread.

19. For the first stage, we need to have wet hands (we put our hands in a glass of water) so that the dough does not stick to them. The work surface should have little to no flour.



This step consists of wrapping the dough as if we were sewing it. We do this by bringing the edges of the dough towards the center, from top to bottom, as in the pictures.

After we have 'sewn' the dough, we rotate it from the base to the opposite direction, as in the pictures and make a sphere out of it.

20. Rendering the final shape and sealing the dough.

Sealing the bread can be done with a scraper or with the help of your hands, which must be wet and the work surface must contain only slight traces of flour.

If you choose the scraper, you can moisten it a little in water and placing the scraper next to the dough, push the dough gently for 4-5cm. It will create tension on the surface of the dough, which will practically seal its surface and result in a nice golden crust at the end when the bread is baked.

21. But if we use our hands to create tension on the surface of the dough, we moisten them in water so that they don't stick to the dough. We place the dough on the board, positioned on the opposite side of our position to pull it towards us. Basically we place our two hands on the side of the dough, a little under the dough, and pull it towards us, sliding on the board. In practice, a phenomenon of rotation of the dough around its axis is created, which seals the surface of the dough. This will positively influence its subsequent indentation and create that gorgeous crust.

When we use our hands, there is the disadvantage that a little dough remains on the wooden board. The scraper gets rid of this.

That's why I prefer to use a wide, metal scraper instead of my hands to give the final shape to the bread. The movement is similar.

22. We take the dough thus formed with the help of the scraper and place it in the form (wooden bowl, yena vessel or other type of vessel). It should be noted that the bannetont or yeast basket must be well floured before putting the dough in it. And if we use a yena vessel or another type of glass vessel, e.g. for leavening, we must put a kitchen cotton napkin on the bottom of the bowl that we will flour abundantly to avoid sticking the dough to the napkin.



Do the same with the baneton, dust it well with flour, as in the picture. I recommend flouring the banneton with a mixture of rice flour and wheat flour, because unlike wheat flour, rice flour does not contain gluten, so the dough is less likely to stick to the wood.

23. After placing the dough in the basket, dust it with flour and cover it with a kitchen towel or plastic wrap. I prefer to put the whole basket in a plastic bag.

24. Leave the dough in the form, to rise at room temperature (23-25 degrees) for 3-4 hours or overnight in the refrigerator, for 8-12 hours. An interesting thing to mention is that the longer the dough ferments, the tastier and more digestible the bread will be, and this happens especially if you leave the dough in the refrigerator for at least 8 hours. The temperature is lower in the refrigerator, but this will not kill the bacteria in the yeast, but the dough will ferment more slowly, for a longer period of time.

25. After a time of 3 hours (at room temperature), check if the dough is suitable for rise (leavened). This check is done in the following way: wet your finger in water so that the dough does not stick to it and press it gently on the surface of the dough, about 1-2 cm deep into the dough.

We have the following 3 different situations, immediately after we withdraw our finger from the dough:

1. After we withdraw the finger, the dough quickly returns to its original shape in that place, leaving no sign that the place was pressed with the finger. This means that the dough is not leavened or not leavened enough. We have to give it more time to ferment.

2. The dough remains with the hole made by our finger and does not return to its original shape at all. This means that the dough is overleavened, i.e. I left it to leaven for too long in its shape. Also in the case of overleavened dough, it is possible that when we press our finger into the dough, it will sag (as if deflating).

3. After we withdraw the finger from the dough, the dough returns easily (not quickly, but in 2-3 minutes) to its original shape, but there is still a trace in the dough, then it means that the dough is suitable for leavening.



26. If the dough was left in the refrigerator overnight to rise, take it out of the refrigerator and let it come to room temperature for 30 minutes-1 hour. If we only need one loaf for the day, you can keep the other dough in the fridge for up to 3-4 days and bake it when you need fresh bread.

27. If we have a raised, properly leavened dough, we proceed to preheat the oven, to 230-240 degrees (upper and lower heating, without ventilation), introducing the baking dish into the oven[. I used a cast iron pot with a lid, because it retains the heat very well.

28. During this time, we put baking paper on a relatively small wooden board, slightly larger than the dough, over which we will turn the bread dough from the baneton (the yeast basket).

29. If we want to mark the dough with our own pattern, such as some small leaves (cuts in the dough), then we sprinkle a little flour over the dough and with the help of a blade or knife with a very thin and sharp blade we indent the dough with our own pattern.

We intend to indent the dough a little deeper (about 0.5-1cm) where we want the dough to pop/rise when the bread is baked in the oven. Make sure that the dough's rising time is relatively short, just 3-5 minutes before putting it in the oven, because being a very hydrated dough, it sags if it is on the wooden board (and no longer has the walls of the baneton to lean on).

Because the dough stuck to my baneton, it doesn't look great now and I just made a main notch with the blade, a cut from one side to the other, along the length of the dough, about 1-2cm deep.

30. We take out the cast iron pot (which is very hot ATTENTION!), place the lid separately. We grab the corners of the baking paper (with dough) and place it in the hot pot.

We also put the lid on top.

31. After 30 minutes, remove the pot from the oven to remove the lid. We notice that the bread has already risen nicely. It's time to make the crust on top.



32. Put the cast iron pot in the oven again, at 220 degrees, this time without the lid, in the oven.

We leave it for 20-30 minutes until a nice and crispy crust is obtained on top.

Put the pot back in the oven for another 20-30 minutes, also at 220 degrees. You can spend the last 5 minutes on ventilation, if you want a fine crust.

33. When the bread is beautiful, golden, take it out of the oven, let the cast iron pot cool for 2-3 minutes, then carefully remove the bread from the pot and put it on a clean kitchen towel to cool. You can check if the bread is baked by tapping the bottom (crust) with your finger.

34. Leave the bread to cool at room temperature for at least 30 minutes before eating/cutting.

MALTA

1.Simple seeded soda bread

INGREDIENTS

Makes 1 loaf

☞1tsp caraway seeds

☞1tsp fennel seeds

☞60g pumpkin seeds

☞60g sunflower seeds

☞200g wholemeal flour

☞140g white spelt flour, + more for dusting

☞2 tsp Pure Sea Salt

☞2 tsp bicarbonate of soda

☞284 ml pot of buttermilk

☞2 tsp treacle



Warm bread on your table in less than an hour, this recipe could not be easier.

Heat the oven to 200C/ gas 6

Lightly toast the caraway and fennel seeds in a pan for 2-3 minutes until they start to colour and become fragrant. Remove from the heat and add to a large mixing bowl. Add all the other dry ingredients, whisk to combine to ensure the bicarb is evenly distributed.

In a small bowl or jug mix together the buttermilk and treacle.

Add the mixture to the dry ingredients with a wooden spoon until it forms a ball, adding more buttermilk or a dash of milk if needed.

Tip out onto a floured surface and bring together (you don't need to knead the dough) to make a round shape, don't worry if it's not perfect. Move the round onto a lined baking tray, and score a cross on top, then sprinkle with more flour

Bake the bread for 40-45 minutes. The loaf should be golden and the bottom should sound hollow when tapped. Best eaten warm with lots of softened salty butter.

2.Advent jam filled double deckers (Doppeldecker)

INGREDIENTS

Makes 32-35

☑350g (2²/₃ cups) plain (all-purpose) flour plus extra for dusting

☑¼ tsp baking powder

☑Pinch of fine sea salt

☑125g (½ cup plus 1 tbsp) unsalted butter, at room temp

☑180g (1 cup) caster (superfine) sugar

☑1 tsp vanilla extract

☑1 egg, plus 1 egg yolk to assemble and finish

☑Raspberry jam (jelly)



☐ Icing (confectioners’) sugar, for dusting

Heat the oven to 200°C/180°C fan/400°F and line two large baking sheets with non-stick baking parchment.

Put the flour, baking powder and salt into a large mixing bowl. Add the butter and work it into the flour using your fingertips until it resembles breadcrumbs. Add the sugar and vanilla extract and mix through. Now add the egg and extra yolk and knead into a stiff dough. (Alternatively, put all the ingredients into the bowl of a free-standing electric mixer fitted with a paddle attachment, and beat until they come together as a stiff dough.) Lightly dust the work surface with flour. Divide the dough in half and roll one half out to a 5mm/1/8in thickness. Cut out small rounds using a fluted cutter (see pages 258–9). Lay these on one of the baking sheets.

Repeat with the other half of dough, laying the rounds on the second baking sheet. Use a smaller star- or heart-shaped cutter to cut out a shape from the centre of half of the rounds. (You can either place these small cut-out shapes on another lined baking sheet and bake them after the Doppeldecker, or simply roll them up into a ball of dough with all the offcuts and continue making the larger biscuits.)

Bake for about 10 minutes until lightly golden brown. Transfer the biscuits to two wire racks, one for the whole biscuits and one for the cutout biscuits, to cool completely.

Once cool, spoon about ½ teaspoon of jam onto each whole biscuit. Dust each cut-out biscuit with icing sugar and gently lay one on top of each jam-covered biscuit. Stored in an airtight tin, these will keep for at least 3 weeks.

3.The ultimate fish finger sandwich

INGREDIENTS

Serves 2 For the goujons

☐ 2 lemon sole fillets (approx 250g)

☐ 40g plain flour



☐1 egg, whisked

☐75g panko breadcrumbs

☐4 tbsp sunflower oil

For the tartare sauce

☐200g of good quality mayonnaise or natural yogurt (or a mix of the two)

☐1 small shallot, finely chopped

☐1 tbsp capers, finely chopped

☐3 cornichon, finely chopped

☐1 bunch parsley (or other soft herbs), finely chopped

☐1 lemon, zest and juice

☐1 tsp smoky dijon mustard

☐1 tsp pure sea salt with roasted garlic

To serve

☐4 slices of thick cut bread

☐1 baby gem lettuce, washed and shredded

☐Cracked black pepper

First make the tartare sauce by combining all of the ingredients together in a bowl. The texture of the sauce will depend on how finely you've chopped the ingredients, the sauce can be made in a food processor for a smoother result.

Depending on the size of the sole fillets, slice into smaller strips. Prepare 3 shallow dishes with the flour, the whisked egg and the breadcrumbs. Heat the oil in a non-stick frying pan on a medium high heat. Dip each strip of fish in the flour, the egg and then the breadcrumbs. Place the coated fish in the pan and cook until golden on each side. Remove from the pan and rest the goujons on kitchen paper to absorb any excess oil.

To assemble the sandwiches, spoon over the tartare sauce to both slices of bread. Add 2 or 3 goujons to each sandwich along with the shredded lettuce.

4.Rhubarb + goat's cheese tart



INGREDIENTS

For the pastry:

- ▣ 225g/8oz plain flour, sifted
- ▣ 110g/3¾oz butter, chilled and diced, plus extra for greasing
- ▣ 1 medium egg yolk
- ▣ 20g/¾oz Parmesan cheese, finely grated
- ▣ 2-4 tbsp ice-cold water
- ▣ ½ tsp finer flaked sea salt
- ▣ Freshly ground black pepper

For the cured rhubarb:

- ▣ 2 slim rhubarb stalks (about 150g/ 5¼oz), sliced in half lengthways, then cut into 1cm/½in pieces
- ▣ 5g/⅛oz finer flaked sea salt
- ▣ 25g/1oz caster sugar
- ▣ 2 lemon thyme sprigs
- ▣ ½ tsp fennel seeds

For the tart filling:

- ▣ 25g/1oz butter
- ▣ 4 onions, finely sliced
- ▣ 2x medium eggs, beaten
- ▣ 100ml/ 3½fl oz double cream
- ▣ leaves from a small bunch of parsley, finely chopped
- ▣ ½ tsp dijon mustard
- ▣ 80g/ 2¾oz fresh young rindless goat's cheese
- ▣ 3 lemon thyme sprigs (or use thyme leaves and grated lemon zest)
- ▣ sea salt and freshly ground pepper



Start by making the pastry. Pulse the flour and butter together in a food processor until the mixture resembles breadcrumbs. Add the egg yolk and Parmesan and pulse a couple of times to combine. Pour in the water, 1 tablespoon at a time, until the mixture comes together when you pinch it between your fingers. You may not need all the water. Add the salt and pepper and pulse again to combine. Transfer to a clean work surface, shape into a round, cover with clingfilm and chill in the freezer for 30 minutes.

Meanwhile, cure the rhubarb. Toss the rhubarb, salt, sugar, lemon thyme and fennel seeds together in a small bowl. Cover with a plate or tea towel and leave to cure at room temperature for 20 minutes. Drain the rhubarb in a colander, rinse and pat dry with a clean tea towel or kitchen paper. Leave in a cool place until ready to use.

Preheat the oven to 180°C/160°C fan/350°F/Gas 4.

Lightly grease a 23cm / 9in fluted tart tin with butter. Remove the dough from the freezer and use the largest holes on a box grater to grate the dough into the centre of the tin in three stages. After each third, press the dough into the base and sides of the tin until they are completely covered to the top lip in an even layer. Prick the base of the pastry all over with a fork, then cover with a baking paper or foil, making sure some of the paper hangs over the side. Fill with baking beans and blind bake in the oven for 15 minutes. Remove the beans and paper and bake for another 12 minutes to cook the base until golden. Remove from the oven and leave to cool. Leave the oven on.

Meanwhile, for the filling, melt the butter in a large frying pan over a medium heat until melted and bubbling. Add the onions and a large pinch of salt. Fry, stirring frequently, for 8 minutes until the onions are soft and translucent. Reduce the heat to low and cook, stirring occasionally, for 25 minutes, or until the onions have reduced in volume by half and are golden and sweet. Remove from the heat.

Whisk the eggs, cream, parsley and mustard together in a medium bowl, then stir in the onions to combine. Pour the filling into the tart case and dot over the cured rhubarb. Crumble over the goat's cheese and scatter the lemon thyme over the top.



Bake the tart in the oven for 25 minutes, or until set. Leave to cool in the tin for 10 minutes before removing and slicing into wedges. Serve with a green salad and boiled new potatoes. The tart will keep covered in the fridge for up to three days. Reheat gently in a low oven before serving.

5.Simple Kimchi

INGREDIENTS

Time taken: 2-3 days

☒1 large Chinese cabbage

☒5 tbsp Pure Sea Salt

☒1 large daikon / mooli radish

☒1 large carrot

☒4 spring onions

☒6 garlic cloves, peeled

☒Large thumb size piece of ginger, peeled

☒2 tbsp gochugaru (Korean chilli) paste, or use gochugaru chilli flakes

☒1 tbsp Pure Sea Salt

☒1 tsp caster sugar

Start by preparing your cabbage, remove any spoiled outer leaves, then quarter and remove the hard core. Chop the cabbage into 5cm chunks before washing thoroughly. Then place in a bowl with the 5 tbsp salt and 300ml warm water. Cover and leave for 2 hours. The cabbage should have started to wilt after this time. Wash again and leave to drain in a colander.

Meanwhile peel and chop the radish into small batons, repeat with the carrot. I like to vary the sizes to make the final kimchi a more interesting texture. Slice the spring onions and combine in a large bowl.

In a food processor add the rest of the ingredients along with 200ml cold water and blitz to a smooth paste. Mix this in the large bowl with the carrot, mooli and onions. Finally add the drained cabbage and mix well for 3-4 minutes. You may want to use gloves for this step.



Put the mixture in the prepared glass jar, packing the mixture in tightly. Leave for 2-3 days at room temperature before refrigerating.

6.Dark chocolate + rum truffle tart

INGREDIENTS

Time taken: 45 minutes, plus 90 minutes chilling

Serves 10

☑100g/3½oz butter, at room temperature, plus extra for greasing

☑200g/7oz plain tuile biscuits (sometimes sold as cigar or cigarette biscuits)

☑1 tbsp cocoa powder

☑350ml/12¼fl oz double cream

☑300g/10½oz dark chocolate (we like to use Pump Street), finely chopped

☑50g/1¾oz milk chocolate, finely chopped

☑1 tsp vanilla bean paste

☑40ml/1½fl oz dark rum (we like Barti Ddu)

☑Finer flaked and flaked sea salt

To serve

☑Crème fraîche

☑Fresh mixed berries

Preheat the oven to 180°C/160°C fan/350°F/Gas 4. Lightly grease the base and sides of a 23cm/9in loose-bottomed tart tin with butter and line the base of the tin with baking paper.

Pulse the biscuits, cocoa powder and a pinch of fine salt together in a food processor until a fine crumb forms, then transfer to a large bowl.

Melt 50g/ 1¾oz of the butter in a small saucepan, then pour it over the biscuit mixture and stir until the mixture is combined and resembles wet sand. Using a clean, flat-bottomed glass, pack the biscuit mixture evenly into the prepared tin, shaping it around the sides so that it



meets the rim at the top all around the edge. Bake the biscuit case in the oven for 10-12 minutes until it starts to look darker around the top. Leave to cool completely.

Meanwhile, pour the cream into a medium saucepan, leaving at least 5cm/2in of space between the surface of the cream and the top of the pan and heat until you see bubbles start to form around the side of the pan. Remove from the heat and scatter both chocolates over the cream so that it covers as much of the surface of the cream as possible, rather than forming a pile in the centre. Leave for 1 minute without stirring, then stir to combine. The mixture should be thick and glossy. Cut the remaining 50g/1¾oz butter into six pieces and whisk into the chocolate mixture, a piece at a time, until smooth. Stir in the vanilla and rum, then pour the chocolate mixture into the prepared tin, without letting any spill over the sides of the biscuit case. Shake the tin gently to distribute the chocolate filling evenly, then chill in the fridge for 90 minutes.

Remove the tart from the fridge and scatter over a generous pinch of flaked salt (any earlier and the salt will sink into the chocolate mixture). Chill for at least another hour, or up to 24 hours before slicing. Serve with crème fraîche and fresh berries. The tart will keep covered in the fridge for up to three days.

7.Easy filo pie with our ‘Popeth’ seasoning

INGREDIENTS

Approximately 8 servings

☑600g spinach, washed

☑2 tsp pure sea salt

☑3 tbsp olive oil

☑2 onions, finely sliced

☑4 spring onions, finely sliced

☑Bunch of soft herbs (dill, mint, parsley or a mix) finely chopped

☑200g feta, drained



▣ 259g ricotta, drained

▣ ½ lemon, zest of

▣ ½ tsp nutmeg

▣ 270g filo pastry

▣ 1 generous tbsp Popeth

Start by adding the spinach to a large mixing bowl, sprinkle over the salt and leave to one side.

Warm a large pan over a medium heat with 1 tbsp olive oil (save the rest for the pie assembly) and fry the onions for 10 minutes or until soft. Leave to cool.

Preheat the oven to 200C/ gas 6.

Back to the spinach, start to use your hands to scrunch the leaves (you may need to do this in batches) and using a colander squeeze the spinach with your hands to remove the liquid. As you work your way through the spinach keep the colander there to encourage any last drops of moisture to drain away. Put the squeezed spinach in another dry bowl and crumble in the feta, add the ricotta, the egg, the cooked onions, spring onions, chopped herbs, lemon zest, nutmeg and mix well.

Brush a baking dish with olive oil, then add a layer of filo, brush with oil and repeat until you have 3 layers of filo at the bottom of the dish. Pour in the spinach filling and spread out. Then repeat the filo and oil layers on top, aim for 3-4 layers for the top of the pie. This should use up the rest of the pastry, depending on the brand of filo you have. Brush the top with the oil before sprinkling over the Popeth seasoning. Slice with a sharp knife into portions (usually 8 slices but depends on your dish size) and bake for 40 minutes or until golden and crispy on top.

Easier to serve the pie if left to rest for 20 minutes to cool. Also delicious served cold the following day.



8.Tide Bars: toasted sesame + sea salt flapjacks

INGREDIENTS

Flapjack base

☑150g golden syrup

☑1 tbsp honey

☑200g Halen Môn sea salted butter

☑350g rolled oats

☑60g soft brown sugar

Salted caramel layer

☑60g soft brown sugar

☑130ml double cream

☑60g Halen Môn sea salted butter

☑Pure Sea Salt

Toppings

☑150g dark chocolate

☑50g sesame seeds

☑Pure Sea Salt

Makes 12 bars

Heat the oven to 170°C and line a 9" / 23cm baking tray with baking parchment.

Begin with the flapjack base. Melt the butter, golden syrup and honey together in a small saucepan over a low heat. Once melted add the oats and sugar and stir together until fully combined.

Pour the mixture into the baking tray and press down to an even layer. Bake for 20-25 minutes or until the top of the flapjack is an even golden brown colour. Allow to cool to room temperature.



Make the salted caramel by melting the butter and sugar together in a small saucepan. When the butter and sugar are bubbling away add the double cream and combine well. Allow the mixture to bubble and thicken, stirring regularly for 2 minutes until the mixture is reduced by around a quarter.

Pour the caramel over the cool flapjack and spread with a pallet knife to form an even layer. Place the flapjack in the fridge to allow the caramel to set.

Place the sesame seeds in a small wide pan and toast on a medium heat on a stove top, shaking the pan regularly so the seeds toast evenly. Set the seeds aside in a small bowl once they are an even golden colour.

Melt the chocolate gently in a heatproof bowl over hot water. When liquid, pour it in an even layer over the caramel.

Sprinkle over the toasted seeds and a generous pinch of Pure Sea Salt and return to the fridge to set before cutting into 12 pieces.

9.No-churn hazelnut espresso ice cream

INGREDIENTS

Time taken: 15 minutes, plus 8 hours for freezing

Serves 6

▣425ml/15fl oz double cream

▣1 tsp finer flaked or smoked sea salt

▣tsp vanilla bean paste

▣50g/1.oz hazelnuts, toasted

▣397g/14oz tin sweetened condensed milk

▣125ml/4.fl oz very strong coffee or espresso, cooled

Using an electric whisk, beat the cream, salt and vanilla together in a large bowl until the mixture resembles natural yogurt. Rub the toasted hazelnuts together in a clean tea



towel to remove as much of their skins as possible. Discard the papery skins and roughly chop the nuts. Set aside a tablespoon or so to sprinkle over the top, then add most of the nuts, the condensed milk and cooled coffee to the cream mix and beat together until it thickens to the consistency of natural yogurt.

Pour the mixture into a 900g/2lb loaf tin, sprinkle over the reserved hazelnuts and cover with clingfilm. Chill in the freezer for at least 8 hours, or overnight. Remove the ice cream from the freezer 5 minutes before serving. The ice cream will keep covered in the freezer for three months.

10.Chargrilled courgettes, whipped feta and coriander chutney

INGREDIENTS

Serves 4 as a side or part of a bbq

☑6 large courgettes, sliced lengthwise into thick strips

☑150ml extra virgin olive oil

☑Pure Sea Salt

☑Black pepper

For the whipped feta

☑200g feta

☑200g thick Greek yogurt

☑50ml extra virgin olive oil

☑1 lemon, zest and juice

For the coriander chutney

☑40g coriander, leaves and stalks

☑1 green chilli, deseeded and finely sliced

☑1 tbsp oak smoked water

☑1 tsp Pure Sea Salt



☑1 lime, zest and juice

☑Extra virgin olive oil

☑Chopped soft herbs to serve

Coat the sliced courgettes in 100ml of the olive oil and season generously, set aside.

To make the coriander chutney, add all the ingredients into a food processor and blitz until smooth, adding more olive oil if needed.

Once the BBQ or griddle pan is piping hot, cook on a high heat for 2 minutes before flipping the courgettes over. You'll need to cook in small batches. Cooking tongs are useful to avoid burnt fingers. The courgettes should char and blacken slightly but hold their shape.

Mix the drained feta, yogurt and olive oil with a whisk until smooth. Add the lemon juice and zest and mix again. Cover the bottom of a large serving dish with the feta mixture.

Arrange the charred courgettes on top of the whipped feta, then drizzle the coriander chutney, finish with olive oil and chopped soft herbs.

11.Anglesey salt and pepper fritto misto

INGREDIENTS

Serves 6 as a starter

☑10g/¼oz dried seaweed, such as kombu or dulse

☑200g/7oz courgettes, cut into 1cm/½in rounds

☑50g/1¾oz curly kale, leaves torn into bite-sized pieces

☑100g/3½oz green beans or asparagus spears, cut into bite-sized pieces

☑400g/14oz prepared mixed seafood, such as squid, cleaned and cut into rings; prawns, peeled and heads removed; flaky white fish, such as MSC cod, plaice or haddock, filleted and cut into 3cm/1¼in chunks

☑1 litre/35fl oz vegetable oil, for deep-frying

☑150g/5¼oz plain flour



- ☑ 1 tbsp cornflour
- ☑ 75g/2¾oz fine semolina
- ☑ 1 tsp baking powder
- ☑ ½ tsp finer flaked sea salt
- ☑ ½ tsp coarsely ground black pepper, plus extra for sprinkling
- ☑ 2 medium egg whites
- ☑ 300ml/10½fl oz sparkling water
- ☑ Flaked sea salt
- ☑ 1 lemon, cut into wedges, to serve

Preheat the oven to 120°C/100°C fan/250°F/Gas 1. Line a large baking sheet with kitchen paper and sit a wire rack on top of it to drain the cooked pieces.

Pour the oil for deep-frying into a large saucepan, so that it comes 4cm/1½in up the sides. Clip a sugar thermometer to the side of the pan and heat the oil over a medium-high heat.

Meanwhile, mix both flours, the semolina, baking powder, salt and pepper together in a large bowl. Whisk the egg whites in another bowl until thick, bright white and frothy but before they start to form soft peaks. Set aside.

Pour the sparkling water into the flour mixture and whisk to combine, then fold through the whisked egg whites until the mixture is smooth.

When the oil reaches 180°C/350°F on the thermometer, drop a handful of fish, vegetables and seaweed into the batter, allowing any excess batter to drip back into the bowl. Carefully lower the coated pieces into the hot oil immediately, using a clean slotted spoon to separate the pieces to prevent clumping. Deep-fry for 4–5 minutes, turning the pieces once until crisp and golden on both sides. Lift the pieces with the slotted spoon onto the prepared wire rack and immediately sprinkle with flaked sea salt.

Allow the oil to come back up to temperature before repeating with the remaining vegetables, fish and batter, transferring the batches to the wire rack to drain as you go and



seasoning with salt while they are hot. Keep the cooked pieces warm in the oven with the door slightly ajar while you cook the rest (this will prevent the batter going soggy).

Serve on a platter with the lemon wedges. Grind over some more black pepper and eat with friends and plenty of paper napkins.

12.Paprika and lime butter corn on the cob

INGREDIENTS

Serves 4 as a side

☑4 ears of corn

☑Olive oil, for brushing

☑½ teaspoon Pure Sea Salt in a Finer Flake

☑Black pepper

☑100g salted butter (or 100g unsalted butter and ¼ teaspoon Pure Sea Salt in a Finer Flake), at room temperature

☑Zest of a lime and juice of ½

☑½ teaspoon hot smoked paprika

☑2 garlic cloves, peeled and crushed or finely grated

☑Wedges of lime, for serving

If the corn is covered in papery husks, pull them back and brush the cobs with oil to coat. Season the corn all over with salt and pepper.

Cook on a barbeque, hot griddle pan or under the grill (if using a grill or griddle pan, discard the husks as they will burn, whereas on the barbeque they can be kept away from the heat source). When the corn has turned a vibrant shade of yellow and is tender to the point of a sharp knife, it's ready. It will taste even better if there is some charring in places for a smokier flavour.



While the corn is cooking, mix the remaining ingredients, except the lime wedges, together in a small mixing bowl until combined. The butter can be made in advance and kept covered in the fridge until ready to use, if preferred.

Serve the hot corn with generous knobs of the flavoured butter spread over the kernels, and wedges of lime for squeezing over.

PORTUGAL

“SALT BALL” – “BOLA SALGADA”

Ingredients:

- 1000g of flour
- 2 eggs
- 45g of organic yeast
- 25g of organic olive oil
- 25g of brandy
- 250g of water
- 200g of chorizo
- 200g of ham
- 200g bacon
- 240g of olives

Preparation mode:

First add the flour, eggs, yeast, oil and water and knead until combined.

Then add the chorizo, ham, bacon and olives.

At the end of kneading, let the dough rest for 15 minutes.

Then cut into pieces and make circles and place on a tray and let rise for about 30 minutes.



Before cooking, brush the circles with egg and also decorate with bacon, chorizo, ham and olives.

The cooking must be done with the oven at 220 degrees for about 20m.

“ROOM BREAD” – “PÃO DE QUARTO”

Ingredients:

- 800g of T65 wheat flour
- 100g of T70 Rye flour
- 100g of T150 wheat flour
- 150g of brandy
- 20 g of salt
- 15 g of yeast
- 100g of old pasta
- 0.7l of water

Preparation mode:

Add all the ingredients and knead for 30 minutes, until you get a homogeneous and smooth dough. Let the dough rest for at least 30 minutes. Weigh 80g pieces. Let the dough rest on the board with a cloth on top, at least 30 to 45 minutes. Bake in the oven at 250° C for 20 to 30 minutes. For quarter bread, just turn it upside down and put it in the oven with steam.

“TRIMILE BREAD” – “PÃO TRIGAMILHA”

Ingredients:

- 500g of corn flour
- 100g of T70 rye flour
- 400g of T65 wheat flour
- 200g of brandy.



- 100g of animal fat
- 1.5g salt
- 25g of yeast
- 100g of Velha de Bread dough
- 0.5 l of boiling water, at the beginning of the mixing process and the other 0.3 liters, after all the ingredients are mixed.

(Don't forget that the corn has to cool down for at least 30 minutes).

Preparation mode:

Combine all the ingredients and knead for 25 minutes, let it rest for at least 60 minutes.

Weigh 75g of the dough, and after weighing and rolling, place it on the tray sprinkled with flour, and go directly to the oven at 250° C for 40 to 45 minutes.

“PÃO CASEIRO COM SULTANAS” - “HOMEMADE BREAD WITH SULTANAS”

Ingredients:

- 1000 g of wheat flour
- 30 g of dry yeast
- 25 g of salt
- 300 g of warm water
- 400 g of sultanas
- 30 g of animal fat
- Brandy qb

Preparation mode:

Start with the dry ingredients only, mix the ingredients in a suitable bowl. Avoid contact between salt and yeast.

1. First, marinate the sultanas in brandy for 8 hours before starting to cook.
2. Then add the water and incorporate all the ingredients very well.



3. When you get the consistency you want, shape it into a ball.
4. Let it rest covered for a few minutes.
5. Knead again for 15 minutes.
6. Cover again and let it rest for another 50 to 60 minutes.
7. Gently transfer to the counter and shape the bread.
8. Place on a greased tray with oil and let it rest for another 20 minutes.
9. Preheat the oven to 200 ° C.
10. Make a longitudinal cut in the dough.
11. Place the tray in the oven and “sprinkle” the bread and oven with water.
12. Cook for 45 to 50 minutes.

“PÃO DE LINGUIÇA COM BRANDY”

“SAUSAGE BREAD WITH BRANDY”

Ingredients:

- 10 g instant dry yeast
- 50 mL water (warm; 40-45°C)
- 1000 g wheat flour (+ for kneading)
- 20 g granulated sugar
- 02 egg
- 400mL Brandy
- 20g refined salt
- 30 ml olive oil
- 340g sausage type pepperoni (cooked and smoked; grated or crushed)
- fresh parsley (chopped; optional)



- fresh chives (chopped; optional)

Preparation mode:

1. Mix instant dry yeast with warm water. Book for 5 minutes.
2. In a bowl, mix wheat flour and granulated sugar. Add the egg and hydrated biological yeast.
3. Start kneading and add the Brandy little by little. Kneading can be done manually or in a mixer with a hook beater, if your machine has one.
4. Next, add salt and continue to knead. Then the oil.
5. Knead until reaching the veil point: open the dough with your hands and leave it very thin without tearing. In the planetary mixer it is about 5-6 minutes, manually 10-15 minutes. During the kneading, you may need more flour, but not much. The dough is wet.
6. Leave the dough in the shape of a ball (bolear). Sprinkle the bowl and put the dough inside. Cover with plastic and let it ferment for 35-40 minutes, depending on the temperature of the day.
7. After fermenting, remove the gas by kneading the dough. Open in the shape of a rectangle measuring ~30x40cm.
8. Distribute the crushed pepperoni sausage over the dough (if you use parsley and chives mix in the sausage), spread well.
9. Roll the dough as if it were a rocambole, but on the larger/longer side of the dough. The cylinder must be long. You can tighten it well to have multiple layers.
10. When finished rolling, pinch the scar (the outer edge of the dough). If you want to trim the ends of the cylinder to give it a better finish.
11. Cut the cylinder in half lengthwise. The end where the cut begins must be joined and the end where it ends must be loose.
12. Rotate the dough to expose the cut and show the filling. To braid, alternate each side of the dough joining the final ends.
13. Transfer to a floured rectangular pan (~30x13cm). Let it ferment for 30 minutes. Heat the oven to 180°C.



14. Bake the bread for 40-45 minutes at 180°C.
15. Remove from the oven

“OLIVE OIL WITH OREGANO”

“BOLA DE AZEITE COM ORÉGÃOS”

Ingredients:

- 18 g baker's yeast
- 1 dl warm water
- 500 g flour
- 1 c. of tea salt
- 1 q.s. oregano
- 3 egg M
- 1 dl olive oil
- 0.2 dl white brandy
- 1 egg yolk S

Preparation mode:

Step 1: Dissolve yeast in warm water and set aside.

Step 2: Put the flour in a bowl with the salt and mix. Make a hole in the middle and place the diluted yeast and oregano there. Fold the flour into the ingredients, mixing well.

Step 3: Add the eggs one at a time, mixing after each addition. Then add the warmed oil and brandy. Work the dough until it starts to bubble and comes away from your hands.

Step 4: Form a ball, sprinkle it with a little flour and let it rise in a warm place, covered with a cloth, until it doubles in volume.

Step 5: Preheat the oven to 180°C and line a tray with parchment paper.



Step 6: Place the ball on the tray, brush it with the previously beaten egg yolk and bake in the oven for approximately 40 minutes. Check that it is well cooked with a thin toothpick.

“FOLAR DA PÁSCOA DA BEIRA ALTA”

“BEIRA ALTA EASTER FOLAR”

Ingredients:

1 kg wheat flour

10 eggs

250 ml olive oil

1/2 cup brandy

3 coffee spoons of salt

30 g baker's yeast two sachets

Preparation mode:

Start by breaking up the yeast in a little warm water and letting it rise in a bowl (ten minutes).

Then put the flour in a large bowl, considering that the dough will rise a lot and add the salt.

Heat the oil until it is very hot, remove it and pour it over the flour, taking care to stir with a wooden spoon to scald all the flour very well.

Then crumble everything very well with your hands so that there are no lumps. Add the yeast, which at this point has doubled in volume.

Add the eggs and knead with your hands. Add the boiling water and continue to knead, until you get a soft dough. Always have a container with oil at your side, to grease your hands. If necessary, flour by hand.

Let the dough rise for an hour, or a little longer (depending on the ambient temperature) in a place protected from drafts and covered with a cloth.



When it doubles in volume it will be ready to make the cakes (tend the dough).

Cut the dough into two or three pieces, then roll out the dough to form 20 centimeters over 10.

Pour some 'threads' of oil over the dough, rub so that the dough is greased.

Then join the two ends as if closing a book, pour a few more 'strands' of oil on the part that will be up and spread over the entire surface of the cake.

Place on a cloth sprinkled with flour and let rise for about an hour. The dough should double in volume.

Heat the oven to 200°C, place a tray to warm up sprinkled with flour, then place the cakes and bake for 35 to 40 min, depending on the size.

“PÃO DE PASCOA DE ERVA-DOCE E CANELA”

“FENNEL AND CINNAMON EASTER BREAD”

Ingredients:

250 grams of wheat flour

20 grams of baker's yeast/yeast

50 ml of warm milk

50 grams of sugar

40 grams of lean butter

1/2 teaspoon cinnamon powder

1/2 teaspoon fennel powder

20 ml of brandy

1 egg units

1 pinch of salt

1 pieces of boiled egg + onion skin q.b. to color the egg

1 units of beaten egg yolk + a little milk for brushing

Preparation:



- 1-In a small bowl, place the warm milk, add the yeast and wait for it to dissolve.
- 2-Then add 50g of flour to this mixture and stir until it forms a dough that comes off the bowl and hands, if necessary add a little more flour (but do not increase the amount of flour mentioned in the recipe).
- 3-In a large bowl, place the remaining flour and make a hole in the center, place the yeast dough there.
- 4-Around this place the sugar, the butter cut into cubes, the cinnamon, the fennel, the brandy and the egg lightly beaten with a pinch of salt.
- 5-Knead everything very well until the dough comes off the container.
- 6-Knead bringing the dough to the center and pressing it with a closed hand, it will be ready when it is very elastic and forms some bubbles when kneading it (if necessary, add a little more flour).
- 7-Pass a bowl under hot water and clean it very well, put the dough inside, sprinkle it with flour, cover and place in a warm place (I put it inside the microwave closed and turned off).
- 8-Let rise until it doubles in volume (about two hours).
- 9-Boil the egg with the onion skin, this will make its skin darker, slightly brownish. Reserve.
- 10-Remove some dough for decoration and with the remaining dough form a ball as you do with bread, smooth it out and flatten it a little.
- 11-In the center of the folar, make a dimple and place the hard-boiled egg lying down, so that it sticks well to the dough.
- 12-With the dough you have reserved, make 2 thin and long rolls that you should place, in the shape of a cross, over the egg and secured under the base of the folar (do not place them too tight or they will mark the folar when it rises in the oven).
- 13-Brush it all over with the beaten egg with a little milk.
- 14-Bake in a hot oven at 200°C for about 30 minutes.



15-After 10 minutes of cooking, cover the folar with aluminum foil to prevent it from burning, 5 minutes from the end, remove the tray from the oven and brush the folar with an egg yolk mixed with a little milk.

16-Put it back in the oven to finish cooking, if necessary put the aluminum foil again.

"FIG BREAD"

"PÃO DE FIGO"

Ingredients:

- 500 g of self-rising flour
- 500 g of sugar
- 400 g of dried figs
- 250 g softened butter (or vegetable margarine)
- 6 eggs
- 1.5 dl of milk
- 5-6 tablespoons of brandy
- 1 tablespoon (dessert) cinnamon powder
- butter and flour for the mold

Preparation:

1-Cut the dried figs into small cubes and place them in a bowl. Sprinkle with the brandy, wrap and leave to macerate for 1 hour.

2-Preheat the oven to 180°C. Grease a round pan with butter and sprinkle with flour. Reserve.

3-In a bowl, beat the butter with the sugar very well. Add the previously drained fig cubes (reserve the brandy) and involve.

4-Add the eggs, cinnamon, milk and reserved brandy. Mix very well.

5-Incorporate the previously sifted flour, beating constantly until the dough is smooth and homogeneous.



6-Transfer the dough to the mold and take it to the oven for approximately 1 hour at 180°C. Check the doneness of the pasta with a toothpick or a thin blade. Unmold the cake and let it cool on a wire rack.

“RAISIN BREAD WITH BRANDY”

“PÃO DE PASSAS COM AGUARDENTE”

Ingredients:

- 125g seedless raisins
- ½ dl of brandy
- 500g yeast dough for bread
- 125g of sugar
- 3 eggs
- Margarine
- flour
- sugar and cinnamon for sprinkling

Preparation:

1-Wash the raisins, drain them and let them soak for 30 minutes in brandy.

2-Place the dough in a bowl and add the sugar and then the eggs, one by one. Knead everything very well and add the raisins and the brandy from the maceration and 1c. (soup) of melted margarine.

3-Pour the dough into a rectangular shape spread with margarine and sprinkled with flour. Sprinkle the surface with sugar and cinnamon.

4-Bake in preheated oven for about 45 minutes. Unmold the bread on a wire rack and let it cool before cutting the raisin bread with brandy into slices.

“BUN WITH RAISINS”



“PÃO COM PASSAS”

Ingredients:

- Dough:

250g of flour

1 pinch of salt

8 g fresh yeast

2 eggs

50ml of milk

2 tablespoons of sugar

80g butter at room temperature

- Filling:

1 egg

60g of sugar

250ml of milk

20g cornstarch

1 coffee spoon of vanilla essence

150g raisins macerated in a little rum or brandy

Dough

Preparation:

Cream:

1.Heat the milk with the vanilla essence.

2.Separately, mix the eggs and sugar. Add the cornstarch and mix well.

3.Add the hot milk, mix and bring to a simmer. Continue mixing until the preparation thickens.

4. Let it cool.



Dough:

1. Dilute the yeast in a tablespoon of warm water.
2. Place the flour, salt and sugar in a deep bowl.
3. Add the yeast and beaten eggs. Mix.
4. Add the milk. Mix the preparation until you get a slightly sticky dough.
5. Then start working the dough manually for at least 15 minutes, stretching and bending to give it greater elasticity.
6. Gradually add the butter in small portions. Continue to knead the dough for 5 to 10 minutes until the butter is well absorbed.
7. Cover with a tissue and let it rest and rise for 1 hour in a dry place.
8. At the end of this time, work the dough manually for a few minutes.
9. Roll it out with a rolling pin and form a square approximately 8mm thick.
10. Cover the dough with the cold cream and the drained raisins. Roll up like a swiss roll.
11. Cut into 3cm slices. Arrange on a greased plate or on oven paper, spaced out, as the breads will increase in volume as they cook.
12. Slightly crush the loaves with a spatula, evenly, in order to give them a rounded shape.
13. Let it rest 15 minutes.
14. Heat the oven to 200°C.
15. Decorate with an egg yolk and bake in the oven for 30 minutes..

GREECE

1. BIO-CINNAMON RAISIN BREAD RECIPE



INGREDIENTS:

½ cup unsalted butter

¾ cup warm water

3 ½ cups whole wheat flour

2 ¼ teaspoons organic active dry yeast 1 tablespoon sea salt

1 cup organic raisins

¼ cup organic milk 1 large organic egg

¼ cup organic brown sugar 1 teaspoon cinnamon

⅓ cup melted butter 1 organic egg white

DIRECTIONS

1. Place the milk and egg in a cup and add warm water to fill up the cup.
2. Combine the mixture with all the other dough ingredients in the bowl of a stand mixer. Mix for 3 min on low, then for 5 min on high.
3. Transfer the dough to a bowl coated with oil, and cover it with a plastic wrap. Place it in a warm place until it doubles in size for 1 ½ hours.
4. In a small bowl mix cinnamon, sugar, organic brown sugar and butter.
5. Soak the raisins in hot water until plump for 20 min. Drain and pat dry.
6. Uncover the bowl of dough and add the raisins. Knead them together for 5 minutes and make sure the raisins are well mixed into the dough.
7. Place the dough on a floured surface and roll it out into a rectangle about 25cm x 30cm. Brush each side of the rectangular dough with the cinnamon-butter mixture. Put aside about 1 teaspoon of the mixture.
8. Starting from the short side, roll the dough, tightly pinching the sides to retain the mixture.
9. Place the dough in a pan, cover it with a plastic wrap and place it in a warm spot and allow dough to rest for 30 minutes until it rises.



10. Once the bread has risen, brush the surface with the reserved cinnamon-butter mixture. You may sprinkle cinnamon if you desire.

11. Preheat oven to 170 degrees Celsius. Bake the bread at the center of the preheated oven for 35 minutes until it is lightly golden.

2. BIO-SOURDOUGH BAGEL RECIPE

INGREDIENTS

150g sourdough organic active sourdough starter 250g water

25g organic olive oil 500g organic bread flour 10g sea salt

Organic cornmeal for dusting

DIRECTIONS

1. In a large bowl mix together the sourdough starter, water, olive oil, and bread flour. Leave in the bowl for an hour to rest.

2. Add the sea salt and knead the dough until well mixed-about 2 minutes.

3. Cover the dough with plastic wrap in a warm place and allow to rise until the dough doubles in size-about 3 hours.

4. Remove the dough from the bowl and onto a floured surface. Cut the dough equally about 6-7 pieces. Each piece will make one bagel.

5. Roll each piece of dough into a snake-like form and connect the edges to form a donut-like shape.

6. Place each piece on a dusted floured baking sheet and cover with plastic wrap and let rise for 1 more hour.

7. Boil water in a pot and put the bagels in the boiling water - 2 at a time for 45 seconds gently dunking the bagels the whole time.



8. Remove the bagels from water and drain and put onto a cookie sheet that is dusted with cornmeal. Repeat until all bagels have been boiled.
9. Preheat oven to 200 degrees Celsius. Bake the bagels for 20 minutes.
10. Slice and enjoy!

3.BIO-CROISSANTS

INGREDIENTS

4g dry yeast 60g cane sugar

275ml cold water 270g cold margarine 500g wheat flour 10g fine sea salt

DIRECTIONS

1. Mix yeast, half of the sugar and 40 ml of water in a cup and let stand for 10-15 min. until bubbles form. Put cold margarine into a piece of foil and form a rectangle of 15 x 20 cm with a thickness of about 1 cm with your fingers. Cool in the foil for 30 min.
2. Put the flour and salt in a mixing bowl. Add the yeast mixture and the remaining plant drink. Mix slowly for 3-4 min. on a low setting, then knead for 10 min. on a higher setting.
3. Form the dough into a ball and let it rest for 30 min. at room temperature.
4. Roll out dough on a floured surface onto a rectangle measuring 35 x 20 cm. Keep the corners straight. Place the drawing butter on the right half of the dough and cover with the other side. Press the edge firmly with margarine and completely enclose. Roll out dough to a length of 50 cm, with a thickness of 1 cm. Fold the dough in thirds lengthwise. Cool the dough for 30 minutes. Repeat twice (roll out the dough to 50 cm before folding) and cool the dough for another 30 minutes before continuing.



5. Roll out the dough into a 60x60 cm rectangle, about 5-6mm thick, then cut in half in the middle and cut out 12 triangles. Cut the triangles at the lower end 2 cm and pull apart (the two parts) as far as possible. Then roll up the dough pieces from the wide side. You can fill some of the croissants with chocolate. Leave the croissants on a baking sheet lined with baking paper for 2 hours until they have doubled in size.

6. Preheat the oven to 230 ° C then turn it down to 200 ° C once the croissants are in the oven. Bake for 20-25 minutes until browned all around. Allow croissants to cool for at least 30 minutes before serving, so that they get the perfect leafy cut.

4. BIO-FIG BREAD RECIPE

INGREDIENTS

6 fresh figs

¼ cup blanched almonds

¼ cup raw walnuts 3 cloves

2 tablespoons organic honey

2 tablespoons organic extra virgin olive oil 1 cup flour

1 teaspoon baking powder 2 tablespoons sugar

¼ cup almond milk

DIRECTIONS

1. Preheat oven to 170 degrees Celsius.

2. Heat a non-stick frying pan on medium heat and roast a ¼ cup of blanched almonds between 3-4 minutes and set aside.

3. Cut off each end of figs and chop each fig and add to mortar. Then add the

¼ cup of raw walnuts, 3 cloves and toasted almonds. Use a pestle and mash everything together until it forms a thick puree.



4. Add 2 tablespoons of organic honey and 2 tablespoons of organic extra virgin olive oil and mix everything together.
5. In a bowl add 1 cup of flour, 1 teaspoon baking powder and 2 tablespoons of sugar and mix together.
6. Add the fig mixture to the bowl of flour and then add a $\frac{1}{4}$ cup of almond milk with a pinch of fine sea salt and mix well.
7. Grease a 5cm x 15cm bread pan with the organic olive oil and put the bread mixture into the pan.
8. Put the bread pan in the oven and bake for exactly 30 minutes, then remove from the oven and let rest at room temperature for at least 15 minutes.
9. Remove fig bread from bread pan, cut into thin slices and serve.

5. BIO-OLIVE AND SUN DRIED TOMATO BREAD RECIPE

INGREDIENTS

1 $\frac{1}{2}$ teaspoons active dry yeast

$\frac{1}{2}$ teaspoon sugar

1 $\frac{1}{3}$ cups warm water 1 $\frac{1}{2}$ teaspoons salt

1 cup whole wheat flour

$\frac{1}{2}$ cup cornmeal

1 $\frac{1}{2}$ - 1 $\frac{1}{3}$ bread flour

$\frac{1}{3}$ cup organic sun dried tomatoes in oil, drained, chopped and patted dry

$\frac{1}{3}$ cup pitted organic kalamata olives, quartered, patted dry 2 teaspoons organic extra virgin olive oil

DIRECTIONS



☑ In a large bowl, combine yeast and sugar; add 1/3 cup of the water. Let stand for 10 minutes or until yeast is dissolved.

☑ Add remaining 1 cup water and salt. Stir in whole wheat flour, cornmeal and 1 1/2 cups of the bread flour, slowly adding additional flour as necessary to make dough easy to handle.

☑ Place dough on lightly floured surface. Knead 10 minutes. Gently knead in sun-dried tomatoes and olives. Place dough in a large bowl greased with oil, turning dough to grease all sides. Cover bowl loosely with plastic wrap and let rise in a warm place for about 1 hour or until doubled in size.

☑ Line cookie sheet with cooking parchment paper. Place dough on lightly floured surface; press to 20cm x 25cm oval. Fold 1 long side up to the center; press edge into dough. Fold other long side over to center; press edge into dough (seam will be visible on top). Pinch and press each end to form a point. Place dough on a cookie sheet. Cover loosely with plastic wrap sprayed with cooking spray; let rise in a warm place 45 to 60 minutes or until doubled in size.

☑ Heat oven to 200°C. Brush loaf with oil. Bake for 30 to 35 minutes or until golden brown. Cool completely on cooling rack, for 1 hour.

Traditional Loaf of Bread by the greek village “Limnes”

6.ΛιμνιώτικοΚαρβέλι

Quantity 4 kg (3 loaves)

Materials:

4 kg Organic Zeas Flour (or any other type)

2 teaspoons sea salt

A cup of organic olive oil

Warm natural water.



A). Yeast Preparation: In organic flour 1/2 Kg add lukewarm natural water, add a little salt and mix to make a firm pulp. Knead for ten minutes, place it in a pan (pot), cover it to have a temperature over 30 degrees Celsius and leave it for at least two days so that it "sours"

B). Mainly bread making. Pour 3 ½ Kg of organic flour into the fermentation utensil (wooden), add lukewarm natural water, 20 gr of sourdough and two teaspoons of sea salt to make a firm pulp. Knead for about half an hour by hand, smearing them at short intervals with olive oil. Then separate and place the homogeneous dough in a special wooden utensil which is divided into 3 equal parts, cover it so that the temperature is maintained above 30 degrees C. We wait from 2 to 5 hours (in winter), so that it swells to about 180% of its original volume. Turn on the traditional wood oven (until this the interior of the walls from red take on an off-white color). Wipe the floor with a fairly damp cloth and remove any coals. Place the three loaves and let them bake for 1 and ½ up to 2 hours. Or place them in the oven of the electric stove at 180 C for about an hour. This type of bread can be stored in a slightly dry place for up to a week!! Alternatively, it can be placed in 3 pans greased with oil, and then placed in the oven to make a variation of bread called "Oil Bread".

7.Lagana

Λαγάνα

Quantity 3 pieces

Materials:

1/2 kg Organic Zeas flour (or any other type)

5 gr Yeast

½ teaspoon of sea salt

½ cup of organic olive oil

Warm natural water

Pour ½ Kg of organic flour into the fermentation utensil (wooden), add lukewarm natural water, 5 gr of sourdough and a little sea salt, mix until it becomes a firm pulp. Knead for about



half an hour by hand, smearing them at short intervals with olive oil. Then separate and place the homogeneous dough in a special wooden utensil which is divided into 3 equal parts, cover it so that the temperature is maintained above 30 degrees C. We wait from 2 to 5 hours (in winter), so that it swells to about 180% of its original volume. Turn on the traditional wood oven (until the interior walls of light red turn a whitish color). Wipe the floor with a fairly damp cloth and remove any coals. Place the three loaves and let them bake for 1/2 hour. Or place them in the oven of the electric stove at 180 C for about 20 minutes.

8.Traditional cookies

Παραδοσιακά Κουλουράκια

Quantity 12 pieces

Materials:

1kg Organic Zeas Flour (or any other type)

10 gr Yeast

½ teaspoon of sea salt

½ cup of organic olive oil

In the fermentation utensil (wooden) pour 1 Kg of organic flour, add lukewarm natural water, 10 gr of yeast and a little sea salt, mix to make a firm pulp. Knead for about half an hour by hand, smearing them at short intervals with olive oil. Then separate the homogeneous dough and place the dough in a special wooden utensil, cover it so that the temperature is maintained above 30 degrees C. We wait from 2 to 5 hours (in winter), so that it swells to about 180% of its original volume. Turn on the traditional wood oven (until the interior walls of light red turn a whitish color). Wipe the floor with a fairly damp cloth and remove any coals. Form into rolls and then form a circle into twelve pieces (cookies) and let them bake for about 20 minutes. Or place them in the oven of the electric stove at 180 C for about 15 minutes.



9.Rusk

Παξιμάδι

Quantity 16 pieces

Materials:

1kg Organic Zeas Flour (or any other type)

10 gr Yeast

½ teaspoon of sea salt

½ cup of organic olive oil

In the fermentation utensil (wooden) pour 1 Kg of organic flour, add lukewarm natural water, 10 gr of yeast and a little sea salt, mix to make a firm pulp. Knead for about half an hour by hand, smearing them at short intervals with olive oil. Then separate and place the homogeneous dough in a special wooden utensil, cover it so that the temperature is maintained above 30 degrees C. We wait from 2 to 5 hours (in winter), so that it swells to about 180% of its original volume. Turn on the traditional wood oven (until the interior walls of light red turn a whitish color). Wipe the floor with a fairly damp cloth and remove any coals. Form into rolls about 6 cm in diameter and then cut to create 16 pieces and let them bake for about 8 hours.

10.Fried bread

Τηγανόψωμο

Quantity 10 pieces

Materials:

1kg Organic Zeas Flour (or any other type)

10 gr Yeast



½ teaspoon of sea salt

½ cup of organic olive oil

In the fermentation utensil (wooden) pour 1 Kg of organic flour, add lukewarm natural water, 10 gr of yeast and a little sea salt, mix to make a firm pulp. Knead for about half an hour by hand, smearing them at short intervals with olive oil. Then separate and place the homogeneous dough in a special wooden utensil, cover it so that the temperature is maintained above 30 degrees C. Wait for about 20 minutes, so that it swells to about 130% of its original volume. Cut it so that it fits 2 pieces in the pan and shape it so that it becomes flat. Place a pan in which there is ecological olive oil on the fire, so that it heats up very well, place the two slices of dough in the pan, pierce them with a fork and turn them over so that they are cooked on both sides for about 5 minutes in total. We do the same for the other 8 slices. They are served either plain or with ecological feta after being opened with a knife (sandwich type).

11. ΜΟΥΣΤΟΚΟΥΛΟΥΠΑ

MUSTACHE FROM ZEAS FLOUR

INGREDIENTS

1 cup must

1 cup olive oil

½ cup honey (or a little more if you want them sweeter)

1 teaspoon of baking powder

½ teaspoon soda

½ teaspoon cinnamon powder

½ teaspoon clove powder

¼ cup ouzo or tsipouro or cognac

500 gr. zeas flour



1 cup (or as much) oat bran (or ground oat flakes)

1 cup of barleyflour

IMPLEMENTATION

- 1.Mix the must, olive oil, honey, cinnamon, and cloves in a large bowl.
- 2.Dilute the soda in the ouzo (or tsipouro or cognac) and pour it into the bowl with the other ingredients.
- 3.Beat the mixture with a wire to combine all the ingredients.
- 4.Sift all the flour with the baking powder and add it to the liquid mixture. We slowly add the oat bran until we have a soft dough that does not stick to the hands.
- 5.Shape the mustache buns into whatever shape you want, making sure they are all about the same thickness (so that some are not burnt and some are raw).
- 6.Arrange them in a pan covered with greaseproof paper or a silicone surface.
- 7.If desired, pass them with must using a brush and sprinkle with sesame or flaxseed.
- 8.Bake in the air at 160-170 degrees for 30-40 minutes (depending on the oven) until they puff up slightly and brown on all sides.

12. ΨΩΜΙ ΤΟΥ ΤΟΣΤ ΖΕΑΣ ΠΟΛΥΣΠΟΡΟ

ZEAS MULTIGRAIN TOAST BREAD

INGREDIENTS

500 gr. zeas flour

400 mllukewarm water

3 soup spoon olive oil

1 soup spoon Chia

1 soup spoonSesame seeds



1 soup cup Sunflower seeds (unshelled)

a little bit linseed

a sachet of dry yeast

½ teaspoon salt

1 soup spoon honey

IMPLEMENTATION

1. Place the flour in a bowl with the yeast.

2. Lightly grind all the seeds in the mixer.

3. Melt the honey in the measured lukewarm water and add the oil and salt.

4. Add all the ingredients in the bowl and mix them at first with a wire and then by hand for 15 min with small breaks. Do not mix it for less than 15 min as it will not rise properly.

5. Put a soaked parchment paper in a toast form and place the dough

6. Wet the surface a little and add chia and sesame seeds. (optionally)

7. Place a clean plastic bag as a cap of the toast form so as the dough will have room to rise and leave it in a warm place for 30 to 40 min.

8. At the first 20 min we start to preheat our oven in the air to 180 degrees.

9. We bake always according to our oven, even with a lower resistance, but always on the middle rack for 50 to 60 min.



CHAPTER 6

Marketing tips

There are three essential rules to marketing organic products:

- know your product’s performance and nature
- know the regulatory requirements
- know your customers.
- Know your product

For those moving into organic production, a working knowledge of the performance of the products to be marketed is essential. Know a product’s limitations as well as its potential for differentiation in the marketplace. Use this knowledge to enhance your marketing.

Some organic produce has a shorter shelf life than its' conventional counterpart. Other products can have a longer shelf life when stored and transported effectively. Differences can be capitalised on where relevant. Using the apparent weakness of a product to market benefit is essential. For example, softer, sweeter tasting berries may need to be marketed differently than firmer, less ripe berries. Local markets, pick your own, or similar market outlets may be the most appropriate here.

Poor quality product is unlikely to attract repeat sales. So be sure that product quality meets your target customers’ expectations.

Know the regulatory requirements

There may be unique requirements for processing, packaging and storage of organic products. Aspects such as labelling, packaging materials and transport, as well as retailing arrangements require consideration and careful planning to ensure they comply with all regulatory requirements while maintaining the unique marketability of the product.



Research is required to ensure organic status is maintained along the supply chain. For instance, there may be mandatory fruit fly control requirements across state borders, containers for export may require fumigation, and there may be food safety requirements to be met which have the potential to eliminate certain products from the organic market without alternative treatments or technologies in place. Knowing and understanding the role that regulators play in the supply chain is essential.

For exporters, there are international as well as import country regulations which may require extra documentation, testing or quality specifications which go beyond the requirements for the Australian market. For those not yet certified, selecting the right certifier will also be an important aspect of marketing.

Know your customer

The market for organic produce is diverse, not only across sectors but also across regions of production and population. Trade involves a variety of niches: local and direct, international, supermarket and large processors.

Local markets or niche restaurant markets can also be large depending on the approach taken. The key to any effective and sustainable marketing system is to base a system on demand rather than supply-led principles.

Ongoing research, possibly entailing direct buyer or consumer contact, is vital to remaining on the path of demand, rather than supply-led marketing. Market intelligence can come from many sources. Some certifiers send out regular newsletters that contain market reports and other market information. Visiting markets, speaking directly with buyers, regularly staying in touch with the end consumer and asking their views on the product is all part of maintaining markets as they change and grow.

The internet is a great way to remain informed. Stay in contact with the Department of Primary Industries and Regional Development (DPIRD), your local chamber of commerce and related service providers to keep up-to-date with market intelligence on emerging markets as well as over-supplied markets.



The Portuguese bakery uses as organic products such as flour, milk, salt, yeast, wine, brandy, eggs, sugar, honey, oil, animal fat and nuts. Since organic products are for a specific audience, it is necessary to have a good marketing plan that reaches our target audience. Before a good marketing plan, it is necessary to study the market, its characteristics and its needs.

The marketing used in these types of businesses is *niche marketing* aimed at a specific group of people looking for a diversified service from the rest of the target audience.

As marketing tips we can highlight the following as the most reliable:

- Create a good network of network;
- Create pages on social networks promoting products by sharing photos, recipes and customer feedback;
- Participate in the town's fortnightly fairs, promoting organic products;
- Have all the advantages of the products and the use of organic products on the website of the pastry shop;
- Have the chance to buy the products in the website and to have them delivery at home;
- Delivery of bread at home.



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