



Maureen Breeze shares some personal sources and guidance for baking sustainable, tasty bread

Maureen is the Member Pioneer for the Co-op* in Bradford and Trowbridge and runs 'It's a Breeze Baking', bespoke tuition for aspiring and more skilled bakers and cooks

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Where do I buy flour?

I buy my flour from the following two flour mills. Both produce a wide range of flours including organic, locally grown grain and from ancient grains. Both producers are keen advocates of regenerative agriculture or 'Regen Ag'. The term refers to a model of growing food that improves biodiversity and soil organic matter. At its centre are several core principles focusing on improving soil fertility, biodiversity, water retention and cleanliness, minimising soil disturbance and enhancing nutrient cycling*. I team up with baker friends to put in flour orders.

- **Matthews Cotswold Flour**
www.cotswoldflour.com

They sell direct from the mill in Shipton under Wychwood near Chipping Norton or mail order. Large branches of Tesco and Waitrose stock limited ranges of their flour.

- **Shipton Mill**
www.shipton-mill.com

They sell direct from the mill which is between Tetbury and Malmesbury or mail order. More widely available.

*ref. Matthews Cotswold Flour

What about yeast?

I always use fresh yeast when I can, but dried yeast is fine. Sources of fresh yeast have become more limited in recent years, and you can be forced to buy it online, for example from Shipton Mill. Morrisons will usually sell you some from their bakery counter and I usually ask at bakeries that bake on-site.

My go-to recipe sites on the internet:

- www.bakerybits.co.uk/bakers-blog/bread
 - www.hobbshousebakery.co.uk/blogs/recipes/tagged/bread?page=1
 - www.dovesfarm.co.uk/recipe-category/bread
 - www.cotswoldflour.com/blogs/recipes
- If you don't mind doing some conversions, I use this US site:
- www.kingarthurbaking.com/recipes/bread

YouTube channels I get inspired by:

- www.youtube.com/@Bakewithjack
- www.youtube.com/@ChainBaker

Some things that transformed my bread baking:

- Using high quality flour and understanding how the protein content affects the outcome
- Understanding baker's percentages: www.youtube.com/watch?v=v9tPXTIbYxM&t=7s
- Choosing to adopt 'slow dough' principles and leaving dough to rise at lower temperatures for longer with less yeast for more flavoursome bread and fitting in bread baking around busy days
- Realising that I could get away with not much kneading and using time with a few 'bakers turns of the dough' to develop the gluten instead

Books on bread baking:

I tend to use internet sites for recipes these days. Looking at my collection of bread books, I realise most are out of print! I like to choose books with a scientific or analytical approach, so that I can understand what underlies the recipe. Here are a couple:

- **Slow Dough: Real Bread: Bakers' Secrets For Making Amazing Long-Rise Loaves at Home**
Chris Young, Nourish, 2016 (ISBN: 9781848997370)
- **BAKE WITH JACK – Bread Every Day: All the best breads and simple, step-by-step recipes to use up every crumb**
Jack Sturgess, Ebury Press, 2022 (ISBN: 9781529109702)
- The following is now out of print but if you could get it at the library or second hand, it is worth looking out, as he gives recipes in percentages, allowing you to scale up or down:
My Life in Baking
Clive Mellum, Flanko Press, 2016 (ISBN: 9780993540509)

Mutual support:

I am a member of the **Real Bread Campaign**: www.sustainweb.org/realbread