

Our history:



Paul & Glenn

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Wild Bread Co. is a shared decade long journey by friends who are slow-food lovers. It continues to evolve, delving into why traditional food is as good as it is. From the outset we wanted to return to the original bread recipes and restore what has been lost through modern techniques due to additives designed to speed the process and save time – a process that has been detrimental to the product.

We travelled back to the dawn of man's bread making as followers of Raymond Calvel*. His methods resulting from a passion and deep knowledge leads one to bake intuitively. From this foundation, we perfected the methods to suit our local flour and climatic conditions.

Our *mother* or *Levain de pâte* was born on the fresh Hilton – Winterskloof Kwa Zulu Natal air. She is robust, strong and seems to have an energy all of her own.

All traditional artisan sour dough is made from a wet Levain, so whatever local yeast spores are dominant will be those that creates that region's unique bread flavour. For us, our *Levain de pâte* has never disappointed with flavour and vigour.

Our *mother-yeast-fermentation* and time are the cornerstones of our sourdough artisan bread.

Those who choose our bread notice a few things that are different.

- ☼ Texture
- ☼ Shelf-life
- ☼ Nutty flavour
- ☼ Satiated feeling

Our bread takes **three** days to make. Slow natural unhurried fermentation in cool

temperatures ensure the enzymes feed slowly and deeply on the nourishment within the stone-ground flour therefore lowering the gluten index, naturally creating a lower pH and making it easily digestible. Colloquially referred to as a sour-dough it is not "sour" as in rancid. It has a light, natural wheaty flavour with pleasantly organic nutty over-tones that are easily recognised. Thanks to this slow process the flavour becomes steadily better, peaking on the third day. It has a five-day shelf life if kept unsealed meaning not wrapped in plastic but rather in paper or stored in an old fashioned bread bin. Good news is it freezes well and we find that if sliced before freezing, it can then be taken slice by slice and thawed in a toaster.

Our bread has only **four** ingredients: Flour, water, salt and wild yeast. There are infinite permutations to the basic process of bread making, either by method variance or by adding ingredients that flavour the loaves. Our specially created signature flavours are:

- ☼ Three seed
- ☼ Tomato & garlic
- ☼ Calamata olive
- ☼ Roasted hazelnut
- ☼ Roasted Indian

The key ingredient (flour) is sourced from the magnificent Champagne Valley Stonemill in the Drakensberg which we visit regularly. It is slow stoneground and GMO-free. Stoneground translates to optimal nutritional value.

* *The Taste of Bread*, Raymond Calvel



*Everybody needs beauty as well as bread
Places to play in and places to pray in
Where nature may heal
And give strength to
Body and soul.*

John Muir

HOW TO KEEP OUR BREAD FRESHLY EDIBLE ON YOUR TRAVELS

Protect it wrapped in paper, **not** plastic and it should last a week.

Keep it dry – beware humidity, especially in the summer.

Dry sliced loaves in a slow oven (130 to 160 degrees C) for about an hour and enjoy crisp slices that should last wrapped in paper for 14 days.

Flavours are at their best after the third day.

If you intend to eat a loaf in one meal, pop it into an oven at 180°C for 10 minutes.

Sliced a little thinner, pop two-together in one side of the toaster, repeat for other slot i.e. one side is toasted the other side warm, soft & fragrant.

Pop slices onto a dry pan over the braai fire or over cooler coals on a grid for excellent smokey bush toast.

Spread slices with fresh garlic mashed into butter and then toast as above.

Enjoy