

How a loaf of bread is made

It all starts with wheat.

The composition of wheat varies from season to season with climate and growing conditions.

The protein in wheat is critical for the desired characteristics of bread.

In Australia we manufacture with Australian wheat where possible.

1. Milling

Wheat is harvested and milled into flour. The flour may be wholemeal or white, depending on the type of bread. Other grains are also milled into flour including rye and barley for use in a range of bread varieties.



2. Fortification



After milling, the flour is fortified by the addition of Thiamin (Vitamin B1) and Folic Acid (Vitamin B9) to meet the Australian regulations for bread making flour and ensure these essential vitamins are available to the community.

3. Making a dough

The wheat flour is combined with yeast, iodised salt, vegetable oil, vinegar and water to make a dough. Ingredients to aid dough development and additions including whole grains, grain flours (such as rye or barley), seeds or fruit and spices are also added, depending on the intended bread variety.



4. Mixing

The bread dough is mixed to develop the proteins in the flour that provide the bread with structure and texture. This is a critical step in the process as without the development of the wheat proteins (primarily gluten) the bread will not maintain its volume during subsequent process steps.



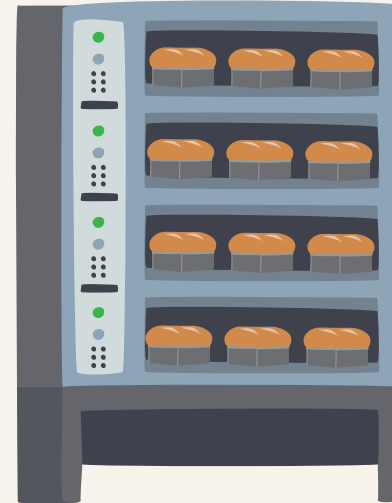
5. Proofing

The dough is cut to size and placed in bread tins, which are transported through a proofer, set to specific temperature and humidity conditions to allow the yeast to multiply and produce gas that is entrapped in the dough, resulting in a risen bread dough that now fills the bread tin.



6. Baking

The bread is baked under optimal time and temperature conditions to produce a fully cooked and golden-brown loaf.



7. Depanning, Cooling, Slicing & Packaging

Each baked loaf is removed from its tin and cooled. Once cool, the bread is sliced and placed into its bread bag, ready for sale.

