



THE Breadline

GREENWOOD JOONDALUP OSBORNE PARK
DECEMBER 2000

OFFICIAL NEWSLETTER OF ALL ABOUT BREAD HEAD OFFICE - SHOP 7/95 WANNEROO ROAD
GREENWOOD WA 6024 TEL 9343 4430 FAX 9343 4431 EMAIL allaboutbread@bigpond.com

CHRISTMAS GREETINGS FROM THE MANAGEMENT AND STAFF OF ALL ABOUT BREAD



After celebrating the completion of our third year as Perth's leading supplier of quality bread mixes we thought it time to provide the first edition of *THE BREADLINE* to our many customers and take the opportunity to wish everyone a Merry Christmas.

NOW THREE STORES

Our third store opened in Wise Street, Joondalup, (near the Southern carpark of Lakeside Shopping Centre and Railway/Bus station) in mid August 2000. This store carries our full range and has easy parking arrangements. Drop in and meet our staff, Brenda, Jackie and Mike. Our second store, on the Corner of Parkland & Harborne Street, Osborne Park is easily accessible from the Freeway and has been growing at a great rate. It is staffed by Brad and Maureen. The Osborne Park store and the Joondalup store are part of the original *All About Bread* stores and are staffed by our family and crew who have great know how on home bread-making and are delighted to share their knowledge to help you get the best out of your baking.

FLOUR STORAGE

Flour is best kept in a cool, dry, dark place in a food quality container that allows the flour to breath. Air-tight containers should be avoided. Warm, damp conditions cake and pack flour and provide the right environment for insects to hatch and micro-organisms to flourish.

Flour readily absorbs odours and moisture and care should be taken to ensure flour products are stored away from onions and other goods with strong odours. Storage of flours in areas such as the laundry where humidity can be quite high is not recommended.

Allow flour to breath by means of a loose fitting lid. This will prevent rapid deterioration.

All About Bread Flour Bins are ideal for flour storage and hold either 7kgs or 15 kgs.

CLASSES



The *All About Bread*, **BREAD MACHINE WORKSHOPS** have been attended by almost 5000 bread machine owners over the past 3 years

These workshops are extremely valuable for both the beginner and the more experienced who want to obtain breads of superior quality and taste and really get the most out of their bread machine.

The workshops will continue to be available on Saturday mornings from 9.30am to 11.45am with bookings being essential.

All the tips and tricks of producing the perfect loaf are shown together with all those things that your book either doesn't tell you or hasn't got right.

Ask anyone who has attended and they will tell you it is the best value for money they have had.

The **WORKING WITH DOUGH** classes will recommence in the New Year with a full range of 2 hour sessions on Thursday daytime and Thursday evening at the Greenwood store. A full list of the courses are available from our stores and include Bread Rolls and French sticks, Crusty Roman, Pizza, fancy fruit loaves, sourdough, crumpets and flat breads.

CHRISTMAS GIFTS



That time of year has arrived again when we turn our thoughts to the selection of Christmas gifts for family and loved ones. *All About Bread* has an excellent range of gifts that will really be appreciated. Bread Crock's are ideal for keeping bread fresh and also providing an attractive kitchen feature.

GENUINE BENDIGO POTTERY bread crocks are available in four colours to compliment the kitchen. Priced at \$95.00 they are a gift that will be long remembered.



Other great giving ideas, and ideal for the new bread machine owner, are the *All About Bread* VARIETY SIX PACK or the GOURMET SIX PACK, each with six different large loaves and individual yeast sachets. Just add water. Nothing could be simpler. Tip in the breadmix contents, add the water on our recipe and use the yeast provided.

The Variety Six Pack has Crusty White, Sweet Bun, Malt & Maize, Idaho Corn, Crusty Multigrain and German Grain.

The Gourmet Six Pack has Sour Cream & Chives, Tuscany Tomato, Olive Bread, Golden Pumpkin, Potato & Herb and Walnut Bread.

Other gift ideas include an exceptional BREAD KNIFE that handles fresh bread cutting with ease, BREAD SLICING GUIDES, a quality set of DIGITAL SCALES (exceptional value) a STARTER KIT with flour bin and 3 x 2kg bread mixes for 12 delicious loaves and PASTA MACHINES for great home made pasta.

RECIPE OF THE MONTH MISSISSIPPI MUD CAKE

For the chocoholics and those of you who are addicted to the American Brownie mix we have an alternative recipe:

500g American Brownie Mix 2 eggs 130ml water 1/3 cup oil

Place first three ingredients in your cake mixer and mix on slow speed for 1 minute. Scrape down and blend on medium for a further 2 minutes gradually adding the oil. Blend for a further minute.

Place mix into greased 18cm (8") round cake tin and bake at 160-170° for approximately 40 minutes. For best results allow to cool in tin after baking.



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There are over 80 Bread-mixes and Flours available in the ALL ABOUT BREAD range including Wheat Free and Gluten Free varieties. All are available in 2 kg packs and most are available in 5kg and 10kg packs.

Other ALL ABOUT BREAD products include

Crusty White	Garlic & Sweet Pepper	Cheese & Herb	Supersoft White
Southern Cross Sourdough	Sour Cream & Chive	Hi-Fibre White	Olive Bread
Herb & Onion	Oat Bran	Mountain Pepper	Mediterranean
100% wholemeal	Idaho Corn	Potato & Herb	Soft Wholemeal
Old English Malt	Crusty Multigrain	Light Wholemeal	Ploughman's Rye
German Grain	Malt & Maize	Bavarian Rye	Leckerbrot
Tuscany Tomato	Light Rye	Granary Malted	Golden Pumpkin
Pumpernickel	Soy & Linseed	Potato & Chive	Sweet Bun (Raisin Bread)
Apricot Tang			

Organic breadmixes are available: All Organics have NASAA Certification

Organic White Breadmix	Organic Wholemeal Breadmix	Mountain Pepper	Southern Cross Sourdough
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High Quality Breadmaking Flours are available for those who prefer to use their own recipe.

Premium White Breadflour	Organic White Bread flour	Organic Wholemeal Flour	Premium Rye Flour
Organic Rye Flour	90/10 Wholemeal Flour	White Rye Flour	Stoneground Wholemeal

Spelt Flour and Breadmixes:

Organic Spelt white flour	Dinkelbrot white Breadmix	Dinkel/Rye Breadmix
Organic Spelt Wholemeal flour		Dinkelbrot Wholemeal Breadmix

Seeds, Grains, Fruit, Nuts, flakes:

Country Grain	Granary Flakes	Linseeds	Poppy Seeds
Sesame Seeds	Sunflower Seeds	Kibbled Soy	Crushed Wheat
Canola Seed	Cape Seed	Pepitas	Carraway Seed
Californian Walnuts	Almond flakes	Mixed Fruit	Fruit Medley
Mixed Spice	Cinnamon	Spice Essence	Rum/Lemon Essence

Flavour Additives:

Herb & Garlic	Capsicum & Onion	Barbecue Spice	Sundried Tomato
Cheese & Herb			

Gluten Free / Wheat Free / Yeast Free / Lactose Free

Gluten Free (yeasted)	Amazing Bread Mix	Wheat/Gluten/Yeast/Lactose Free
Maize & Soya Breadmix	Sweet & Savoury Gluten Free Pastry for pies,biscuits, desserts	

Fermipan Yeast, Super and Natural Improvers, High Fibre additive and Wonderfresh for extra freshness are also available. Bio Energy for yeast free and soya free requirements.

A comprehensive range of bread accessories, recipe books and bread tins is available at our three stores.



**GREENWOOD
JOONDALUP
OSBORNE PARK**



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EXTRA

We know many of you will have attended Saturday workshops and Working with Dough classes but for those of you who have not had the opportunity here's an overview of what these are all about:

BREADMACHINE WORKSHOPS are held alternate Saturdays in our Greenwood Store, running from 9.30 am to 11.45 am. These workshops focus on making bread in your breadmachine covering topics such as breadmaking flour, breadmixes, yeasts, improvers and in fact answer the most commonly asked questions across the counter. Tips and tricks are covered eg power blackouts, seeds on top of bread, paddles sticking, slicing and storage of bread. Troubleshooting for not so good loaves is a feature of the workshop. By the end of the session you will know how to check your dough consistency and how to adjust water levels for seasonal weather conditions.

Bookings and payment in advance is required. Cost: \$11.00 per person.

WORKING WITH DOUGH sessions are held every Thursday during school terms. Classes are held 11.30am to 1.30 pm and repeated Thursday evenings 7.00 pm to 9.00 pm. Each five weeks the programme changes. The first basic series commences Thursday 8th February 2001 followed by a five week specialty bread series commencing on March 15th. The cost of individual classes is \$11.00 per person per session. If attending a five week series the cost is reduced to \$50.00 per person if paid a week prior to the first session commencing.

During the bread roll class we show you six different ways to make bread rolls and is an excellent introduction to handling dough, the principles of proofing, oven temperatures and shortcuts to using your breadmachine dough programme. Each consecutive programme will teach you different skills.

The 2001 Term I programme is scheduled: Bookings can be made now.

BASIC PROGRAMME	SPECIALITY BREADS
FEBRUARY 8TH BREAD ROLLS • BREAD STICKS	MARCH 15THHOT CROSS BUNS
FEBRUARY 15TH CINNAMON BUNS • FRUIT LOG	MARCH 22NDBAKING IN TINS • SWIRLS • SANDWICH LOAF
FEBRUARY 22ND PIZZA • FOCCACIA • CALZONE	MARCH 29THFRUIT & CUSTARD TWIST
MARCH 1ST JUBILEE TWIST • COFFEE SCROLLS	APRIL 5THPUMPKIN BREAD & OTHER VEG DELIGHTS
MARCH 8TH ITALIAN BREAD • PASTA	APRIL 12TH.....MONKEY BREAD • BOSTON BUN

New additions to the already comprehensive programme will include Danish pastries (Term II). The popular flatbread (Turkish, pita, lavash) programme will be repeated Term III and the Sourdough breads will be on after Easter.

Hot cross bun classes will run for the five weeks prior to Easter on Tuesdays, Thursdays and Saturdays at times to suit most people.



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EXTRA

RETURN THIS PORTION IF YOU WISH TO BE NOTIFIED OF CLASS SCHEDULES THROUGHOUT 2001

NAME _____

ADDRESS _____

P/C _____

TELEPHONE _____ EMAIL _____

RETURN TO: ALL ABOUT BREAD 7/95 WANNEROO ROAD GREENWOOD WA 6024



PESTS

Moths are active in summer months and many products, such as rice brought into the pantry, contain moth larvae. The use of sprays to control moths in food areas is not recommended.



Moth traps available from *All About Bread* are completely food safe and most effective in breaking the cycle and ensuring your flours and pantry products are protected. A small price to pay for the protection of a pantry full of food.

BREAD STORAGE

A loaf's own crust is its best protection from drying out and staling. Ensure the loaf has an opportunity to cool down after baking. Most breads are at their very best 2 hours after baking (if you can wait that long.)

Cutting the crust from a loaf shortly after baking, and before it is properly cooled, allows considerable moisture to escape and the drying out process to commence.

Placing a freshly baked loaf in plastic draws the moisture through the crust thus losing the crispness of the crust. Placing a freshly baked loaf in the fridge accelerates the staling of the bread.

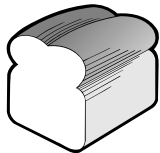
Storage in a bread crock is the ideal protection.

GLUTEN FREE/WHEAT FREE/YEAST FREE

Our range of bread mixes and flours is not confined to wheat alone. Many people who suffer from intolerance to wheat or to gluten find *All About Bread* have a bread mix to suit their particular dietary needs.

An outstanding wheat alternative is Spelt. Spelt is a grain that has exceptional qualities and many people with a wheat intolerance have discovered their desire for a "real bread" can be met with flour from this grain.

SPELT has been around for many years and is mentioned numerous times in the bible. The proteins in spelt make it quite different from normal wheat and many people who have a wheat intolerance and experience a "bloating" feeling from ordinary wheat find that spelt is the ideal alternative. The grain is known as "spelt" in some countries, as "faro" in Italy, as "dinkel" in Germany and Asturia elsewhere. A great number of Naturopaths and dieticians recommend spelt however it is sensible to obtain your own medical advice for your condition.



All About Bread carry spelt flour and also **DINKELBROT** for those who prefer the flour in the form of a bread mix to simply add yeast and water. Dinkelbrot is available in both white & wholemeal and also as a Dinkel/Rye bread-mix. Adding yeast and water in the right proportions will produce a loaf of exceptional texture, crust and taste.

Spelt is not suitable for those with coeliac disease and we have excellent bread mixes available for such requirements.

AMAZING Bread is a gluten free, yeast free, lactose free bread with a good structure and pleasant taste. It is extremely versatile and can be used for bread, rolls, pizza, pikelets, pancakes and lasagne. Even your very own gluten free Christmas cake can be made using Amazing Bread.

NEWSLETTERS

If you would like to receive future newsletters or be advised of products or courses, please make contact with one of our stores and leave your details including your email address if you have one.

NEW PRODUCTS

The already huge range of flours and bread mixes have been extended with some great new products. As always, all products have exceptional taste, are healthy and preservative free and guaranteed to perform.

New Bread mixes include **MEDITERRANEAN** (crusty Black Olive/Sundried Tomato & Garlic), **POTATO & HERB, MOUNTAIN PEPPER** (alpine peppers/pumpkin & poppy), **ORGANIC BREAD MIXES** (White & Wholemeal) **SOUTHERN CROSS SOURDOUGH**.

MUFFIN MIX is delicious and easy to make. They cost a fraction of store bought muffins, taste absolutely great and even the kids will make them. Add choc chips, your own fruit or our delicious blend of fruit medley.

AMERICAN BROWNIES are delicious rich chewy chocolate in texture and just as easy to make. You can add walnuts or other ingredients and they make a terrific snack.

The **CHRISTMAS CAKE** is simple to make but extravagant in taste. At \$12.00 for the kit the most inexperienced cook can make a delicious moist cake that will be a stand out success on Christmas Day.

SIMPLY QUICHE makes it easier than ever to turn out summer quiches with next to no effort. Simply Quiche is a delicious filling to pour over the pastry and add your ham or other ingredients.

EASY SCONE, a versatile mix for plain, cheese and sweet scones.

YEAST

Yeast is a living organism. It requires food and warmth to activate. The High Active Instant Dry Yeast which is sold by *All About Bread* is of particularly high activity. Remember when purchasing yeast to treat it like your fruit and vegetables. If it is too hot in your car to leave fruit and veg for a short while - it is too hot for the yeast. Heat kills the yeast. Cold retards the action of the yeast and warmth activates the yeast.

Yeast has a relatively short shelf life at its maximum activity level. Once you notice your loaves not rising as much as they once did - your yeast probably needs replacing. We recommend you purchase only sufficient quantities to use in a six week period. For most of you that is a 450g vacuum sealed block - for others, the 150g container is a more convenient size.

TEST YOUR YEAST to determine whether it is still active - Place one teaspoon of yeast with one teaspoon of sugar in a glass. Add a small amount of warm water, mix with a spoon and 3/4 fill the glass with warm water. Set aside for 10 minutes. If the yeast is still active it will froth and bubble after this time. If it fails to do so - the yeast is past its prime - buy some more.

OTHER OUTLETS

All About Bread products can also be purchased at BJs FRUIT & VEG in Dempster Street, Esperence, BASICALLY BREAD in Northam, SWANSEA STREET MARKET in Victoria Park and CANNINGTON FRESH in Albany Highway Cannington.



WEBSITE

Our web site www.allaboutbread.com can still be accessed and is going through a major reconstruction with some great information, assistance and tips. The Newsletter will be available on site.

SEE THE ATTACHED **EXTRA** FOR MORE INFORMATION ON OUR WORKSHOPS