

Sourdough September



On Tuesday 16th September we had a visit from artisan baker, Andrew, from 'The Loaf' bakery in Crich.

September is Sourdough month so we found out how to make a sourdough leaven which is made from flour and water without the need for yeast.

Andrew talked to the whole school about all the processes that are needed to make bread. He told us lots of interesting facts about grain, different types of flour and all the different varieties of bread that can be made.

Andrew then explained about bread structure and used a balloon to represent the carbon dioxide bubbles created when the dough has been kneaded properly.

As part of our Cookery programme and in conjunction with Sourdough September, our pupils will be making their own Sourdough loaves. So with Andrew's guidance, we made our own leaven, which we will need to look after and 'feed' for a whole week before we can make our bread. Watch out for more sourdough news throughout this term.



the loaf
bakery • café • deli