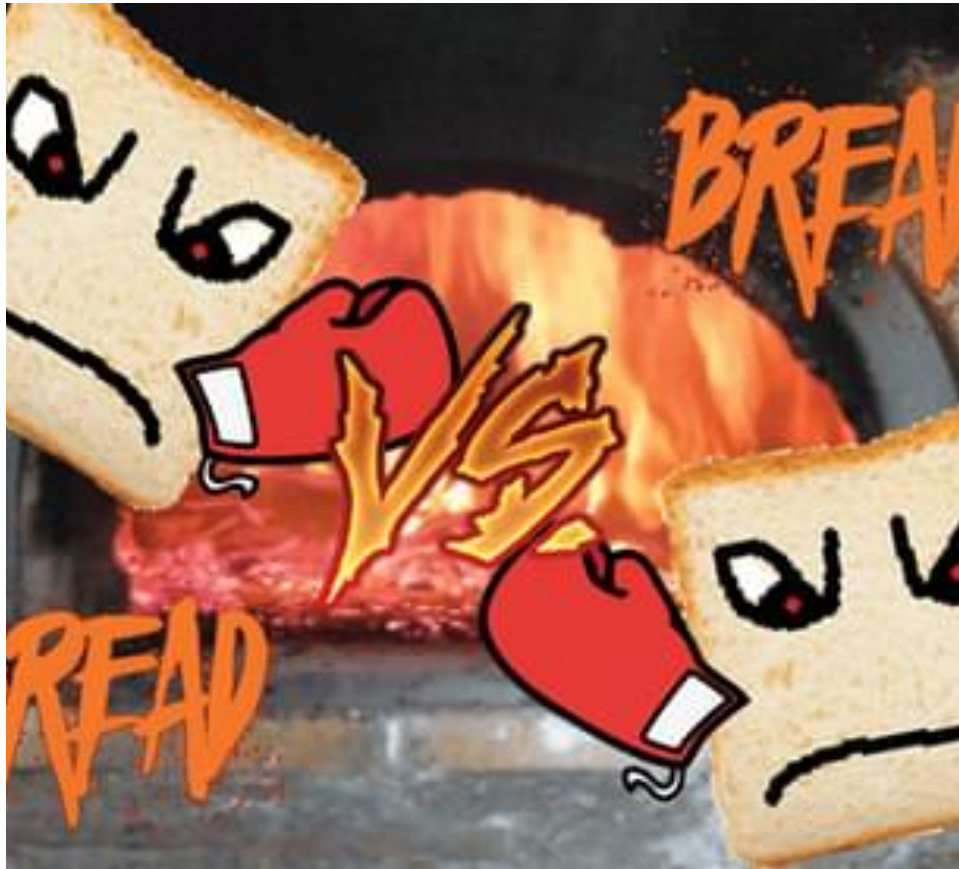
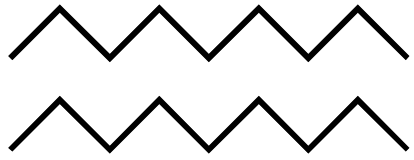


# Homemade bread vs. Storebought bread

Tiffani Hinkeldey





# The Battle of the Breads

A debate is quietly simmering and that is what is better, homemade bread OR store bought bread?

Baking bread is much more than just a fun little hobby, it is an art in its own way. The time, dedication and experimentation it takes to prepare the perfect loaf and to obtain the perfect (as we bread bakers call it the crumb shot) takes practice and lots of it!

The choice between homemade vs. Store bought comes down to several question, the most specific one being which is healthier?

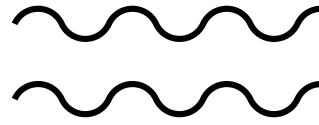
# History of Bread

## 1350 B.C. The Earliest Yeast Bread

- Yeast is a microorganism that eats sugar, and produces alcohol and CO<sub>2</sub> gas. The gas is what causes the bread to rise and develop that light feeling it has after it has risen.
- The Egyptians were the first to brew beer and make yeast breads!
- We are fairly certain that the first yeast breads were sourdough. They would have been made by saving a piece of dough from the previous bread and adding it to next day's loaf. This practice is carried on today through the sourdough starter.



# History of Bread



## Roman Empire

- The Romans took this concept and applied it on a wider scale. A Roman bakery could produce up to 2,000 loaves DAILY. They used woodfire stoves built with brick and tile and a rotating metal grate that the bread was baked on.
- The Romans also introduced a wide variety of different flours that produced many different products. Light breads were for upper class, darker breads for the lower class and specific breads were made for soldiers and sailors.



# History of Bread

## Bread Makes an Appearance

- If we look at Biblical texts and other historical texts as well, bread was a HUGE part of culture and diet. Breaking bread as a family was a way of coming together and signified wholeness and togetherness. Jesus himself ate bread frequently and it stood a MAJOR role in the last supper. Meats, fruits, breads, and wine were the main items in our ancestors diet.

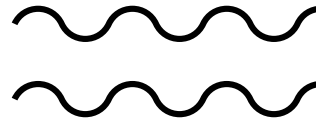


# Art of Bread Making

Homemade bread is made with love and care. You can take your time to knead the dough, let it rise, and bake it perfectly. This is a slow, careful process allows the flavors to develop fully, resulting in a loaf of bread that's unique.

Commercial bread, however, is often made in mass quantities, using machines and automated processes. This can result in an impersonal, product full of additives and vegetable oils.

The process of making your own bread can be very satisfying. It is therapeutic about kneading dough, and sitting in the anticipation of waiting for it to rise. This is all part of the joy of baking. Not to mention the sense of accomplishment when you take your freshly baked loaf out of the oven and you see what you have created.



# Sourdough Bread

- The oldest form of leavened bread
- Sourdough starters can be very old, a friend of mine has one that is 300 years old!
- Sourdough has a lower glycemic index compared to other breads
- The "sour" taste comes from lactic acid
- You can leave your sourdough starter on its own in the refrigerator during periods of time up to 3-4 days!
- Sourdough can be made with only 2 ingredients



# Sourdough Bread

- Sourdough is a fermented bread, it is made using yeast and lactic acid bacteria. It is a tangy, delicious and slightly denser bread. It has been a staple for centuries.
- It has a unique nutritional profile due to its fermentation process. It has many vitamins, minerals and good bacteria in it that contribute to a healthy diet.
- It has been shown to improve digestion due to the fermentation process breaking down the gluten which makes it easier to digest.
- Has a low glycemic index
- Fermentation enhances the absorption of vitamins and nutrients
- Naturally preserved
- Environmentally friendly





# Sourdough Bread


- There are many types of sourdough , including whole wheat, rye, spelt, and multigrain. The flavor profile and texture of each type vary depending on the type of flour and fermentation process.
- If you don't have sourdough, consider using whole grain or artisan bread as a sub. These options offer similar textures and flavors, although they may lack the tanginess of sourdough.
- Sourdough bread is popular in many cultures, including French, Italian, German, and San Francisco-style American cuisine.



# Sourdough Bread

- Sourdough bread is good for you due to its unique nutritional profile, including lower glycemic index, improved nutrient absorption, and probiotic content that supports a healthy gut.
- Sourdough bread is made from a simple mixture of flour, water, and salt, combined with a naturally occurring mixture of wild yeast and lactic acid bacteria known as a sourdough starter.
- Sourdough bread is made by combining the sourdough starter with flour and water, and allowing the mixture to ferment. This fermentation process produces carbon dioxide, which causes the dough to rise. The dough is then shaped, set to proof, and baked to create the final loaf.





H O M E M A D E  
B R E A D  
V S .  
S T O R E B O U G H T

NUTRITIONAL  
COMPARISON



# Nutritional Comparison



Store bought bread tends to fall short in that area. This is due to companies prioritizing cost efficiency and shelf life over you and your health.

Macronutrients can be a big deal for some people and if you take those seriously then you may want to look at making your own bread. Homemade bread often does a much better job at balancing the carbs, proteins, and fats that play a role in your energy levels and satiety, Storebought breads lean towards higher amounts of sugar and sodium to give you that "full" feeling.

Baking homemade bread also gives us a sense of power that we can make better choices aligned with our nutritional goals.

# Nutritional Comparison



When it comes to the nutritional facts between storebought and homemade bread, you can definitely see that there are differences between the two that go beyond the taste and the texture of the loaf.

Homemade bread is the shining star for harnessing the power of whole and unprocessed ingredients. You are in full control of what flour you use, and with that power and control you can create loaves that are delicious and full of nutrients. When you integrate different flours such as spelt, einkorn, whole wheat and gluten free it opens your options to different fibers while also allowing you to cater to dietary needs.<sup>13</sup>

# Benefits of homemade bread



- It tastes better: it is fresh, warm and very hearty!
- You get the satisfaction of knowing that you made this yourself
- You are in charge of the ingredients that went into the bread: you get to choose the flavor, the type of flour, and what ingredients you want in the bread.
- You control the amount of SUGAR being put into the bread, and whatever toppings you would like on your loaf.
- You can avoid undesired ingredients and fillers: your bread will contain no chemicals, artificial additives, preservatives, or enzymes.
- It relieves stress and brings you enjoyment and the feeling of accomplishment: making something yourself and experimenting with recipes is an excellent feeling, especially when your loaf is a success. Mixing and kneading dough is also a great way to relieve anxiety and stress and the baking process is soothing. Gifting your bread is also an amazing feeling, it brings you joy and peace.
- You reduce waste: you will drastically reduce the waste of plastic packaging.
- Can be more cost effective: You can lower the cost of homemade bread by making more at a time. This will reduce the cost of electricity, gas to buy ingredients, and your time . Any leftovers or excess bread that won't be eaten within the next two days can be frozen or gifted!



# Easy Dutch Oven Bread Recipe



## • EASY DUTCH OVEN NO KNEAD BREAD RECIPE

- This uncomplicated recipe is made with only 4 ingredients and only takes 5 minutes for prepping. This is the recipe for you if you want to easily make the delicious homemade bread that looks like you bought from a bakery.
- Mix together 3 cups of all-purpose flour, 5 tsp of sea salt, and 2 tsp of active dry yeast.
- Add ½ cup of water, no hotter than 105 degrees Fahrenheit or it could kill the yeast and prevent bread from rising.
- Mix the dough until a sticky ball forms. A [dough whisk](#) is useful here. The dough should hold a ball shape, but it will be sticky to the touch, and not be smooth.

- Cover the bowl tightly with a plastic wrap (sprayed with cooking spray). Place a damp tea towel over the plastic wrap. Let it rest overnight, for at least 18 to 24 hours in a [banneton](#) or an alternative. Make sure it is in a secure, warm place at room temperature.
- After 24 hours, preheat the oven to 450 degrees Fahrenheit. Place a [Dutch oven](#) with a lid into the oven while it is preheating.
- Transfer bread dough from the bowl on to a lightly floured counter. Form the dough into a ball, adding a few tablespoons of flour, if needed. The dough will be loose and seem floppy. It will not form a firm ball but will look a little flat. Cover it with a floured towel until oven is preheated. Optionally, you can also score your bread dough before popping it in the oven.
- Carefully remove the hot Dutch oven from the oven. Remove the lid and spray the entire dish and lid with cooking spray.
- Gently and evenly place the dough ball in the Dutch oven.
- Cover and bake for 30 minutes.
- Remove the lid and bake for another 15 minutes, or until the loaf is a golden brown.
- Once finished, remove the loaf from the Dutch oven and let it cool on a cooling rack before slicing.



# Sourdough Recipe



- **Levain**

- 38 GRAMS STONEGROUND WHOLE WHEAT FLOUR
- 38 GRAMS BREAD FLOUR
- 76 GRAMS WATER
- 38 GRAMS RIPE SOURDOUGH STARTER

- **Main dough**

- 773 GRAMS BREAD FLOUR
- 114 GRAMS WHOLE WHEAT FLOUR
- 51 GRAMS WHOLE GRAIN RYE FLOUR
- 653 GRAMS WATER
- 18 GRAMS FINE SEA SALT

- **Levain**

In a small container, mix the levain ingredients and keep at 74-76°F (23-24°C) for 5 to 6 hours.

- **Autolyse**

In a medium mixing bowl, mix the flour and 603 grams of water (reserve 50 grams until the next step). Cover and let rest for 1 hour.

- **Mix**

To the mixing bowl holding your dough, add the salt, ripe levain (from step 1), and reserved 50 grams water. Mix by hand or with a dough whisk until incorporated. Transfer your dough to a bulk fermentation container and cover.

- **Bulk Fermentation**

Give the dough 3 sets of stretch and folds at 30-minute intervals, where the first set starts 30 minutes after the start of bulk fermentation.



# Sourdough Recipe



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- **Divide and Pre-shape**

Lightly flour your work surface and scrape out your dough. Using your bench knife, divide the dough in half. Lightly shape each half into a round shape. Let the dough rest for 25 minutes, uncovered.

- **Shape**

Shape the dough into a round (boule) or oval (batard)—place in proofing baskets.

- **Rest and Proof**

Cover proofing baskets with reusable plastic and seal shut. Let the dough sit out on the counter for 20 minutes. Then, place both baskets into the refrigerator and proof overnight.

## **Bake**

**Preheat your oven with a combo cooker or Dutch oven** inside to 450°F (230°C). When the oven is preheated, remove your dough from the fridge, score it, and transfer to the preheated combo cooker. Place the cooker in the oven, cover with the lid, and bake for 20 minutes. After this time, remove the lid (you can keep it in the oven or remove it) and continue to bake for 30 minutes longer. When done, the internal temperature should be around 208°F (97°C). Let the loaves cool for 1 to 2 hours on a wire rack before slicing.

# Sourdough Starter Recipe



- **SUPPLIES**

- 3/4 L JAR (I USE [THIS ONE](#))

- **INGREDIENTS**

- TO CREATE THE STARTER:

- 60 G (1/2 CUP) [WHOLE WHEAT FLOUR](#)

- 60 G (1/4 CUP) WATER

- TO FEED THE STARTER EACH DAY (DAY 3-7):

- 60 G (1/2 CUP) UNBLEACHED [ALL PURPOSE FLOUR](#) OR BREAD FLOUR

- 60 G (1/4 CUP) WATER

- Day 1: Make the Starter

- Combine 60 g (1/2 cup) of whole wheat flour and 60 g (1/4 cup) of warm water in a large jar.

- Mix with a fork until smooth; the consistency will be thick and pasty. If measuring by volume, add more water to thin out the texture if needed.

Cover with plastic wrap or a lid, and let it rest in a warm spot, about 75-80 F for 24 hours.

- Day 2: Got Bubbles?

- Today, you're going to check if any small bubbles have appeared on the surface.

- Bubbles indicate fermentation, which is what you want! However, it's okay if you don't see anything right away; the bubbles might have appeared and dissolved overnight while you were sleeping. This happens quite often.

- You do not have to do anything else right now. It does not need any flour or water. Just rest the starter in your warm spot for another 24 hours.

# Sourdough Starter Recipe



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- 60 G (1/2 CUP) UNBLEACHED [ALL PURPOSE FLOUR](#) OR BREAD FLOUR

- 60 G (1/4 CUP) WATER

- Day 3: Feed Your Starter

- Whether bubbles are visible or not, it's time to start the feeding process.

- Remove and discard approximately half of your starter from the jar (you should have about 60 g left). Use a spoon. The texture will be very stretchy. Add 60 g (1/2 cup) of all-purpose flour and 60 g (1/4 cup) of warm water. Mix with a fork until smooth.

- The texture should resemble thick pancake batter or plain yogurt (not Greek) at this point so add more water as needed. Cover and let rest in your warm spot for another 24 hours.

- DAYS 4, 5, & 6: Keep on Feeding!

- Repeat the same feeding process as outlined on Day 3:

- Remove and discard half of the starter, and feed it with 60 g (1/2 cup) of all-purpose flour and 60 g (1/4 cup) of warm water. As the yeast begins to develop, your starter will rise, and bubbles will form on the surface and throughout the culture.

- When the starter falls, it's time to feed it again.

# Ingredients Comparison



- Whole Wheat
- All Purpose Flour
- Honey
- Salt
- Butter

- **Niacin: Vitamin B3**
- **Thiamin mononitrate: Vitamin B1**
- **Riboflavin: B12**
- **Folic Acid: B9**
- **Calcium Sulfate: Dough conditioner- preservative that adds shelf life**
- **Diammonium Phosphate: nutrient for yeast**

# Most asked Questions

## **IS IT CHEAPER TO MAKE YOUR OWN BREAD 2023?**

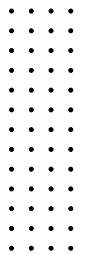
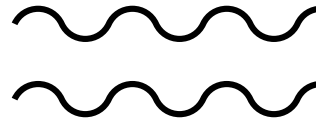
WHILE THE INITIAL INVESTMENT IN INGREDIENTS AND EQUIPMENT CAN BE HIGHER, MAKING YOUR OWN BREAD CAN BE QUITE COST-EFFECTIVE IN THE LONG RUN. A BAG OF FLOUR CAN MAKE SEVERAL LOAVES OF BREAD, AND THE COST PER LOAF CAN BE SIGNIFICANTLY LOWER THAN A STORE-BOUGHT LOAF.

## **HOW LONG DOES HOMEMADE BREAD LAST?**

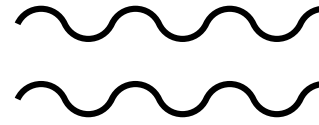
HOMEMADE BREAD NORMALLY LAST FOR ABOUT 2-4 DAYS AT ROOM TEMP. IT DOESN'T CONTAIN ANY PRESERVATIVES, SO IT WON'T LAST AS LONG AS STORE-BOUGHT BREAD. TO EXTEND SHELF LIFE, YOU CAN STORE IT IN THE REFRIGERATOR OR FREEZE IT.

## **CAN I EAT HOMEMADE BREAD EVERYDAY?**

YES, YOU CAN EAT HOMEMADE BREAD EVERY DAY, AS LONG AS YOU MAINTAIN A BALANCED DIET. BREAD IS A GOOD SOURCE OF CARBOHYDRATES, WHICH ARE NEEDED FOR ENERGY. BUT, IT'S IMPORTANT TO EAT ENOUGH FRUITS, VEGGIES, PROTEINS, AND FATS AS WELL.



# Questions I often get asked...



## **IS HOMEMADE BREAD BETTER FOR YOU THAN STORE BOUGHT?**

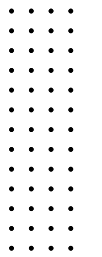
Yes, homemade bread can be healthier than store-bought bread. You have control over the ingredients, which means you can use whole grains, add seeds and nuts for extra nutrition, and avoid any unnecessary additives or preservatives.

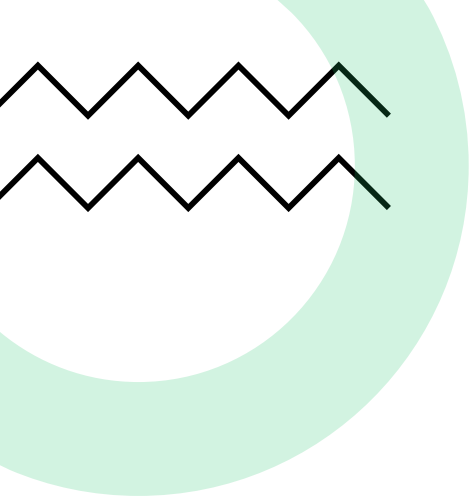
## **IS IT WORTH MAKING OWN BREAD?**

Absolutely! Making your own bread can be a rewarding experience. Not only do you get to enjoy the process of baking, but you also get to enjoy a loaf of bread that's made exactly to your liking. Plus, homemade bread often tastes better and can be healthier than store-bought bread.

## **WHY DOES HOMEMADE BREAD HAVE MORE CALORIES THAN STORE BOUGHT?**

Homemade bread may have more calories than store-bought bread because it often contains more nutrient-dense ingredients. However, the nutritional value of homemade bread can be higher, making it a healthier choice overall.

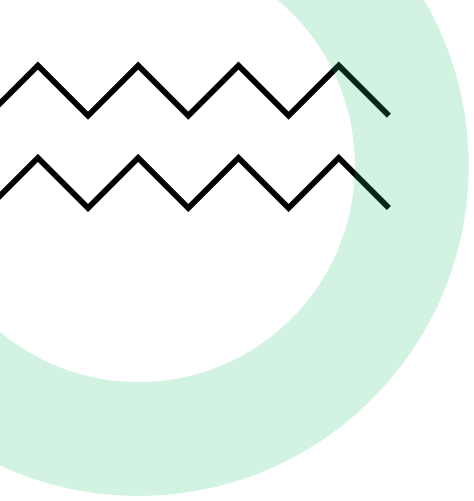




"Bread is the king of  
the table and all else  
is merely the court  
that surrounds the  
king."

Unknown



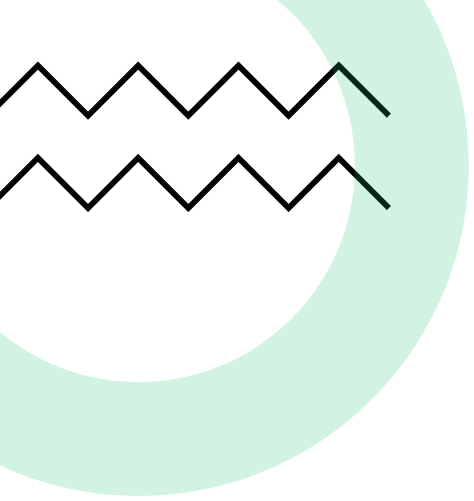


“There are people in  
the world so hungry,  
that God cannot  
appear to them  
except in the form of  
bread.”

— **Mahatma Gandhi**



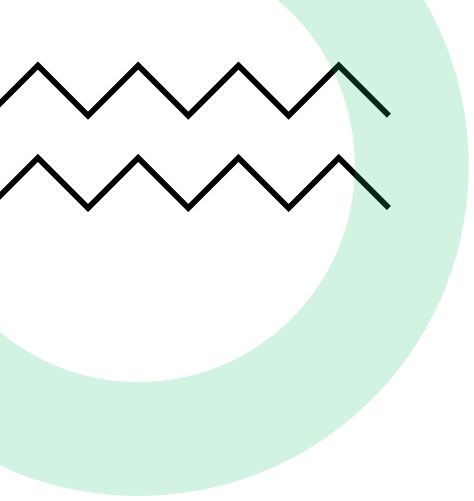




“Bread – like real love –  
took time, cultivation,  
strong loving hands and  
patience. It lived, rising and  
growing to fruition only  
under the most perfect  
circumstances.”

– **Melissa Hill** , [Something  
From Tiffany's](#)



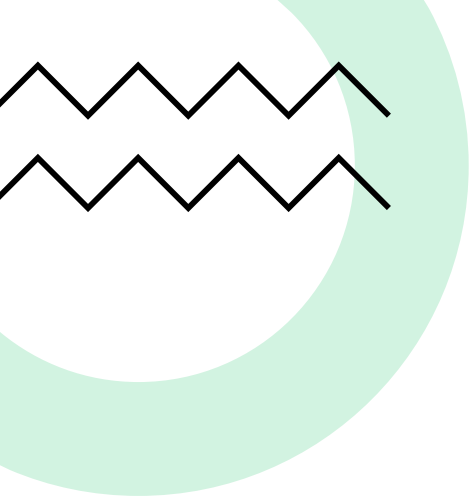


**“The smell of good bread baking, like the sound of lightly flowing water, is indescribable in its evocation of innocence and delight...**

**[Breadmaking is] one of those almost hypnotic businesses, like a dance from some ancient ceremony. It leaves you filled with one of the world's sweetest smells... there is no chiropractic treatment, no Yoga exercise, no hour of meditation in a music-throbbing chapel. that will leave you emptier of bad thoughts than this homely ceremony of making bread.”**

**— M.F.K. Fisher, [The Art of Eating](#)**





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