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Selection



The History Of Sourdough Bread

The history of sourdough is one that dates back thousands of years, a time well before commercial yeasts were discovered. Fermentation is a process steeped in history and one which is common in many civilisations the world over.

The fermentation process that is sourdough bread making has captured the attention of many home bakers in recent times, but it is a process that may be as old as time itself.

The process of sourdough fermentation involves harbouring a colony of wild yeast in a slurry of flour and water. This "sourdough starter" or mother dough as its known forms a symbiotic culture of lactic acid bacteria and wild yeast that produce carbon dioxide responsible for the rising of bread dough.

This was the original form of rising bread used throughout human history, until the discovery of commercial yeast in the mid-19th century.

From the flat breads of ancient Egypt to the modern day magic that is San Francisco Sourdough, the history of sourdough as a leavening agent is an interesting mix, one that continues to evolve, as more and more home bakers jump on this amazing bread production method to make their bread rise.

Where Did Sourdough Come From?

The sourdough we know today has come from thousands of years of tradition, spread across multiple continents. From the Swiss, the ancient Egyptians to ancient Greece and Rome, Californian Gold Miners in the American West and Klondike Gold Miners in Western Canada and Alaska, sourdough has a rich tapestry of international use.

And while sourdough techniques have certainly progressed over many years, one thing remains the same - this amazing bread has always been made with a combination of flour and water (and more recently salt).

It's safe to say that the process of fermenting sourdough bread is indeed very old and can be traced back to both Northern European and Ancient Egyptian societies (source) in a time well before ours.

Source : <https://www.pantrymama.com/history-of-sourdough-bread/>



Our Nutritional commitments

We are is committed to :

- 1 - Ensuring transparency and information
- 2 - Reducing the salt content in our products
- 3 - Proposing products with nutritional benefits
- 4 - Progressively introduce nutritional aspects in the Délifrance restaurants

Our Quality and Ingredient commitments

- 1 - Be at edge of the quality requirements
- 2 - Use quality ingredients
- 3 - Give benefit from our milling expertise
- 4 - Remove HVOs
- 5 - Remove artificial colour and flavours
- 6 - Restrict the use of palmoil



The different technologies

 All our products have to be kept at **-18°C** - never refreeze a defrost product

Total process

Ready to prove

Prove in a prover and bake

Shelf life : between 4 and 6 months.



3 h 30



Ready to bake

Bake directly

Shelf life : between 12 and 18 months.



0 h 30



Oven Prove

Bake directly

Shelf life : between 6 and 10 months.



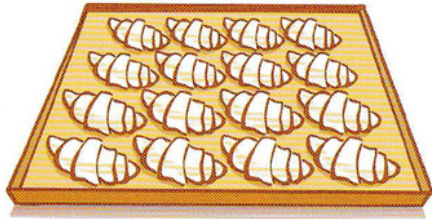
0 h 18



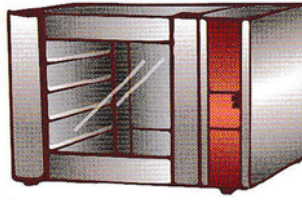
How to process



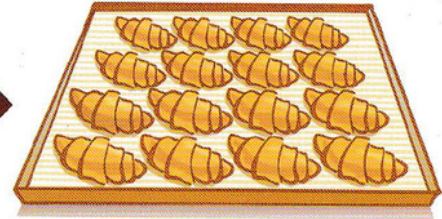
Prover



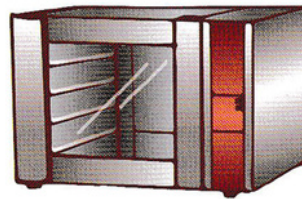
Bake



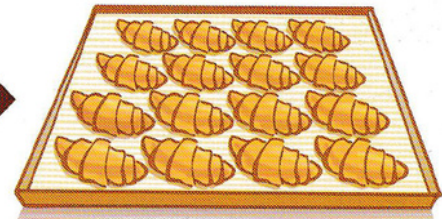
Cool down and serve !



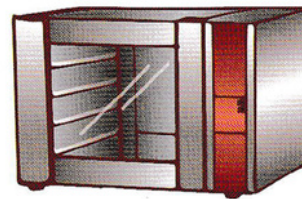
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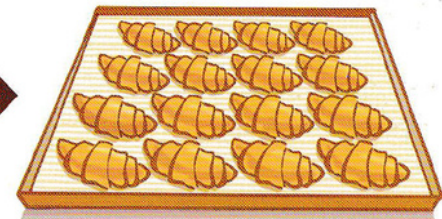
Cool down and serve !



Bake



Cool down and serve !







Bakery



Sourdough

Why Is Sourdough Bread Good for You?

Research tells us that due to its unique preparation method, the following are some sourdough bread benefits:

1. May Be Easier to Digest Due to Less Gluten/Antinutrients

There's reason to believe that among people with gluten sensitivity (but not celiac disease), sourdough bread may be more digestible than commercial loaves made with processed wheat flour. The fermentation process increases acidic conditions in sourdough and helps produce enzymes that partially break down proteins, including gluten. This leads to a lower overall gluten content and decreased levels of phytates/phytic acid and other "antinutrients" that can interfere with nutrient absorption and digestion.

2. Lower Glycemic Index

Studies have found that whole grain sourdough breads have a somewhat lower glycemic index score compared with other types of bread, especially highly processed breads made with white flour. Whole grain sourdoughs that are made with whole wheat flour, rye and other grains are recommended for those following a Mediterranean diet, due to their supply of filling dietary fiber. Is sourdough bread good for weight loss? Of course it depends how much you eat of it, but it can be if it helps fill you up and is eaten as part of a balanced diet. In fact, some studies have found that sourdough tends to lead to higher satiety (fullness) compared to other breads, perhaps because of its protein and carbohydrate digestibility and absorption.

3. Can Be a Good Source of Fiber, Nutrients and Protein

Whole grain sourdough is considered a high-fiber food and also a good source of essential nutrients like selenium, folate, thiamine, manganese, niacin and iron. While it can be difficult to absorb some of these nutrients from grains that haven't been soaked, sprouted or fermented, studies suggest they are typically easier to absorb from sourdough due to the way that it's prepared, as are the amino acids in sourdough that form proteins. Acquiring more of these essential nutrients from your diet is important for supporting functions such as red blood cell production, energy metabolism, immune system activation and more.

**Source : Dr. Axe (Co-Founder of Ancient Nutrition)*



Nutrition Facts

(Plus Ingredients)

Why is sourdough bread good for you? A lot of it comes from sourdough bread nutrition.

The exact nutrition content of sourdough depends on the exact ingredients used (different types of flours/added grains/oil) and how it's prepared. Generally, however, it contains a decent amount of:

- Calories
- Carbohydrates
- Protein
- Fat
- Fiber
- Selenium
- Folate
- Thiamine
- Manganese
- Niacin
- Iron

While wheat flour, water and salt are all you need to make sourdough, sometimes other ingredients are added, including:

- Wheat bran
- Hard red wheat
- Oats
- Rye
- Barley
- Spelt
- Triticale
- Flaxseeds
- Apple cider vinegar
- Olive oil
- Garlic
- Honey
- Herbs, such as rosemary

**Source : Dr. Axe (Co-Founder of Ancient Nutrition)*





As you can probably tell by now, what really makes this bread unique is the presence of yeast and bacteria species, which also vary depending on how the bread starter is made.

The most common yeast species found in sourdough include :

- *Kazachstania exigua* (*Saccharomyces exiguous*)
- *Saccharomyces cerevisiae*
- *Candida milleri*
- *Candida humilis*

Lactic acid bacterial strains found in this type of bread can include :

- *Lactobacillus sanfranciscensis*
- *L. pontis*
- *L. fermentum*
- *L. fructivorans*
- *L. brevis*
- *L. paralimentarius*

**Source : Dr. Axe (Co-Founder of Ancient Nutrition)*



Sourdough



**Rustic
Wholemeal Cranberry
Dark Rye
Black Sesame
Cheddar Jalapeno
Olive Oregano
Walnut sourdough**

**Double Chocolate
Cinnamon Raisin
Wholemeal
Seeded Multigrain
Garlic Rosemary
Date Walnut Sourdough**



Viennoiserie

Viennoiserie

FH13

Butter Croissant

90 gr



20'

200°



FH07

Almond Croissant

90 gr



20'

200°



FH25

Chocolate Croissant

90 gr



20'

200°

Viennoiserie



FH08
Apple Turnover
90 gr

🌀 20' 180°



FH11
**Smoked Beed
Croissant**
90 gr

🌀 20' 180°



FH12
Pain Au Choco
90 gr

🌀 20' 180°

Viennoiserie

FH20
Chocolate Roll
90 gr

18' 180°



FH10
Sausage Roll
90 gr

20' 180°



Viennoiserie



FH22
New York Roll
100 gr

20' 180°



FH27
Pineapple Puff
90 gr

20' 180°





Bread

Bread



Wholemeal Loaf
White Loaf
Dark Rye Loaf
Multigrain Loaf
Wholemeal Cranberry

38-40' 180°



Bread



12'

170-180°

Original Bread Ball
Wholemeal Bread Ball
Multigrain Bread Ball
Brioche Ball
80gr



15'

160-170°



Bread



FH30
Hotdog Bun
110 gr

15-18' 180°



FH06
Bagel
100 gr

20' 200°

Bread



FH15
French Baguette
400gr



20'

200°



FH16
Long Baguette
400 gr



20'

200°



FH31
Ciabatta
150gr



30'

210°



FH32
Focaccia
800



20'

190°



Pastry

Pastry

FH23
Durian Tart
150 gr

28' 180°



FH28
Chocolate Ganache
150 gr

15-17' 180°



FH29
Cheesecake
1000 gr

60-70' 190°

Pastry



FH19
Fruit Pie
50 gr



FH02
Apple Strudel
100 gr



FH17
Fruit Danish
150 gr





Frozen

Frozen



Croissant Frozen

30gr

50gr

90gr

Custom

Frozen



Choco Danish Roll

30gr

50gr

90gr

Custom

Frozen



Cinnamon Roll

90gr



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