



SPOTLIGHT

Let's break bread

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 stirring occasionally. Pass the puree through a sieve or food mill. Mix the strained puree with the sugar and the spices. Place sweetened pulp in a medium saucepan and cook over medium - low heat, stirring frequently. Cook the pulp for 1-2 hours or until thick enough so the butter doesn't run off a spoon when turned upside down. Place hot butter in hot sterilised jars. Cover with hot sterilised lids and rings. Store in pantry up to a year.

CRANBERRY CONSERVE

Cranberry conserve tastes delicious when eaten with bread. In this case I have used canned cranberries; any other fruit can be substituted with it.

Ingredients:

½ kg cranberry
 1 ¾ cup sugar
 1 apple (peeled and chopped)
 1 orange, zest grated and juiced
 1 lemon, zest grated and juiced
 3/4 cup raisins
 3/4 cup walnut

Method:

Clean the cranberries. Cook the cranberries, sugar and 1 cup of water in a saucepan over low heat for about 5 minutes, or until the skin pop open. Add the apple, zest, and juices and cook for 15 more minutes. Remove from the heat and add the raisins and nuts. Allow it to cool down and serve chilled.



THE earliest archaeological evidence for flour dates to the Upper Palaeolithic period in Europe, around 30,000 years ago. The first bread produced was probably cooked version of a grain-paste, made from roasted and ground cereal grains and water, and may have been developed by accidental cooking.

Flash-forward to modern times, in a modern setting, the variants of bread available are still aplenty and this Star Lifestyle tells you the why and where of it.

White bread

White bread commonly known as sandwich bread typically refers to bread made from wheat flour and is widely available. Dough made from white wheat flour is very stretchy and resilient, which means the baker can use it to produce many different styles and shapes, and the worldwide popularity of white bread is partly down to these characteristics. Typical ingredients include wheat flour, water, salt and yeast.

White bread at Hot Breads will cost you around Tk.100, and prices at Sauslys start from Tk.65 (small) to Tk.100 (large).

Brown bread

Brown bread is bread made from significant amounts of whole grain flour, usually wheat and also dark coloured ingredients like molasses. It is a nutritious staple in any meal largely due to the health benefits it has.

Whole grain bread contains a variety of vitamins and minerals, which are essential for proper body function and weight maintenance. People who are cautious about their diets can include brown bread in their meals, as it contains vitamins B, E and K along with the helpful fibre.

Unlike white bread, brown breads are not available everywhere; you have to go to superstores or bakeries like Hot Breads, Sauslys, Cooper's, etc. Prices of brown bread at Hot Breads start from

Tk.120 and at Sauslys ranges between Tk.75 and Tk.120.

Multigrain

Multigrain is just what it is: more than one grain is used in the baking process. Multigrain foods are high in complex carbohydrates and proteins. Complex carbohydrates break down slower so that they can provide energy in the long run. This makes them ideal for energy production, especially for people looking forward to losing weight.

The levels of protein in multigrain will aid the body in various other ways, helping with immunity and providing many other required nutrients.

Fibre is also important in keeping the body stay fit.

The multigrain bread available at Hot Breads is a good option for the health conscious. It will cost you Tk.125.

Garlic bread

Garlic bread contains natural antioxidants that have anti-clotting agents, thus preventing strokes. It also helps to stop the spread of skin cancer. Garlic bread fights against colon cancer by protecting cells from toxins and inhibiting the growth of malignant cells. The selenium and vitamin C found in it also prevents colon cancer.

Garlic bread is also available at Hot Breads for Tk.100 and at Sauslys for Tk.75.

Other variants of bread like sugar-free, whole wheat and milk bread are also available at select locations.

By Mehnaj Kabir



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