



# Porridge Breads

Shelf-life, Crumb and Storytelling



# What's a Porridge

Any cooked grain-based food or dish that can be enjoyed on its own.

Classic examples, oatmeal, polenta, muesli

What about quinoa, tabbouleh, masa?



# Porridge Details...

## Which Grains and Why?



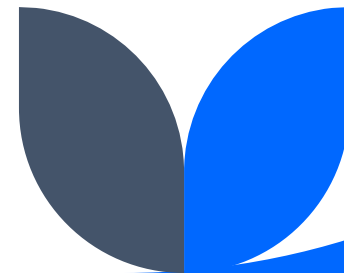
## Particle Size determines percentage

Porridge choices for the best results:

Small grains, like millet can be incorporated up to 50%

Coarse grains, like cracked wheat may rip through the dough, incorporate these at a maximum of 30%

These breads will be very moist and may be considered high hydration for the purpose of shaping



# Primary goals for the porridge

## Creamy Grains:

Cook the grain slowly, think risotto, adding liquid gently to promote absorption

Black Rice and Coconut Milk

Masa Harina

Steel Cut Oats

## Sweet and Seasoned

Presoaked grains are easier to digest. The phytic acid present in the grain is degraded and phytonutrients are easier to absorb in breads including cooked grain.

## Layer Flavors

Cooked grains are sweet and require salt for full flavor development.

Porridge should be salted to taste during cooking

Porridge adds hydration, but also can make dough dense. Softening cold porridge with heat will decrease the probability of dense chunks in the dough. This also may affect the DDT.



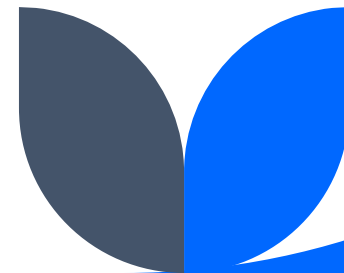
# More Flavor!!



Levain, Sour and  
Poolish

Increasing flavor and  
crumb with porridge  
and pre-ferment

Layer the fermented  
bread dough, levain or  
sour with the fully  
flavored porridge



# Let's Incorporate



**Black Rice and Coconut**  
Enriched Dough



**Mini-Miche Muesli**  
Steel-cut oats, nuts, currants



**Proofing Porridge Dough**

**Mixing Porridge Dough**



# Mix it in

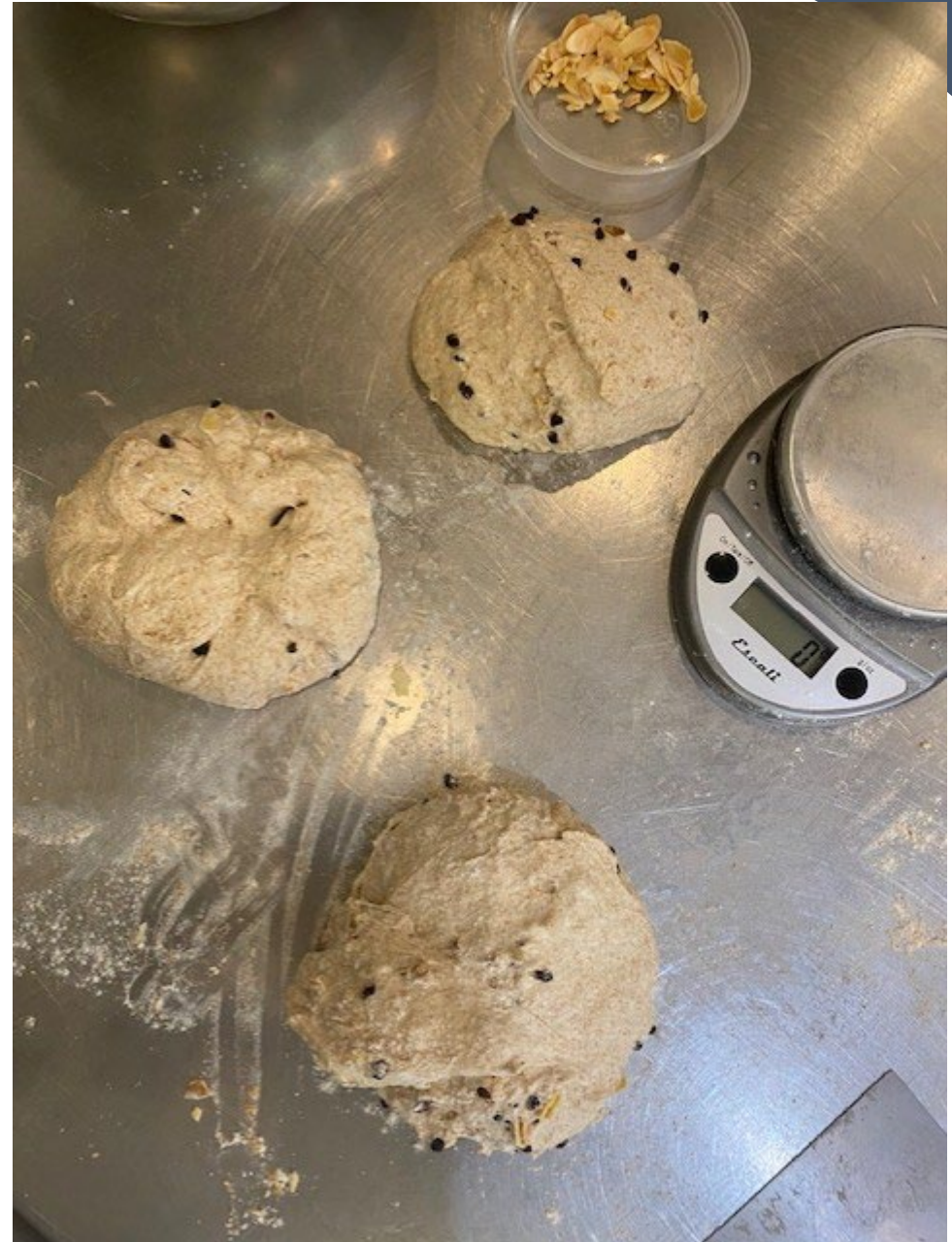
Mixer,  
adding  
the corn  
porridge  
to the  
UNESCO  
2022



By hand,  
porridge  
with  
inclusions



**Make The Breads!**  
Porridge Dough at this point is like any other dough, scale, shape, rest, shape, proof, bake and cool



# Proof/Shape/Rest



# Bake time may vary

**These doughs may require longer baking times and/or slightly reduced temperatures**



## **Why Better Shelf Life? Is it Healthy?**

Pre-gelatinizing of the starch in the grain creates a chemical structure that retains water.

Porridge breads are high in Alpha Amylase, this breaks down the components of starch, amylose and amylopectin creating simple sugars that are easier to digest.

Additionally, the long slow fermentation created lactic acid which acts as a probiotic making nutrients more available in digestion.

# Bread Story

**What is a Bread Story?**

**Can Porridge Breads tell a story through their grains?**

**UNESCO 2022 Bread**

This bread tells a story of travel and cultural exchange spanning 3 countries and food festivals.

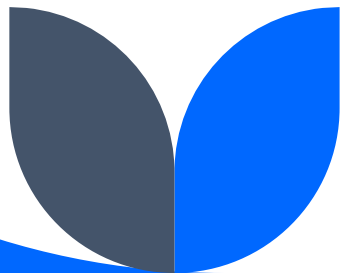
Let's try it.

**Corn, Sesame, Sourdough and Pistachios**

San Antonio, Texas

Merida, Yucatan, Mexico

Gaziantep, Turkey



# Write your story with your grains





**Black Rice and Coconut Bread**

**Tabouleh Bread**

**Mini-Miche Muesli**



# What's your story?

What is your story of grain?

What porridges, or cooked grain preparations are staples in your diet?

Can you tell the story of your journey in a single slice,  
or will it take a whole basket to share your experiences?

# Thank you

