

BREAD AROUND THE GLOBE

Global Breads

A JOURNEY THROUGH 20 ICONIC RECIPES

*Discover Classic
Breads from Every
Corner of the World*





INTRODUCTION

Bread Around the Globe: A Journey Through 20 Iconic Recipes takes you on a culinary adventure through the diverse and fascinating world of bread-making. From the crispy crust of the French baguette to the chewy texture of Japanese milk bread, this book is a celebration of one of the most beloved and ancient foods. Bread is more than just sustenance; it is a symbol of culture, tradition, and the simple pleasures of life.

Throughout history, bread has been a staple in nearly every society, reflecting the customs, ingredients, and climate of its origin. Each loaf tells a story, offering a glimpse into the daily lives and rituals of people around the world. In this book, we explore 20 iconic bread recipes that span continents and generations, showcasing the rich diversity and timeless appeal of this universal food.

Whether you're an experienced baker or a curious beginner, this collection invites you to experience the joy of baking bread from scratch. Each recipe is carefully crafted to be accessible and easy to follow, allowing you to recreate these classic breads in your own kitchen. Along the way, you'll learn unique tips and techniques specific to each type of bread, enhancing your baking skills and deepening your appreciation for this age-old craft.

From the dense, slightly sweet Caribbean Hard Dough Bread to the aromatic and spiced Swedish Limpa, you'll discover a variety of textures, flavors, and forms. You'll delve into the world of bread with simple, hearty loaves like Australian Damper, experience the delicate art of steaming with Chinese Mantou, and savor the intricate flavors of Russian Borodinsky Bread. Each recipe is a culinary passport, transporting you to the markets, kitchens, and dining tables of different cultures.

Bread Around the Globe is not just a cookbook; it's an exploration of how bread connects us all. As you bake your way through these 20 iconic recipes, you'll not only fill your home with the irresistible aroma of fresh bread but also gain a deeper understanding and appreciation of the world's rich and varied food heritage. So, roll up your sleeves, dust off your flour, and let's embark on this delicious journey through the art of bread-making.



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FRENCH BAGUETTE

(FRANCE)



Prep Time:
20 Mins



Cook Time:
25 Mins



Serving:
2 baguettes

INGREDIENTS

- 3 ½ cups (420 g) all-purpose flour
- 1 ¼ cups (300 ml) warm water (about 110°F)
- 1 ½ tsp (7.4 ml) active dry yeast
- 2 tsp (10 g) salt
- 1 tsp (5 g) sugar

Nutritional Values

Calories: 170 | Carbs: 36g |
Protein: 6g | Fat: 0.5g | Fiber: 2g

INSTRUCTIONS

1. Take a small shallow bowl and dissolve the yeast and sugar in warm water. Give it for 5-10 minutes to set until foamy.
2. Grab the large shallow bowl and combine the flour and salt. Slowly include the yeast mixture into the flour, mixing until a dough forms. Knead for 10 minutes on a floured surface until smooth and elastic.
3. Place the dough in an oiled brushed bowl, cover it with a slightly wet towel, and let it rise in a warm place for 1-1 ½ hours or until doubled in size.
4. Punch the dough to turn it down and divide it into two equal parts. Shape each part into a long baguette, about 12-14 inches in length. Place the baguettes on the parchment paper-arranged baking sheet and let them rise again for 30 minutes.
5. Preheat oven to 450°F (230°C). Score the baguette dough top with a sharp kitchen knife and bake for 20-25 minutes.

UNIQUE TIPS AND TECHNIQUES:

1. **Advanced Technique:** For a perfect crispy crust, put a deep-bottom pan of water on the bottom rack of the oven while baking the baguettes. The steam will help create the signature crunchy exterior.
2. **Simpler Alternative:** If using a pan of water feels tricky, lightly mist the dough with water using a spray bottle just before placing it in the oven to mimic the steaming effect.
3. **Scoring the Dough:** Use a very sharp knife or razor blade to score the top of the dough. This allows the bread to expand properly while baking, giving it that iconic look.
4. **Resting Time:** Allowing the dough to rise slowly is key for developing the right texture and flavor. If possible, give it more time for the second rise.





ITALIAN CIABATTA (ITALY)



Prep Time:
20 Mins



Cook Time:
25 Mins



Serving:
2 large loaves

INGREDIENTS

- 4 cups (480 g) bread flour
- 1 ½ cups (360 ml) water (room temperature)
- 1 ¼ tsp (6.2 ml) active dry yeast
- 2 tsp (10 g) salt
- 2 tbsp (29.6 ml) olive oil

Nutritional Values

Calories: 220 | Carbs: 44g |
Protein: 8g | Fat: 3g | Fiber: 2g

INSTRUCTIONS

1. Take the small shallow bowl and dissolve the yeast in ½ cup water. Give it for 5 minutes to set until foamy.
2. Grab the large shallow bowl and combine the flour and salt. Add the yeast mixture, remaining water, and olive oil. Stir until a sticky dough forms.
3. Knead the dough to get the elastic texture for about 10 minutes on the lightly & smooth flour-dusted surface. Transfer to an oil-brushed bowl, cover, and leave aside for 2 hours.
4. Gently remove the dough, then divide it into two portions. Shape each portion into a flat, rustic loaf and place it on the parchment paper-arranged baking sheet. Let it rise for another hour.
5. Preheat oven to 425°F (220°C). Bake the loaves for 20-25 minutes.

UNIQUE TIPS AND TECHNIQUES:

1. **Wet Dough:** Ciabatta dough is very sticky and wet. Avoid adding too much flour during kneading, as the dough's high hydration is key to its airy crumb.
2. **Shaping:** Be gentle when shaping the dough to preserve the air pockets, which give the ciabatta its signature texture.





INDIAN NAAN (INDIA)



Prep Time:
15 Mins



Cook Time:
10 Mins



Serving:
6 naan

INGREDIENTS

- 4 cups (480 g) bread flour
- 1 ½ cups (360 ml) water (room temperature)
- 1 ¼ tsp (6.2 ml) active dry yeast
- 2 tsp (10 g) salt
- 2 tbsp (29.6 ml) olive oil

Nutritional Values

Calories: 190 | Carbs: 33g |
Protein: 5g | Fat: 4g | Fiber: 1g

INSTRUCTIONS

1. Take a small shallow bowl and dissolve the yeast and sugar in warm milk. Give it for 5-10 minutes to set until foamy.
2. Grab the large shallow bowl and combine the flour and salt. Add the yogurt and yeast mixture and knead into a smooth dough. Cover and leave it aside to rise for 1 hour.
3. Divide the dough into 6 portions. Roll each portion into a ball (any size you like; I made golf-size), then flatten it to make an oval.
4. Heat a skillet or tawa over the stovetop. Place each naan on the skillet and cook for 2-3 minutes on each side until it puffs up and gets golden brown spots.
5. Brush with melted ghee or butter before serving.

UNIQUE TIPS AND TECHNIQUES:

1. **Tandoor Substitute:** If you don't have a tandoor oven, a cast-iron skillet or griddle works well for naan. For extra authenticity, you can finish cooking naan in a hot oven under the broiler for a few seconds.
2. **Toppings:** Add garlic, herbs, or nigella seeds before cooking for flavored naan variations.





MEXICAN BOLILLO

(MEXICO)



Prep Time:
20 Mins



Cook Time:
25 Mins



Serving:
8 rolls

INGREDIENTS

- 4 cups (480 g) all-purpose flour
- 1 ¼ cups (300 ml) warm water
- 2 tsp (9.9 ml) active dry yeast
- 1 tsp (5 g) sugar
- 2 tsp (10 g) salt
- 2 tbsp (29.6 ml) vegetable oil

Nutritional Values

Calories: 160 | Carbs: 33g |
Protein: 5g | Fat: 2g | Fiber: 1g

INSTRUCTIONS

1. Take a small shallow bowl and dissolve the yeast and sugar in warm water. Give it for 5 minutes to set until foamy.
2. Grab the large shallow bowl and combine the flour and salt. Add the yeast mixture and oil, then knead into a smooth dough. Cover and leave it aside to rise for 1 hour.
3. Punch the dough to turn it down and divide it into 8 portions. Shape each portion into an oval roll, tapering the ends.
4. Place the rolls on the parchment-paper-arranged baking sheet, cover them with a slightly wet cloth, and let them rise for 30 minutes.
5. Preheat oven to 400°F (200°C). Score the rolls top with a sharp kitchen knife and bake for 23-25 minutes.

UNIQUE TIPS AND TECHNIQUES:

1. **Crusty Exterior:** For an extra crispy crust, spray the rolls with water before placing them in the oven. You can also place a small dish of water in the oven to create steam.
2. **Shaping Bolillos:** Bolillos are typically shaped with pointed ends, resembling small footballs. Proper shaping helps them rise evenly and form their signature crust.





MIDDLE EASTERN PITA (MIDDLE EAST)



Prep Time:
20 Mins



Cook Time:
10 Mins



Serving:
8 pitas

INGREDIENTS

- 3 cups (360 g) all-purpose flour
- 1 ¼ cups (300 ml) warm water
- 2 tsp (9.9 ml) active dry yeast
- 1 tsp (5 g) sugar
- 2 tsp (10 g) salt
- 2 tbsp (29.6 ml) olive oil

Nutritional Values

Calories: 150 | Carbs: 28g |
Protein: 4g | Fat: 3g | Fiber: 1g

INSTRUCTIONS

1. Take a small shallow bowl and dissolve the yeast and sugar in warm water. Give it for 5-10 minutes to set until foamy.
2. Grab the large shallow bowl and combine the flour and salt. Add the yeast mixture and olive oil, mixing until a dough forms. Knead for 10 minutes on a floured surface until smooth and elastic.
3. Place the dough in an oil-brushed bowl, cover with a slightly wet cloth, and leave it aside to rise for 1 hour.
4. Divide the dough into 8 sections. Roll each and turn it into a ball shape, then flatten it into a round disk about ¼ inches thick.
5. Preheat oven to 475°F (245°C). Bake the pitas for 5-6 minutes until they puff up and are lightly golden.

UNIQUE TIPS AND TECHNIQUES:

1. **Puffing:** To get the signature pocket, bake pitas on a very hot baking surface. The high heat creates steam inside, causing them to puff up.
2. **Reheating:** If pitas lose their puff, reheat them in the oven or over a flame to revive their pocket structure.





CORNBREAD (UNITED STATES)



Prep Time:
10 Mins



Cook Time:
25 Mins



Serving:
8 slices

INGREDIENTS

- 1 cup (120 g) cornmeal
- 1 cup (120 g) all-purpose flour
- 1 tbsp (15 g) sugar (optional)
- 1 tsp (5 g) baking powder
- ½ tsp (2.5 g) baking soda
- 2 tsp (10 g) salt
- 1 cup (240 ml) buttermilk
- 1 large egg
- ¼ cup (60 ml) melted butter (or vegetable oil)

Nutritional Values

Calories: 330 | Carbs: 54g |
Protein: 7g | Fat: 10g | Fiber: 2g

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C). Grease an 8-inch square baking dish or cast-iron skillet.
2. In a large mixing bowl, whisk together the cornmeal, flour, sugar (if using), baking powder, baking soda, and salt.
3. In a separate bowl, combine the buttermilk, egg, and melted butter (or oil). Stir until well mixed.
4. Pour the wet ingredients into the dry ingredients and stir until just combined. Be careful not to overmix.
5. Pour the batter into the prepared baking dish and smooth the top.
6. Bake for 20-25 minutes, or until the top is golden brown and a toothpick inserted in the center comes out clean.
7. Let the cornbread cool for a few minutes before slicing and serving.

UNIQUE TIPS AND TECHNIQUES:

1. **Buttermilk Substitute:** If you don't have buttermilk, mix 1 cup of milk with 1 tablespoon of lemon juice or vinegar and let it sit for 5 minutes to create a quick substitute.
2. **Crispy Crust:** For a crispier crust, heat the greased skillet in the oven before pouring the batter in. This will give the bottom and edges a nice crunch.
3. **Sweetness Level:** Cornbread recipes vary in sweetness by region. If you prefer a sweeter cornbread, increase the sugar to 2-3 tablespoons, or add honey for a natural sweetness.





JAPANESE MILK BREAD (JAPAN)



Prep Time:
25 Mins



Cook Time:
30 Mins



Serving:
1 loaf

INGREDIENTS

- 3 ¼ cups (390 g) bread flour
- 1 cup (240 ml) milk
- 1 egg
- 2 tbsp (29.6 ml) butter (softened)
- 2 tbsp (30 g) sugar
- 1 ½ tsp (7.4 ml) active dry yeast
- 1 tsp (5 g) salt

Nutritional Values

Calories: 250 | Carbs: 46g |
Protein: 7g | Fat: 5g | Fiber: 1g

INSTRUCTIONS

1. Take the small shallow bowl and add warm ¼ cup of the milk, then dissolve the yeast and sugar. Give it for 5 minutes to set until foamy.
2. In a saucepan, heat leftover milk until warm. Grab the large shallow bowl and combine the flour, salt, and yeast mixture. Add the egg, butter, and warm milk. Knead until its texture looks smooth and elastic, about 10 minutes.
3. Place the dough in an oil-brushed bowl, cover it with a slightly wet cloth, and let it rise for 1-1 ½ hours.
4. Punch with slight force over the dough top to turn it down. Divide it into three equal parts. Roll each and place them side by side in a greased loaf pan.
5. Put the dough aside to rise again for 1 hour, then bake at 350°F (175°C) for 25-30 minutes until golden brown.

UNIQUE TIPS AND TECHNIQUES:

1. **Tangzhong Method:** For extra softness, you can use the tangzhong technique. Cook a small amount of flour and water into a paste, then add it to the dough mixture to enhance the bread's texture.
2. **Fluffy Texture:** Japanese milk bread is known for its light and airy crumb, achieved through careful kneading and rising.





BRAZILIAN PÃO DE QUEIJO (BRAZIL)



Prep Time:
15 Mins



Cook Time:
20 Mins



Serving:
20 small rolls

INGREDIENTS

- 2 cups (240 g) tapioca flour
- 1 cup (240 ml) milk
- ¼ cup (60 ml) butter
- 1 tsp (5 g) salt
- 1 ½ cups (180 g) shredded Minas cheese
- 2 large eggs

Nutritional Values

Calories: 110 | Carbs: 12g |
Protein: 4g | Fat: 5g | Fiber: 0g

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Grease a mini muffin box or baking sheet.
2. In a saucepan, heat the milk with butter and salt until it boils. Remove from heat and gradually add the tapioca flour, stirring until a dough forms.
3. Let the dough cool for 5 minutes, then mix in the eggs one at a time. Add the shredded cheese and mix properly until fully combined.
4. Scoop spoonfuls of the dough onto the paper-arranged baking sheet or mini muffin tin.
5. Bake for 15-20 minutes.

UNIQUE TIPS AND TECHNIQUES:

1. **Cheese:** Pão de queijo traditionally uses Minas cheese, but Parmesan or cheddar works well as substitutes.
2. **Tapioca Flour:** Tapioca flour gives the rolls a chewy texture, and it creates naturally gluten-free bread.





GERMAN PRETZEL

(GERMANY)



Prep Time:
20 Mins



Cook Time:
15 Mins



Serving:
8 pretzels

INGREDIENTS

- 4 cups (480 g) all-purpose flour
- 1 ½ cups (360 ml) warm water
- 2 ¼ tsp (11.1 ml) active dry yeast
- 2 tbsp (29.6 ml) sugar
- 1 tsp (5 g) salt
- 2 tbsp (29.6 ml) butter (melted)
- ½ cup (120 g) baking soda (for boiling water)
- Coarse salt for topping

Nutritional Values

Calories: 210 | Carbs: 40g |
Protein: 6g | Fat: 4g | Fiber: 1g

INSTRUCTIONS

1. Take a small shallow bowl and dissolve the yeast and sugar in warm water. Give it for 5-10 minutes to set until foamy.
2. Grab the large shallow bowl and combine the flour and salt. Add the yeast mixture and melted butter, kneading until a smooth dough forms. Let the dough rise for 1 hour.
3. Preheat oven to 450°F (230°C). Make the dough into 8 sections, roll each into a long rope, and shape it into pretzels.
4. In a deep-bottom pot, boil 8 cups water and add baking soda. Boil each pretzel for 30 seconds, then transfer to a baking sheet.
5. Sprinkle coarse salt over pretzels and bake for 12-15 minutes until golden brown.

UNIQUE TIPS AND TECHNIQUES:

1. **Boiling in Baking Soda:** Boiling the pretzels in baking soda water is key to achieving their chewy texture and shiny, brown crust.
2. **Toppings:** For different flavors, you can also top pretzels with sesame seeds, poppy seeds, or even cheese.





TURKISH SIMIT (TURKEY)



Prep Time:
20 Mins



Cook Time:
20 Mins



Serving:
8 simit

INGREDIENTS

- 3 ½ cups (420 g) all-purpose flour
- 1 ¼ cups (300 ml) warm water
- 2 tsp (9.9 ml) active dry yeast
- 1 tbsp (14.8 ml) sugar
- 1 tsp (5 g) salt
- ¼ cup (60 ml) molasses
- ¼ cup (60 ml) water (for dipping)
- 1 cup (120 g) sesame seeds (toasted)

Nutritional Values

Calories: 240 | Carbs: 46g |
Protein: 7g | Fat: 5g | Fiber: 2g

INSTRUCTIONS

1. Take a small shallow bowl and dissolve the yeast and sugar in warm water. Give it for 5-10 minutes to set until foamy.
2. Grab the large shallow bowl and combine the flour and salt. Add the yeast mixture, mixing until a dough forms. Knead for 10 minutes, then cover and let it rise for 1 hour.
3. Secure the dough into 8 pieces, roll each into a long rope, and twist into a circle. Mix molasses and water in a shallow bowl.
4. Dip each simit into the molasses mixture, then roll in toasted sesame seeds.
5. Preheat oven to 400°F (200°C). Bake the simit for 18-20 minutes until golden brown.

UNIQUE TIPS AND TECHNIQUES:

1. **Molasses Dip:** Dipping the dough in molasses gives it its signature color and sweetness, complementing the sesame coating.
2. **Sesame Seeds:** For an extra nutty flavor, toast the sesame seeds before coating the dough.





MOROCCAN KHOBZ (MOROCCO)



Prep Time:
15 Mins



Cook Time:
25 Mins



Serving:
2 round loaves

INGREDIENTS

- 4 cups (480 g) all-purpose flour
- 1 ½ cups (360 ml) warm water
- 2 tsp (9.9 ml) active dry yeast
- 2 tsp (10 g) sugar
- 1 tsp (5 g) salt
- 2 tbsp (29.6 ml) olive oil

Nutritional Values

Calories: 210 | Carbs: 40g |
Protein: 6g | Fat: 3g | Fiber: 2g

INSTRUCTIONS

1. Take a small shallow bowl and dissolve the yeast and sugar in warm water. Give it for 5-10 minutes to set until foamy.
2. In a large, deep-bottom bowl, toss the flour with salt. Add yeast mixture and two tbsp oil, kneading until smooth. Cover and leave it aside to rise for 1 hour.
3. Preheat oven to 400°F (200°C). Make the dough in two parts, shape it into flat circular loaves, and place it on the paper-arranged baking sheet.
4. Prick the top of each loaf with a fork and let them rise for 15 minutes.
5. Bake for 20-25 minutes until golden brown and crusty.

UNIQUE TIPS AND TECHNIQUES:

1. **Pricking the Dough:** Pricking the top of the bread with a fork helps prevent the bread from puffing up too much and ensures a dense texture.
2. **Serving:** Khobz is perfect for scooping up stews and tagines or for use as a plate for Moroccan dishes.





IRISH SODA BREAD (IRELAND)



Prep Time:
10 Mins



Cook Time:
40 Mins



Serving:
1 loaf

INGREDIENTS

- 4 cups (480 g) all-purpose flour
- 1 ½ tsp (7.4 ml) baking soda
- 1 tsp (5 g) salt
- 1 ¾ cups (420 ml) buttermilk
- Optional: ½ cup (60 g) raisins or currants

Nutritional Values

Calories: 220 | Carbs: 44g |
Protein: 6g | Fat: 1g | Fiber: 2g

INSTRUCTIONS

1. Preheat oven to 425°F (220°C). In a deep-bottom bowl, combine the flour, baking soda, and salt.
2. Gradually add the buttermilk, stirring until a soft dough forms. If using, fold in the raisins or currants.
3. Turn the dough onto the smooth & flour-dusted surface and knead briefly, forming it into a round loaf.
4. Place the loaf on a baking sheet, cut a deep cross on the top, and bake for 35-40 minutes until golden brown.

UNIQUE TIPS AND TECHNIQUES:

1. **Cross on Top:** The traditional cross is cut into the top of the dough to let the fairies escape, but it also helps the bread bake evenly.
2. **Buttermilk Substitute:** If you don't have buttermilk, you can mix 1 ¾ cups of milk with one tbsp lemon juice or vinegar as a substitute.





GREEK LAGANA (GREECE)



Prep Time:
15 Mins



Cook Time:
25 Mins



Serving:
1 large flatbread

INGREDIENTS

- 3 cups (360 g) all-purpose flour
- 1 ¼ cups (300 ml) warm water
- 2 tsp (9.9 ml) active dry yeast
- 1 tsp (5 g) salt
- 2 tbsp (29.6 ml) olive oil
- Sesame seeds for topping

Nutritional Values

Calories: 180 | Carbs: 35g |
Protein: 5g | Fat: 3g | Fiber: 1g

INSTRUCTIONS

1. Take the small shallow bowl and dissolve the yeast in warm water. Give it for 5-10 minutes to set until foamy.
2. Grab the large shallow bowl and combine the flour and salt. Add liquid yeast mixture and two tbsp oil, kneading until smooth. Let the dough rise for 1 hour.
3. Preheat oven to 400°F (200°C). Roll out the dough into a large rectangle and place it on a baking sheet. Press your fingers into the dough to make indentations.
4. Brush with a bit oil and sprinkle generously with sesame seeds.
5. Bake for 23-25 minutes until crispy.

UNIQUE TIPS AND TECHNIQUES:

1. **Indentations:** Pressing your fingers into the dough helps create the signature texture of Lagana, with small dimples across the surface.
2. **Serving:** Lagana is traditionally eaten on Clean Monday with olives, taramasalata, and other Lenten dishes.





RUSSIAN BORODINSKY BREAD (RUSSIA)



Prep Time:
30 Mins



Cook Time:
40 Mins



Serving:
1 loaf

INGREDIENTS

- 2 cups (240 g) rye flour
- 1 cup (120 g) whole wheat flour
- 1 ½ cups (360 ml) warm water
- 2 tsp (9.9 ml) active dry yeast
- 2 tbsp (29.6 ml) molasses
- 1 tbsp (14.8 ml) ground coriander
- 1 tsp (5 g) salt
- 2 tsp (10 g) sugar
- 1 tbsp (14.8 ml) whole coriander seeds (optional)

Nutritional Values

Calories: 180 | Carbs: 38g |
Protein: 4g | Fat: 1g | Fiber: 5g

INSTRUCTIONS

1. Take a small shallow bowl and dissolve the yeast and sugar in warm water. Give it for 5-10 minutes to set until foamy.
2. Grab the large shallow bowl and combine rye flour, whole wheat flour, and ground coriander. Add the yeast mixture and molasses. Mix until a sticky dough forms.
3. Cover the dough with the slightly wet cloth and let it rise in a warm place for 12-24 hours.
4. Preheat oven to 375°F (190°C). Transfer the dough to the oil-brushed loaf pan. Sprinkle with whole coriander seeds if using.
5. Bake for 37-40 minutes until firm and the top is dark brown.

UNIQUE TIPS AND TECHNIQUES:

1. **Long Fermentation:** The extended rising time gives Borodinsky bread its characteristic flavor, so don't rush the process.
2. **Molasses:** This provides the bread's signature dark color and rich flavor.





AUSTRALIAN DAMPER (AUSTRALIA)



Prep Time:
10 Mins



Cook Time:
30 Mins



Serving:
1 round loaf

INGREDIENTS

- 3 cups (360 g) self-rising flour
- 1 tsp (5 g) salt
- $\frac{3}{4}$ cup (180 ml) water
- $\frac{1}{2}$ cup (120 ml) milk
- 2 tbsp (29.6 ml) butter (melted)

Nutritional Values

Calories: 220 | Carbs: 42g |
Protein: 6g | Fat: 4g | Fiber: 1g

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Grab the large shallow bowl and combine the flour and salt.
2. Gradually add the water, milk, and melted butter, stirring until a soft dough forms.
3. Turn the dough onto a floured surface and shape it into a round loaf. Score the top with an “X.”
4. Place the loaf on the parchment paper-adjusted baking sheet. Bake for 25-30 minutes until golden and hollow-sounding when tapped.

UNIQUE TIPS AND TECHNIQUES:

1. **Campfire Method:** Damper was traditionally cooked in the ashes of a campfire. For a modern twist, you can cook it in a cast-iron pot or Dutch oven.
2. **Toppings:** Serve with butter and jam, or enjoy with a drizzle of honey for a sweet touch.





FINNISH RYE BREAD (FINLAND)



Prep Time:
20 Mins



Cook Time:
50 Mins



Serving:
1 loaf

INGREDIENTS

- 3 cups (360 g) rye flour
- 1 cup (120 g) all-purpose flour
- 1 ½ cups (360 ml) warm water
- 1 tsp (4.9 ml) active dry yeast
- 1 tsp (5 g) salt
- 1 tbsp (14.8 ml) molasses or honey

Nutritional Values

Calories: 200 | Carbs: 40g |
Protein: 5g | Fat: 1g | Fiber: 6g

INSTRUCTIONS

1. Take the small shallow bowl and dissolve the yeast and molasses in warm water. Let it sit for 5 minutes.
2. Take the large shallow bowl and toss rye flour with all-purpose flour and salt. Add the yeast mixture, stirring until a sticky dough forms.
3. Cover the dough and leave it aside to rise at room temperature for 12 hours or overnight.
4. Preheat oven to 375°F (190°C). Transfer the dough to the oil-brushed loaf pan and smooth the top.
5. Bake for 45-50 minutes until the bread is firm and golden.

UNIQUE TIPS AND TECHNIQUES:

1. **Sourdough Starter:** Finnish rye bread is often made with a sourdough starter for added flavor. If you have one, substitute the yeast with ½ cup of starter.
2. **Resting Time:** Letting the dough ferment overnight helps develop a deep, hearty flavor typical of Finnish rye bread.





CHINESE MANTOU (CHINA)



Prep Time:
20 Mins



Cook Time:
15 Mins



Serving:
10 buns

INGREDIENTS

- 3 cups (360 g) all-purpose flour
- 1 cup (240 ml) warm water
- 2 tsp (9.9 ml) active dry yeast
- 2 tbsp (30 g) sugar
- 1 tsp (5 g) salt

Nutritional Values

Calories: 140 | Carbs: 30g |
Protein: 4g | Fat: 0.5g | Fiber: 1g

INSTRUCTIONS

1. Take a small shallow bowl and dissolve the yeast and sugar in warm water. Let it sit for 5 minutes.
2. Grab the large shallow bowl and combine the flour and salt. Add liquid yeast mixture and knead until smooth, about 10 minutes.
3. Cover the dough and leave it aside to rise for 1 hour.
4. Punch the dough top with slight force and divide it into 10 portions. Shape each portion into a smooth ball.
5. Steam the buns over medium heat for 10-15 minutes until fluffy and cooked through.

UNIQUE TIPS AND TECHNIQUES:

1. **Steaming:** Mantou are traditionally steamed in a bamboo steamer, but you can use any steamer you have. Ensure there's enough space between the buns so they don't stick together.
2. **Fluffiness:** Kneading the dough well and allowing it to rise properly ensures that the mantou will be soft and fluffy.





PORTUGUESE BROA (PORTUGAL)



Prep Time:
20 Mins



Cook Time:
30 Mins



Serving:
1 round loaf

INGREDIENTS

- 1 ½ cups (180 g) cornmeal
- 1 cup (120 g) rye flour
- 1 ½ cups (360 ml) all-purpose flour
- 1 ½ cups (360 ml) warm water
- 1 tsp (4.9 ml) active dry yeast
- 1 tsp (5 g) salt

Nutritional Values

Calories: 180 | Carbs: 36g |
Protein: 4g | Fat: 1g | Fiber: 3g

INSTRUCTIONS

1. Take the small shallow bowl and dissolve the yeast in warm water. Let it sit for 5 minutes.
2. Grab the large shallow bowl and combine the cornmeal, rye flour, all-purpose flour, and salt. Add liquid yeast mixture and stir until a soft dough forms.
3. Cover the dough and leave it aside to rise for 2 hour or until doubled in size.
4. Preheat oven to 400°F (200°C). Make the dough into a round loaf, then place it on the paper-arranged baking sheet.
5. Bake for 30-35 minutes.

UNIQUE TIPS AND TECHNIQUES:

1. **Cornmeal Texture:** Broa's rustic texture comes from the cornmeal, which gives the bread a slightly coarse crumb.
2. **Serving:** This bread is traditionally served with soups or stews in Portuguese cuisine, and it absorbs flavors well.





CARIBBEAN HARD DOUGH BREAD (CARIBBEAN)



Prep Time:
20 Mins



Cook Time:
30 Mins



Serving:
1 loaf

INGREDIENTS

- 4 cups (480 g) all-purpose flour
- 1 cup (240 ml) warm water
- 2 ¼ tsp (11.1 ml) active dry yeast
- 3 tbsp (45 g) sugar
- 2 tbsp (29.6 ml) butter (softened)
- 1 tsp (5 g) salt
- ½ cup (120 ml) milk

Nutritional Values

Calories: 230 | Carbs: 45g |
Protein: 6g | Fat: 4g | Fiber: 1g

INSTRUCTIONS

1. Take the small shallow bowl and dissolve the yeast with one tbsp sugar and warm water. Give it for 5-10 minutes to set until foamy.
2. Grab the large shallow bowl and combine the flour, remaining sugar, and salt. Add the yeast mixture, softened butter, and milk. Mix until a smooth dough forms.
3. Knead the dough on the smooth and flour spread surface for 10 minutes until smooth and elastic. Place the dough in an oil brushed bowl, cover with a slightly wet cloth, and leave it aside to rise for 1 hour.
4. Preheat oven to 350°F (175°C). Put the dough into a loaf form and place it in a greased loaf pan.
5. Bake for 30-35 minutes until hollow-sounding when tapped and golden.

UNIQUE TIPS AND TECHNIQUES:

1. **Dense Texture:** Caribbean Hard Dough Bread is denser than other white breads due to the lower yeast content and additional sugar, which creates a slightly sweet, chewy loaf.
2. **Serving:** This bread is often enjoyed as a sandwich bread or toasted with butter, perfect for breakfast or as a snack.





SWEDISH LIMPA BREAD

(SWEDEN)



Prep Time:
25 Mins



Cook Time:
30 Mins



Serving:
1 loaf

INGREDIENTS

- 2 cups (240 g) rye flour
- 1 ½ cups (180 g) all-purpose flour
- 1 cup (240 ml) warm water
- 2 tbsp (29.6 ml) molasses
- 2 tbsp (29.6 ml) butter (melted)
- 1 tsp (4.9 ml) active dry yeast
- 1 tsp (5 g) salt
- 1 tsp (5 g) ground anise
- 1 tsp (5 g) ground fennel
- ½ tsp (2.5 g) ground orange zest (optional)

Nutritional Values

Calories: 210 | Carbs: 42g |
Protein: 6g | Fat: 3g | Fiber: 3g

INSTRUCTIONS

1. In a small bowl, dissolve the yeast in warm water and molasses. Let it rest for 5-10 minutes until foamy.
2. In a large mixing bowl, combine the rye flour, all-purpose flour, salt, anise, fennel, and orange zest. Add the yeast mixture and melted butter, stirring until a soft dough forms.
3. Knead the dough on a floured surface for 10 minutes until smooth and elastic. Place the dough in a lightly oiled bowl, cover with a damp cloth, and let it rise for 2 hours.
4. Preheat the oven to 375°F (190°C). Shape the dough into a round loaf and place it on a greased baking sheet.
5. **For a crispy crust:** Place a pan of water in the bottom of the oven to create steam.
6. **Simpler Alternative:** Lightly mist the dough with water before placing it in the oven to help achieve a crusty exterior.
7. Bake for 30 minutes, until golden brown and fragrant.

UNIQUE TIPS AND TECHNIQUES:

1. **Spiced Flavor:** Limpa bread's unique flavor comes from the spices, especially the combination of anise and fennel, with molasses adding sweetness and depth.
2. **Holiday Tradition:** This bread is often served during Swedish holidays and pairs well with cheese or butter, making it perfect for festive gatherings.

