



## **FORMS OF BREADS**

### **LEAVENED BREADS**

This form of bread gets its name from the French word “Leaven” which basically means a raising agent.

A raising agent could be chemical such as baking powder and baking soda or natural such as yeast. The basic function of any raising agent is to produce carbon dioxide and other by-products like acids.

The production of these gases results in an increase in volume as the air bubbles settle down between layers of gluten strands, which results in a light and porous baked product.

Each of the leaven, contains elements that make unique contributions to the bread in terms of structure, flavor and appearance.

### **UNLEAVENED BREAD**

In India, it is the most commonly made bread type. These are the wide variety of breads which are made without any addition, of any kind of raising agents in the dough.

Most unleavened breads simply consist of flour, water and salt. As their thinness allows more easy and thorough cooking, flatbreads are the more usual forms of unleavened bread, though, not all flatbreads are unleavened.

Also, these kinds of breads have symbolic importance in Judaism and Christianity, and consumed almost everyday in Indian households.

Traditionally in India, roti or Chapatti is the most common flatbread, which is made from soft, whole-wheat dough that may or may not contain salt or oil and roasted on both sides.