

LONDON SOURDOUGH BLOOMERS

August 2022 – and we are in London, the capital of England

England's capital is home of the Bloomer Loaf or the "London Bloomer". The name comes from the process of baking the bread on a tray or the oven bottom. As the loaf is not in a tin, it blooms during the proving and baking process, hence the name "Bloomer".

There is little evidence on hand to suggest its exact origin, although it is believed to have first been sold in the early 20th century. Regardless of the history, the Bloomer remains a firm favourite of English and UK bread buyers. Our recipe is based on IREKS SOURDOUGH BREAD MIX.

London

Did you know that London is the home of the Worshipful Company of Bakers? The Bakers Company can trace its origins back to 1155 and is the City of London's second oldest recorded guild.

London is not only the home of the Worshipful Company of Bakers, but also of Queen Elizabeth. Her 70th anniversary of service to the United Kingdom will be celebrated throughout 2022, with the unprecedented anniversary culminating in June. Traditional street parties were a key feature of the celebrations as the Nation's people said thank you to the Queen for her unwavering service, especially in London, it was duly celebrated.

Join us again next month as we continue our tour of the UK.



London Sourdough Bloomers

using IREKS SOURDOUGH BREAD MIX

Wheat flour	5.000 kg
IREKS SOURDOUGH BREAD MIX	5.000 kg
Yeast	0.300 kg
Water, approx.	6.100 kg
Total weight	16.400 kg

Mixing time: 4 + 10 minutes, spiral mixer

Dough temperature: 27° C

Bulk fermentation time: 15 minutes

Scaling weight: 0.480 kg

Intermediate proof: 15 minutes

Instructions for use: After the bulk fermentation time, scale the dough, mould round and allow to prove. After the intermediate proof, mould once again and place on setters or trays. Cut at $\frac{3}{4}$ proof and bake giving steam.

Final proof: approx. 60 minutes

Baking temperature: 240° C, dropping to 220° C, giving steam

Baking time: 30 – 35 minutes