A BRIEF HISTORY OF BREAD

Ears of wheat were crushed with stones and, by leaving the resulting dough to dry in the sun, BREAD was made (Bread without yeast). This system lasted throughout the centuries, until the arrival of the Romans (7th century before Christ), who contributed with the invention of the stone mill, which consisted of two large stone wheels which turned, one on top of the other, to grind the wheat. The stone wheels were first turned by slaves, then by animals and later, with the discovery of wooden cogs, they were turned by the flow of water.

The Roman stone mills were used up until the 19th century A.D. (Spanning a duration of over 2,000 years). Then, with the arrival of steam and electrical power, the present-day roller mills were introduced.

The Spanish word for bread "PAN" is said to derive from the Pagan god PAN - god of the fields, flocks and shepherds.

In their exodus to Egypt, the Hebrews discovered yeast by pure coincidence. Most probably part of the dough was set aside to use the following day, where it became "contaminated" with some yeast growing in the wild, and on combining this mass with the dough for that day a new, more spongy and better tasting BREAD was produced.

Wheat bread has also been found at the Pyramids sites, which suggests that BREAD was favoured by the Pharaohs and even became a trading currency among their subjects.

Remaining faithful to their traditions, and seeing how the "common people" ate BREAD with yeast, the Israelites decided that they ought to continue eating "unleavened bread" (bread without yeast) just as their ancestors had done - a custom that has endured up to the present day.

The Bible and the Holy Books contain references to BREAD: "You will earn your bread by the sweat of your brow", is a divine sentence. During the Last Supper, Jesus Christ elevated it to the greatest religious symbol of divinity.

The discovery of yeast, without a doubt, has been the greatest INNOVATION in the history of BREAD, which through the ages of time has been produced EVERY DAY in the same way - as a PERISHABLE product, until the arrival in 1985 of PARBAKED BREAD, which transformed it into a NON-PERISHABLE product.

The process of producing PARBAKED BREAD is basically the same as the traditional system, including the use of yeast and the time durations for fermentation, preserving the same quality. The difference is that it is only half baked at first, and its ageing process is temporarily stopped by freezing it.

BREAD has been the staple food of mankind; it was known to the empires of: EGYPT, GREECE and ROME. Its scarcity caused all sorts of revolts and uprisings.

At the start of the 20th century, 1kg of bread per person per day was consumed in Spain; while nowadays consumption of bread is more like 150g per person per day.

Technological innovation and the advances made in the field of nutrition have revived the importance of this food, which is once again recommended by experts.
IN ALL CERTAINTY MANKIND WOULD HAVE BEEN VERY DIFFERENT IF BREAD HAD NEVER EXISTED.