



GREEN

AGRITAINMENT

2024-1-IE01-KA220-VET-000254134

MODULE 2, LESSON 4

ARTISANAL BREAD AND FOCACCIA FROM PUGLIA WITH PASCAL BARBATO



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INTRODUCTION



**PASCAL BARBATO:
APULIAN BAKER**

**ARTISANAL BREAD AS
TRADITION AND INNOVATION**

**COURSE OBJECTIVE:
LEARN THE TECHNIQUE,
INGREDIENTS AND SECRETS**



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01

**FLOURS FROM ANCIENT
AND LOCAL GRAINS**

02

**WATER, SALT, SOURDOUGH
STARTER**

03

**APULIAN EXTRA VIRGIN
OLIVE OIL AS A
DISTINCTIVE ELEMENT**

THE RAW MATERIALS



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THE DOUGH



MANUAL AND MECHANICAL KNEADING TECHNIQUE

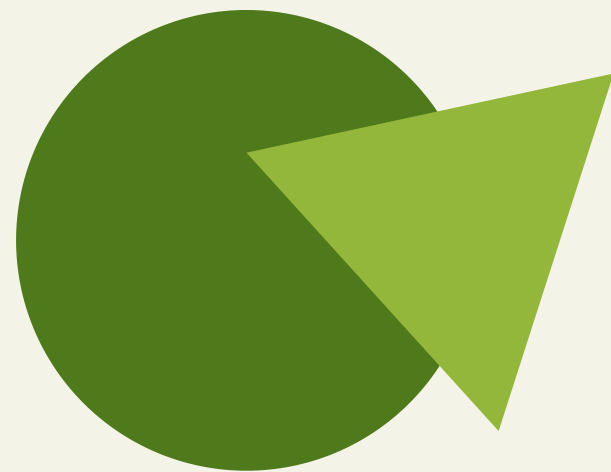
The dough is the heart of the process: it can be worked by hand or with machines, but it requires attention.

IMPORTANCE OF HYDRATION

A good water-flour balance guarantees elasticity and alveolation.

SLOW PROCESSING TO DEVELOP GLUTEN AND ELASTICITY

Slow processing allows the gluten to develop and produces an optimal result.



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THE LEAVENING

01

USING SOURDOUGH STARTER

It promotes natural fermentation, digestibility and long shelf life.

02

LONG TIMES AND RESPECT FOR NATURAL RHYTHMS

Don't force the process: the bread adapts to its rhythms, not vice versa.

03

BENEFITS: DIGESTIBILITY, TASTE, SHELF LIFE

Intense aroma, balanced structure and reduced use of additives.



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APULIAN FOCACCIA



01

TYPICAL INGREDIENTS

Re-milled semolina,
extra virgin olive oil,
cherry tomatoes, olives,
and sometimes
potatoes in the dough.

02

ROLLING OUT AND SEASONING TECHNIQUE

The dough is gently
stretched to retain air.

03

CRISPY ON THE OUTSIDE, SOFT ON THE INSIDE

Crispy on the outside, soft on
the inside, with a rich
seasoning.



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THE COOKING



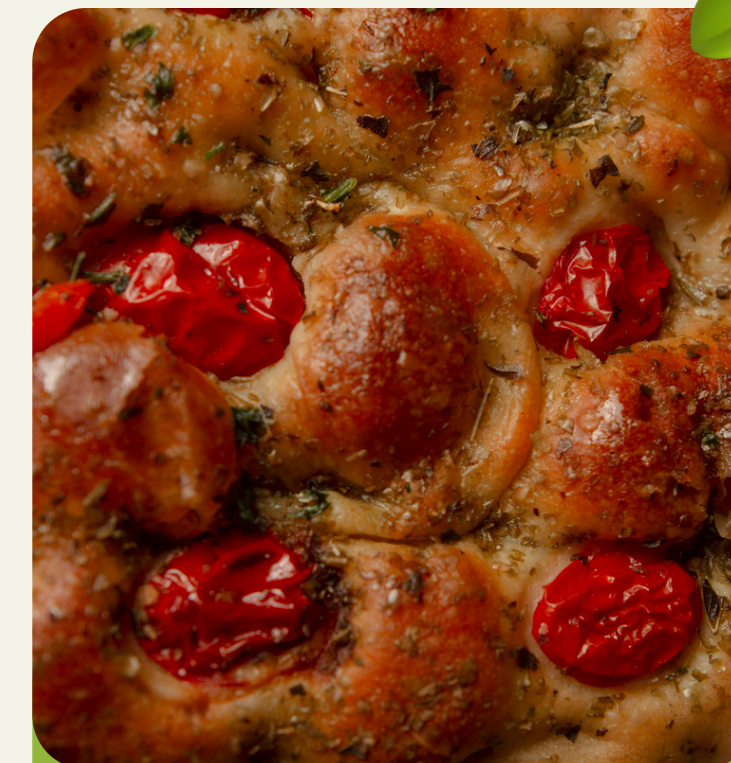
WOOD-FIRED OVEN VS. ELECTRIC OVEN

Wood-fired oven: Offers an inimitable aroma and crust.
Electric oven: A modern solution, but with techniques to simulate the traditional effect.



TEMPERATURES AND TIMES

Right balance of heat and timing.



THE SECRET OF THE GOLDEN CRUST

A hot oven, initial steam, and quality ingredients combine to create a golden crust, crispy on the outside and fragrant on the inside.



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CONCLUSIONS

BREAD AND FOCACCIA AS APULIAN CULTURE AND IDENTITY

Every loaf of bread tells a story, it is a part of Apulian identity.

CRAFTSMANSHIP AS AN ADDED VALUE IN TODAY'S MARKET

Stand out on the market by focusing on quality and authenticity.

INVITATION TO EXPERIMENT AND CUSTOMIZE

Customize recipes and techniques to make your bread unique.



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Green Agritainment: VET strategies for Edutainment in European Agritourism.

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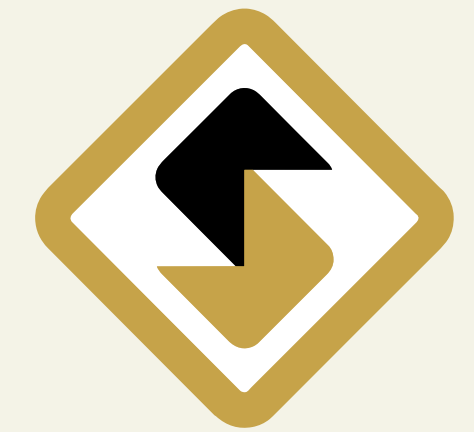


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ASEDDEDIPE



STANDOUTEDU



OLLSCOIL NA GAILLIMHE
UNIVERSITY OF GALWAY