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# The Passion for Sourdough

**Sourdough is a method of breadmaking that requires long, natural fermentation using a wild yeast starter and levain. It is the oldest method used to leaven dough and make bread. Yusuf Patanwala, Founder and CEO, Autobake Productions showcases a way to personalise your production and retain your customers with a taste that you can work in your own way and that your customers will not find in your competitors**

**B**oth an art and a science, Sourdough is a method of breadmaking that requires time; however, it produces bread in its basic form using just 3 ingredients... flour, water, and salt. That's it! And it produces bread with:

- Better kneading process
- Superior nutritional profile – lower glycemic index
- Improved digestibility and nutrition
- Robust texture, better taste and appearance of the product
- Complex flavors and intoxicating aromas
- Extended shelf life.

Sourdough uses a preferment or starter that consists of only flour and water. First, the mixture is allowed to ferment spontaneously. This takes place naturally absorbing microorganisms present in both flour and the surrounding air. These microorganisms are represented by lactic acid bacteria (LAB) and wild yeast. Sourdough fermentation can be in the form of a firm dough or a liquid suspension of flour in water. The higher the water content, the higher the production of lactic acid and the lower the production of acetic acid. It also makes the bacteria and yeast grow faster.

There is usually no added commercial yeast in any of the sourdough bread. To keep the sourdough starter, or Mother, active, it must be refreshed or fed periodically with added flour and water. This can be done weekly, daily or even more frequently. Many starters have been active today for many decades.

Extended dough fermentation is used effectively for improving dough development and enhancing the bread's shelf-life. In this context, fermentation is considered an



**YUSUF PATANWALA**  
FOUNDER & CEO  
AUTOBAKE PRODUCTIONS

effective alternative to traditional dough conditioners. Thus, the process provides the means to produce 'clean label' bakery products.

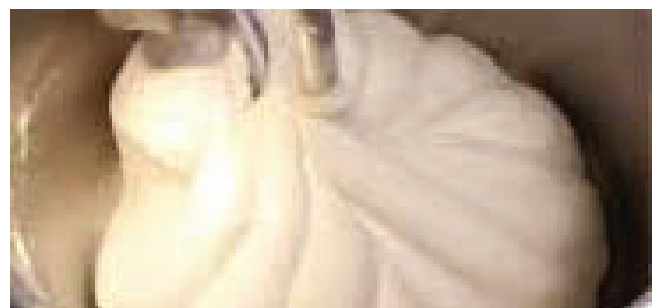
Clean label is a growing trend in the baking industry that is largely influenced by consumers looking for alternative ways to enjoy their favorite baked goods. They are demanding healthier, simpler and more familiar products. Baking clean label products requires high-quality ingredients, simplified formulations and processes, and quality control approaches. The concept involves:

- A simple and short ingredient list
- Ingredients that are "all natural" and contain no chemicals, no artificial preservatives, colors, or flavor agents
- Minimally processed ingredients
- Ingredients that are easy to understand

## The Major Benefits of Liquid Sourdough

### A. Better kneading

- 1 Reduced kneading time
- 2 Reduction of pulp oxidation



## B. Appearance and taste of the product



1. Increase in volume during the first few minutes of cooking
2. Improved scoring
3. Improved crumb cavity
4. Golden color with crispy crust
5. Less pronounced acetic taste

The liquid state allows a predominance of lactic behavior over acetic behavior.

Lactic acid gives a mild flavor. For its part, acetic acid, slight vinegar, acts as a flavor enhancer and help reduce the amount of salt while preserving the taste.

## C. Longer storage



This long conservation is due to two main elements:

1. A denser, crispier crust
2. The microorganisms in the sourdough that trap moisture and limit drying out

The crust of sourdough bread, which is dense, acts as a protective shell. It helps retain moisture in the bread and limits the drying of the crumb. The crust being denser, it softens less quickly.

## D. Improved nutritional qualities



In addition to giving bread an incomparable taste and excellent preservation, sourdough improves the nutritional quality of bread for three main reasons:

1. Easier digestion
2. Better absorption of minerals
3. Improves the absorption of carbohydrates. This is all the more important for vegetarians and vegans, where most of their mineral intake comes from grains.

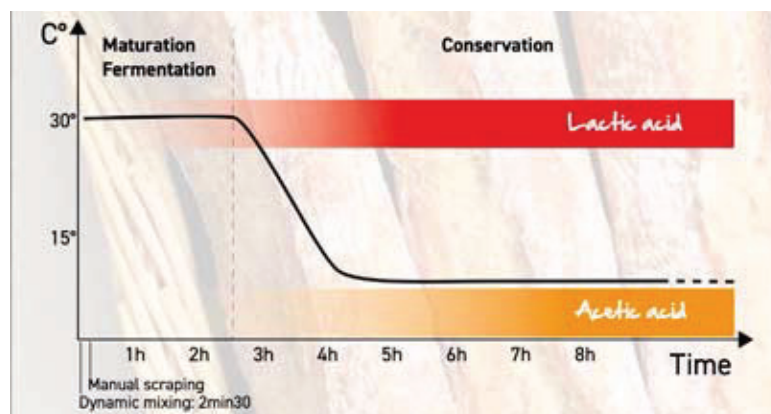
## E. The choice of flour

Liquid sourdough is a natural fermentation caused by the cultivation of cells naturally present in the air. A selection of cells takes place on its own thanks to the food available to it: flour.

A high type of flour (type 80) will promote the fermenting activity of the sourdough and the aromas of the bread. A flour crushed with a millstone will be even more nutritious.

*Warning: Using too high a flour type (T150) can reduce the development of the bread.*

## THE PROCESS: The development of the sourdough takes place in 3 phases: Mixing / Maturation / Conservation



Liquid natural sourdough is the result of spontaneous fermentation of a mixture of water and 50% / 50% flour at room temperature of 28-30°.

With a flour higher in husks, the starting process is faster.

The aim of this fermentation is to produce lactic/acetic acids and yeasts in order to make the bread rise and give it specific aromas. It also makes the bread more digestible.

Once this fermentation has taken place, you need a regular daily addition of flour and water in regular proportions so as not to unbalance this flora

Above all - to summarise, it is a way to personalise your production and retain your customers with a taste that you can work in your own way and that your customers will not find in your competitors. ❀