

From wheat to flour ...

... from flour to bread & Co.

Wheat (*Triticum* spp.)

Wheat belongs to the family of the Gramineae; it is an annual plant, which is sowed in the autumn with specific sowing machines. It has a developed root system which can grow up to 1.5 metres in depth and has a stalk about 1 metre tall. The flour of wheat is an inflorescence called ear, formed by a central axis, which takes on a zigzag form, where 25 smaller ears are inserted. From every ear at least 500 dry fruits are formed called caryopsis as an only seed forms them.

Ripe wheat is harvested between the end of June and the end of July with the help of a machine called combine harvester. This occurs in 2 different phases: the cutting of the whole plant (harvesting) and the separation of the caryopsis from the rest (threshing).



The two species of cultivated wheat are:

Bread wheat (*Triticum vulgare*)

durum wheat (*Triticum durum*)

In mills, wheat is carefully cleansed of any impurities and then ground and sieved.

From the grinding of bread wheat, flour for bread, biscuits, pizza, fresh pasta, flakes and bran - rich in fibres - is made.

From the grinding of the durum wheat semolina is made, which is the raw material for the preparation of the dry pasta - and bran.



Genzano Bread

This has an ancient tradition, and is prepared by mixing natural yeast and the "biga" - a bread flour dough made at least 2 hours beforehand - with salt and water.

After this mixture has been left to rest for one hour, when the fermentation and rising occur, it is moulded into the form of a loaf of bread and placed in wooden chests with hemp cloth where it is left to rise for another 40 minutes. Finally, it is cooked in a - preferably wood-burning - oven. The resulting bread has a 3-mm thick crust, an ivory white soft part with "alveolu

Chemical composition and energetic value (for every 100 g of fresh edible product)

Proteins: 8,1 g
Carbohydrates: 64 g
Fat: 0,5 g
Fibre: 3,8 g
Potassium: 293 mg
Calcium: 17 mg
Phosphorus: 77 mg
Iron: 0,7 mg

This product has been awarded the recognition of quality product, I.G.P.



Did you know that ...?

- Wheat is a cereal which has been grown for thousands of years;
- Bread wheat, according to its type of refining, can be classified in: 00 Type (fine ground flour: more refined, with less gluten) 0 Type (soft wheat flour, less refined and with more gluten), 1 Type and wholemeal;
- Gluten comes from the union of 2 wheat proteins which ensure the elasticity and toughness of the dough;
- There are many bread products made with flours deriving from other kinds of cereals such as emmer, maize, barley, rye and rice.