BAKERS FORUM
Spring 2012

Is Your Future Organic?

Organic foods are becoming more and more popular with consumers. Part of the reasoning behind this is purely common sense which tells us that foods that do not contain chemicals, hormones and preservatives are better for our bodies. All natural, organic, preservative-free, non GMO, pastured poultry and free range are words that describe frequent aspects of one of the fastest growing segments in the food industry – organic foods.

Organic food is produce that has been grown or animal flesh that has been farmed, without the use of chemicals, pesticides or genetically modified organisms (GMOs). The aim of organic farming is to produce food that is free from all artificial man-made additives and preservatives. Organic farming is much more time consuming and a much riskier business than conventional farming. Organic farmers work with nature and not against it. A fully functioning organic farm is a balanced, self-contained ecosystem, wherein animals, birds and insects actually help to control pests. When a product is labelled "Certified Organic", it means that the producer has undergone a rather lengthy inspection process. This process authenticates that the growing and manufacturing of the product adheres to worldwide standards based on the principles and practices of organic food and fibre production.

Considering that the organic trend continues to grow internationally and in South Africa – despite the tough economic climate – organic is becoming increasingly important. Besides the argument that organic foodstuffs have greater nutritional value and taste better than non-organic foods, the real benefits lie in a cleaner environment.

The U.S Department of Agriculture (USDA) estimates that in the last decade, organic food retail sales have increased by 23% annually. Nearly 40% of shoppers are reaching for products labelled organic. In a study conducted by The Organic Centre in the USA, it was apparent that bread plays an important role in the overall consumption of grains. Today there is an increasing variety of organic, 'natural' and conventional bread – white, wheat, whole wheat, sprouted wheat and gluten-free. Each with its own claim about freshness, taste, nutrition and other benefits. Does the type of bread you eat really make a difference? And how do organic bread ingredients differ from those in 'natural' and conventional bread?

To help answer these questions, they examined the ingredient lists of a selection of 36 organic, 'natural', and conventional wheat breads and identified and counted the number of ingredients in five categories: Whole Foods (ingredients that contain 75% or more of nutrients found in their unaltered form), Refined/Processed (ingredients that contain less than 75% of nutrients in their unaltered form), Preservative/Additive (ingredients that are synthetic or natural substances added to foods for non-nutritive purposes), Nutritional Supplements (ingredients added to either flour or grain-based products to enhance nutritional quality), and other.

In short the study proved that there was a difference. Organic breads on average contained 49% Whole Food ingredients versus 24% in 'natural' bread and only 12% in conventional bread. Preservatives/Additive ingredients made up 27% of conventional bread ingredients versus only 10% and 7% in 'natural' and organic bread respectively.

But what do these differences mean? In a word – nutrition. Whole Food ingredients provide a broad range of important nutrients. More whole food ingredients equal more nutrient-rich breads. Even some refined ingredients, such as white flour, while significantly less nutritious than their whole food counterparts, still contain important nutrients. Organic breads are also consistently lower in added sweeteners, flavour and texture enhancers.

Today, when so many foods are calorie-rich and nutrient-poor, identifying and seeking out nutrient-rich foods is important. There are many benefits to carrying out a diet consisting of organic bread, meat items and vegetables, as they are full of natural nutrients and are much easier to digest and supply satiety.

Consumers are now starting to ask questions about where their food comes from and how it was manufactured. By this token "Organic" is here to stay and it plays a vital role in the baking industry moving forward.

Yeast is classified as a Whole Food ingredient which is a critical ingredient in the production of bread. With the increased demand for a true organic yeast, Lallemand has recently launched an organic baker's yeast, fermented on organically farmed raw material, to meet this growing world market segment requirements. This product is now available from Anchor Yeast in South Africa. For further details on this product please contact your regional sales manager.

New Organic Yeast NOW AVAILABLE

UPDATE

Warm Up For National Braai Day

South Africans are famous for our braai culture, but very few of us know where it all began and why we celebrate it more recently as a national holiday!

Pioneering scientist Dr Bob Brain found conclusive proof that early humans controlled fire over one million years ago. Our command of fire, which is also called "pyrotechnology", is distinctive to hominids (humans and our direct ancestors) and represents a major turning point in human evolution. It basically transformed us from prey to predator.

The theory is that the first braais happened when meat was accidentally dropped into fires, later removed and then eaten. The early humans found that the meat not only tasted better than raw meat, but could also be chewed easier.

Around 1835, the Voortrekker pioneers embarked on the Great Trek. They built wagons, packed up their wives and families and tackled the mountains to the North in search of land. Be that as it may, it was the beginning of hard times and adaptation for them. They had to shoot game, slaughter and braai it over hot coals along the way or make a potjie with what there was. As they came into contact with the local tribesmen they were taught to use maize, an African staple that has been part of the braai culture ever since.

There are many ways to make a braai fire and fancy modern equipment is usually used today, but a real braai fire is made from wood mounted on rocks on the ground and there are those traditionalists that still stick to this. Hot coals from wood are the best because of the smoky flavour it gives to the meat.

Today, the braai is a vital part of South African life - it cuts across all cultures and is loved by everyone. So important is the braai that South Africa has an annual braai day, which is celebrated on Heritage Day on the 24th of September. It was initiated by Mzasi Braai Institute in 2005 and has been under the Braai4Heritage banner since 2008. In 2007 Emeritus Archbishop Desmond Tutu was appointed as patron of National Braai day and the initiative received endorsement from the South African Heritage council in 2008. An official song was launched in 2009 "Our Heritage" and was recorded by the Soweto Gospel Choir, Hip Hop Pantsula, JR and Heuwels Fantasties.

The braai is a social pastime that involves getting together with friends and family in a casual, laid back environment with good food! Traditionally the woman will make good South African pap and salads and the men will stand around the fire and braai, each in their own "special" way. These days bread is also served as a welcome accompaniment at a braai.

Next time you gather around a fire and partake in this good old South African tradition, impress your mates with a homemade Mielie Bread. The Anchor Yeast Mielie Bread mix is easy to use and produces scrumptiously soft bread or rolls that are flavoured to perfection with crushed mielie pieces and sunflower seeds. It is a fantastic addition to the old braaiing tradition!!!

Spring is here so celebrate Heritage Day with a braai. Have a happy colourful Spring!

ANCHOR MIELIE BREAD MIX - 70 loaves

INGREDIENTS

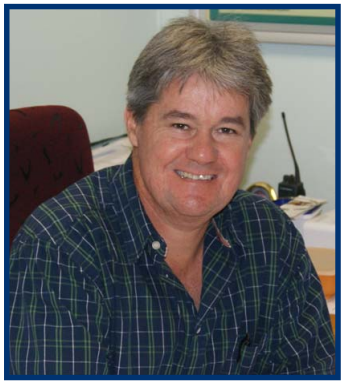
10 kg	Anchor Mielie Bread Mix 50%
10 kg	Cake Flour 50%
800 g	Anchor Bakers Compressed Yeast 4%
11ℓ	Water 55%

METHOD

Mixing Time:	2 min slow, 6 min fast with spiral mixer - 2 + 18 with paddle mixer
Dough Temp:	28°C - 30°C
Scaling:	450g bread, 2200g rolls (30)
Resting Time:	10 minutes after round moulding
Shaping:	Mould round then oblong as per normal standard bread. Dip into seeds (eg. Sesame, sunflower, linseed or poppy seeds) and place onto baking tray
Proofing:	± 40 - 55 minutes (cut on 70% of proof)
Baking:	Rolls - 230°C for 20 minutes with steam Fancy Bread - 210°C for 30 minutes with steam

UPDATES

Staff News



Gary Clancy – Engineering Director

Gary has assumed overall responsibility for all aspects of technical process and engineering in the Durban and Johannesburg manufacturing plants.

We wish him all the best in his new role.

Margaret Fundira – Bio-tech Business Director

Margaret has assumed overall responsibility for the Bio tech business unit.

We wish her all the best in her new position.

ANCHOR YEAST BAKERY TRAINING CALENDAR 2012

Puff & Danish Pastry Course - 8-10 October 2012

- Baking of various puff and danish pastry products.

Biscuit Baking - 11 October 2012

- Baking a variety of biscuits.

Icing & Decorating Course - 12 October 2012

- Demonstrations and applications of various icing and decorating techniques.

For more information contact: Suzie van Zyl
Tel: 011 248 8357/8352 Email: svanzyl@anchor.co.za

CUSTOMER CARE

Outeniqua Bakery – George, Western Cape

Outeniqua bakery was acquired by Abri Van Zyl on July 1st 1996, with a key focus on always delivering the best products at affordable prices. This is where the concept of Rainbow bread was developed. The bakery has gone from strength to strength and recently had to invest in a new manufacturing plant to meet the requirements of the growing product line.

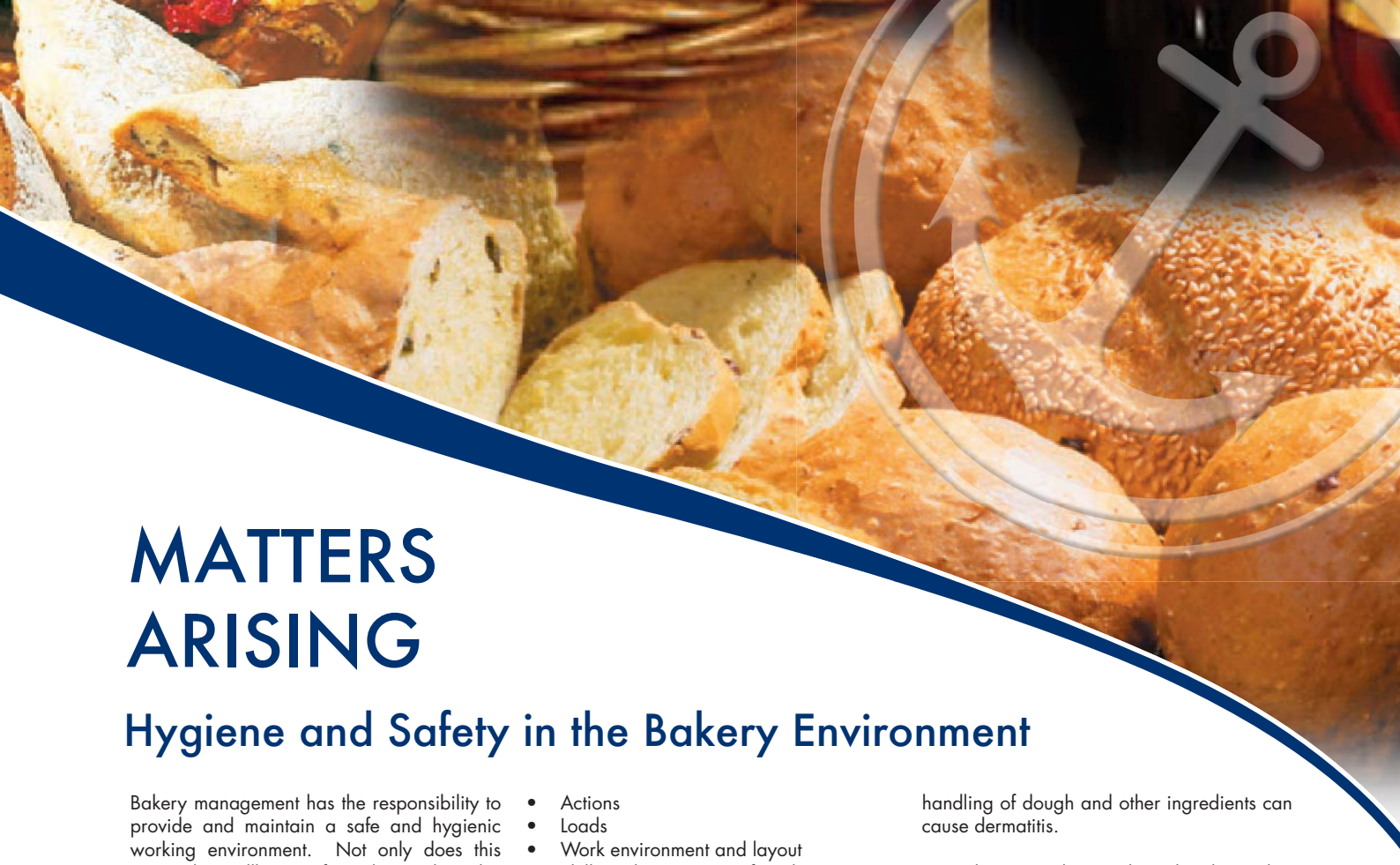
On June 1st 2009 Outeniqua Bakery had to relocate and a 'greenfield' site was the only option. The premises are well located and easily accessible, with the flour silos clearly visible from the National road. It is an ideal location for future expansion.

The new modern bakery consists of flour silos, a stock room for raw materials, a cold room, a mixing room – where ingredients are dosed into the mixer - and an oven and proofing section. The conveyer belt ensures that bread that comes out of the oven is cool enough to be sliced by the time it reaches the slicers. They also have a small test bakery on the premises where they experiment with new recipes.

Nico Coetsee, Operations Manager, keeps a close eye on the whole process. On the site there is a full workshop where all the trucks and bakery equipment are serviced and maintained. Nico enjoys new opportunities and challenges and one of his interests is to build up machinery, resulting in unique pieces in the bakery that you won't find anywhere else. The bakery is mostly automated with very little human intervention to ensure that product quality is not affected.

With a workforce of fifty two employees Outeniqua bakery are looking at expanding in terms of an additional production line within the next two years. They distribute to a wide spread area including Plettenberg bay, Knysna, Sedgefield, George, Mosselbay, Oudshoorn and Langkloof. As a company they are always providing opportunity for growth within their organisation.

Anchor Yeast has been a proud supplier of Outeniqua bakery for more than fifteen years and look forward to working with them in the future.



MATTERS ARISING

Hygiene and Safety in the Bakery Environment

Bakery management has the responsibility to provide and maintain a safe and hygienic working environment. Not only does this insure the wellbeing of employees but also that good quality product is delivered to customers every time.

Unhygienic conditions in the bakery can result in food contamination, foreign matter in the end product, food borne illness or even death. Chemical and cleaning products should not be stored close to ingredients as this has a potential risk of contamination.

Another important aspect is bakery pest control which involves reducing the risk of various forms of infestation and decay.
To maintain hygiene and safety standards in the bakery environment, regular risk management processes will need to be carried out. These processes include:

- Identifying risks
- Assessing risks
- Controlling risks

In order to be able to eliminate or reduce risks in the baking environment it is essential to establish preventative measures and precautions. Additional steps should be taken to monitor and control the risks and ensure that preventative measures are implemented on a daily basis.

Employees also have a responsibility to adhere to rules and regulations in order to maintain a comfortable working environment – little to no health and safety risks.

Injuries mostly take place when lifting, handling or reaching and this commonly results in sprains and strains of muscles and joints. To identify hazards associated with manual handling you need to consider the following:

- Actions
- Loads
- Work environment and layout
- Skills and experience of workers in the environment.

Workers are usually required to carry out handling tasks above shoulder and below knee height where baking trays, flour and other items are kept. Heavy items that are used regularly should be stored between knee and chest height and clearly marked. If this cannot be done, workers should be provided with adequate resources enabling them to access the items without having to lift them above shoulder height. When receiving large quantities of goods it is advisable to place deliveries near the storage facility and goods should not be placed where potential slipping, tripping or falling can take place.

Working with baking trays is a high risk because baking trays are often hot and heavy. Trolleys can be utilised to minimise this particular risk, as well as gauntlet gloves to protect hands and forearms when loading trays.

Staff rotation and regular breaks should be implemented, as long and strenuous working hours can result in physical and mental fatigue. The bakery environment is very busy and requires workers to be on top of their game at all times.

Protective clothing in the bakery environment is a must and this includes aprons, proper closed toe shoes, hairnets and gloves. No jewellery is allowed.

A bakery environment should have good ventilation to avoid the inhalation of flour and other dusty products and to reduce heat exhaustion. Flour dust exposure is a major problem in the bakery industry causing asthma, nose, throat and eye disorders. The handling of dough and other ingredients can cause dermatitis.

In order to reduce risks related to dust exposure it is important to:

- Identify all sources of dust and control exposure where possible at all stages of production- minimal storage in production areas, adequate ventilation and enclosed mixing systems
- Avoid dry brushing of floors- use vacuum cleaners or wet cleaning methods
- Provide suitable protective equipment- face masks and gloves where necessary

Hot ingredients such as boiling water, hot oil and final baked products can scald bakery workers. Hot surfaces on warming trays, lights, grills, ovens, cooking pans and trays can cause serious burn injuries.

Loose electrical wiring or short circuits are fire hazards that jeopardise the safety of all the employees in the bakery and threatens the bakery itself, making it imperative that the environment is clearly marked with warning signs and emergency exits.

Employees should be instructed to avoid or prevent potential hazards and proper training must be provided for safe work practices to be followed. They must also be motivated to maintain personal hygiene at all times.

By adopting the safety and hygiene precautions bakeries can ensure the safety of personnel, property and consumers alike, creating a safe and healthy working environment with guaranteed customer satisfaction in terms of food safety.

NEWS, VIEWS & EVENTS

iba 2012 Munich 16.–21.9. www.iba.de

COMPETITION WINNER

We wish to congratulate Mr. Andre Van Der Schyff from Sediba Superspar on winning the iba 2012 competition! Andre has been in the baking industry for 21 years and has been at Spar for the past 8 years. He will be joining the Anchor Yeast study group on the tour to iba 2012 in Munich Germany from the 16th - 21st September.

Congratulations Andre – Enjoy the trip!

IUFoST Brazil - 2012
16th World Congress of Food Science and Technology

Romy Hochfeld – one of our Technical Application Managers recently visited Brazil to attend the IUFoST World Congress of Food Science and Technology. The conference was held from the 5th – 9th of August in Foz Do Iguacu, Prana – Brazil.

Here is what she had to say…..

"I was privileged enough to attend the Congress through the financial support of SAAFoST and the National Research Foundation. A record 2800 delegates had registered.

I arrived at the Congress on a warm and sunny day in Brazil. As it turns out, we were treated to wonderful weather for the entire Congress, contrasting to the cold and snow in Johannesburg - most of the South African contingent had packed for winter.

The Congress began with a statement that was made at the 2010 IUFoST Congress in Cape-Town, "…the problem with food insecurity…will not be solved by food science and technology alone nor even by science alone; but it will certainly not be solved without the contribution of science and of food science and technology." The talks were of the utmost quality and the scientific programme was excellent. There were a wide variety of talks, focus groups and symposiums which all provided valuable insight. What I find most valuable about an international congress, is that in addition to the learning in the scientific programme, there is a vast networking opportunity with people from all over the world - understanding different cultures, foods and food industries and the triumphs and challenges associated with these.

The varied scientific programmes covered major themes such as: innovations; food security; food safety and quality; packaging; emerging technologies; nutrition; sensory and consumer studies. Several research topics were covered including nanotechnology, water, food analysis and chemistry and functional foods. There were also sessions focused on specific groups including a young scientist's session, women in food science and technology and a student oriented session. There were up to 8 sessions being run concurrently throughout the congress.

The hosts of IUFoST 2016 was announced- Ireland, following the Congress to be held in Montreal in 2014.

In addition to the informative congress, many delegates enjoyed the social functions, offering a good opportunity for delegates to interact and network in a relaxed atmosphere. Visitors also enjoyed some of the spectacular sights of Brazil and neighbouring countries Paraguay and Argentina. The Iguacu falls was a must see and can be viewed from both Brazil and Argentina.

What I really enjoy about congresses is that they level the playing field, allowing those new to the field to interact with experts and distinguished scientists. Everybody was there to learn and network. It was an amazing opportunity to be able to attend this Congress and I am very grateful to my sponsors NRF and SAAFoST".

Romy Hochfeld
Technical Application Managers