

THINGS YOU DON'T KNOW ABOUT...

BREAD



A recent investigation revealed that 'fresh' rolls and muffins in supermarkets may be anything but. Artisan baker *Andrew Whitley* reveals the secrets behind our mass-produced bread

Your 'fresh' loaf can be weeks old...

Some bread sold as 'fresh' is actually part-baked, frozen and reheated (or a combination of all three). And the freshness is all created by special effects: a legal loophole allows bakers to add enzymes that make loaves bigger and fluffier, without having to say so on the label. These 'crumb-softening' additives defy the natural process of staling.

Stale bread helped the British war effort

The softer it is, the more we eat, so during both World Wars, to make limited flour supplies go further, bakers were under government instruction to store their bread for a day before selling it. Sure enough, people ate less.

White bread was the first convenience food

It constituted three quarters of the diet for some families among Britain's industrial poor in the 19th century, because it was the only affordable and accessible food. However, overreliance on bread made with refined white flour led to health problems including vitamin deficiencies and stunted growth.

Chalk is still added to most white bread flour

In the early 1800s, bakers added chalk, ash and bonemeal to whiten bread and disguise poor-quality flour. Nowadays, we don't adulterate, we 'fortify'. Bleaching flour with chlorine gas was banned in 1999, but chalk (calcium carbonate) is still added, along with iron and two B vitamins, to replace nutrients removed from whole wheat when it is milled. But synthetic calcium may not be as easily absorbed as that contained within natural foods such as whole wheat; recent studies show that most of the synthetic iron goes straight through the body because gut bacteria cannot metabolise it, so it doesn't actually do much good.

A bread-making revolution began in, er, Chorleywood

The Hertfordshire town, where the British Baking Industries Research Association was based, developed a cheap, high-speed baking system in 1961 which required vastly increased amounts of yeast and additives – great news for British farmers, as home-grown low-protein flour could be chemically boosted to turn it into sliced loaves. Many of those additives were eventually banned and replaced by off-label enzyme 'improvers'. The Chorleywood Bread Process, used to make 80 per cent of bread in the UK and many other countries, gets you from raw flour to wrapped loaf in less than three hours.

Real bread takes 12-16 hours to make

The healthiest method is also the oldest. Flour and water, given time to ferment, develop a culture of natural yeasts and bacteria which both raise the bread and modify those parts of the wheat protein which otherwise would be likely to trigger inflammation and bowel conditions in allergy sufferers.

If you want to be sure of eating the good stuff...

Make your own (try a breadmaking machine) or find a Real Bread (no artificial additives, proper fermentation) baker near you (realbreadcampaign.org).

ALAMY. ANDREW WHITLEY'S BOOK BREAD MATTERS IS PUBLISHED BY FOURTH ESTATE. PRICE £20. (BREADMATTERS.COM). TO ORDER A COPY FOR £16.99 WITH FREE P&R, CONTACT THE YOU BOOKSHOP ON 0843 382 1111. YOU-BOOKSHOP.CO.UK

Flawless summer legs



There's more to Sally Hansen than nailcare...

MEET JAMES READ TANNING EXPERT TO THE STARS



James Read is regarded as one of the world's top tanning experts, working backstage at

red-carpet events such as The Academy Awards, Brit Awards and the BAFTAs, with a client list that includes Lady Gaga, Mariah Carey and lingerie model Rosie Huntington-Whiteley.

TOP TIP: apply Airbrush Legs to clean, dry and moisturised skin for optimum results – and exfoliate regularly to remove dead cells that can dull the skin's natural radiance.

Dear James: I love to go bare legged in the summer months, but I have freckles, veins and a number of minor scars on my legs that I'm a little self-conscious about. Is there a product that gives me a sun-kissed glow but also helps cover up imperfections?

James says: Rest assured, you're not alone! Even those celebrities who appear to have perfect skin have often benefited from painstaking body make-up and spray tan application to create that illusion. For mere mortals, I always recommend Sally Hansen's Airbrush Legs – a one-stop solution for alluring summer limbs.

It comes in four natural-looking golden shades to suit all skintones, and I treat it like a 'foundation' for legs, smoothing away slight imperfections to give a flawless finish. But you don't need an expert to create professional results: quick and easy to apply from a handy spray applicator, Airbrush Legs covers imperfections, enhances skintone, is water resistant and creates a silky finish ideal for stepping out in the sunshine.

AIRBRUSH LEGS

WHAT DOES IT DO?

- Silky-smooth, long-lasting and water-resistant leg make-up that stays put, covers imperfections and enhances skin tone. Safe, convenient and provides an insta260611 whenever you are ready.

HOW DO I USE IT?

- Shake can well.
- Spray directly on to hand

and apply evenly all over legs, blending with your hands.

- Allow to set for 60 seconds before dressing.
- Easily removed with soap, water and a facecloth.

WHERE CAN I BUY?

Airbrush Legs by Sally Hansen, RRP £9.99, from Boots, Superdrug, leading grocery outlets and independent chemists.



More tips on using self tan at www.sallyhansen.co.uk

Sally Hansen
#1 US NAIL CARE EXPERT