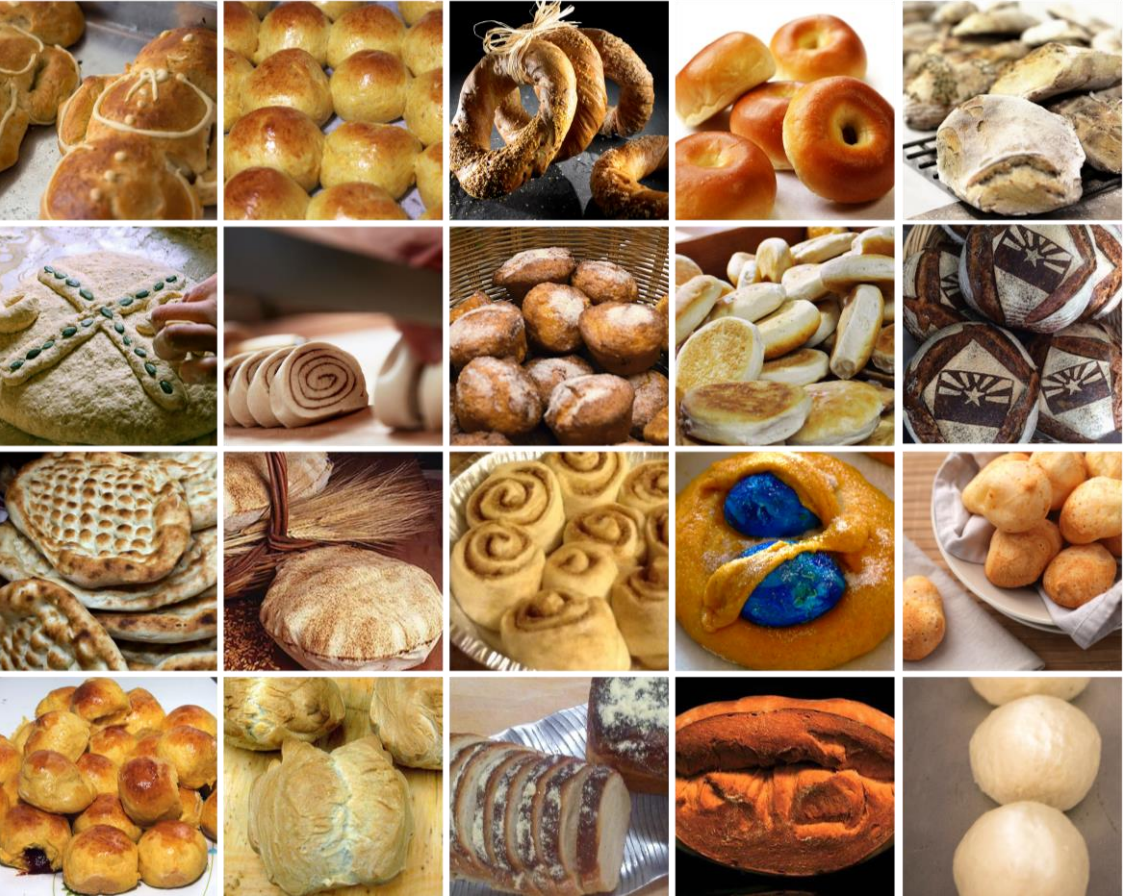




Days of Bread



United Nations
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KRAKOW
UNESCO CITY
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A 2018 "Days of Bread" collaboration of: International Traditional Knowledge Institute-U.S. Chapter, Tucson City of Gastronomy, Krakow City of Literature, UNESCO Creative Cities Network.

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About the Project

The project **“Expanding the Days of Bread Experience through the Creative Knowledge Platform”** is the first inter-cluster project tied to the UCCN annual conference and open to all of the Creative Cities in the UCCN.

The project focuses on the traditional and creative knowledge of the bread makers of the UNESCO Creative Cities. It extends the concept of “bread” to be defined as a basic staple food prepared using water and local ingredients, in whatever traditional way each community typically prepares it.

The project creates an opportunity to connect the peoples and cultures represented by the Creative Cities Network through representative examples of their traditional bread.





Pan di Bra

Alba, Italy

Creative City of Gastronomy

Bread of Bra is a specialty of Bra, a city near Alba. It is made with sourdough and a mix of 75 percent of Bologna's grain flour and 25 percent wholegrain flour, without added fat.

The dough has a double rise and weighs no more than sixteen ounces. The last step in the process involves baking the loaves of bread to obtain a golden color, unique flavor, lasting shelf life, and a good digestibility.

For Bread of Bra, the bakers and the city administration of Bra obtained an Italian communal certification called Deco. Deco's purpose is to preserve and value products that do not have a specific European certification, but are still expressions of communal tradition and history. Mac d'Bra, a local sandwich made of Bra sausages, Bra cheese, and, of course, Bread of Bra, has added to the bread's popularity.



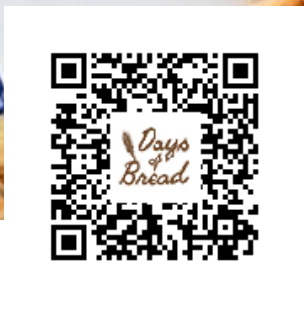
Pão de Açai

Belém, Brazil

Creative City of Gastronomy

Açaí Sourdough is a bread made with one of the most widely known Amazon fruita: acai berry. The bread has an uncommon taste, often compared to clay, because of the flavor of the açai. The sugar used in the recipe makes this bread a different kind of sourdough, with a bittersweet flavor and a bit of acid brought by the natural fermentation. Before the world met the açai, the fruit had been used for generations by the Amazonian people (including pre-Colombian societies and small groups of Indians). It's used to make a thick juice, almost like a natural cream, and is eaten alongside regional fishes, shrimps, and other proteins, without adding additional sugar. However, today açai is also used as a dessert and as an ingredient to produce many recipes, including: ice cream, cream, tarts, pies, porridges, sauces, and, of course, bread.





Skillings Bolle

Bergen, Norway

Creative City of Gastronomy

The skillings bolle is one of the most popular pastries associated with Bergen. While it is considered a traditional pastry in the region, it is likely that it was developed after cinnamon was brought to Bergen through trade with the East. The name of the cinnamon bun, skillings bolle, comes from the price of the pastry when it was first developed. It cost one shilling, the currency that Norway used until 1875. Many other products from the time period were named in the same way.

The original skillings bolles used to have raisins in them, but when the war came, raisins were impossible to get hold of, and since then they have been made without.

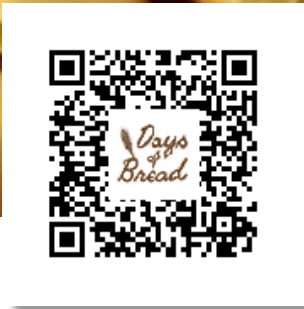


Saint Petronius' Bread

Bologna, Italy
Creative City of Music

One of the typical meals of Bologna is Saint Petronius' bread. The name of this special bread comes from the saint protector of Bologna. Every October 4th Bolognese families cook this symbolic and flavorful bread. People eat this traditional meal in either the morning or the evening, sharing it with every member of the family. Saint Petronius' bread is a homemade and handmade meal. Therefore, farms and factories do not produce it. In the past, people ate the bread with a refreshing glass of red wine, and it was shared with friends. This bread has a minimal environmental impact because of its locally available, simple, and wholesome ingredients. It is made with flour "00", brewer's yeast, butter, olive oil, cream, milk, salt, parmesan ham, and parmesan cheese. A crunchy crust and soft crumb are the defining elements of Saint Petronius' bread.





Egg Baked Cake

Chengdu, China

Creative City of Gastronomy

Egg baking cake is one of the most famous traditional snacks in Chengdu, Sichuan. It was first made during the Qing Dynasty, when an old man named Shi stayed next to the WenMiao Shi Shi Academy (known as WenWeng ShiShi High School).

The children at the school, who often played house, inspired Shi. He mixed eggs, flour, and brown sugar together and then baked them in a pan.

The result was a refreshing, tender, and crispy cake, and it became a famous Sichuan snack.



“Mona de Pasqua” and “Panou”

Dénia, Spain

Creative City of Gastronomy

In the old days, panou was usually served, along with a cup of hot chocolate, as breakfast on the morning of celebrations and wedding receptions. Now, it is served during breakfast or in the evening on weekends or festive days. The Mona de Pasqua, or mona, is still a popular dessert among children during Easter. In the old days mona was given by godparents until children took their First Communion. Now, mona is served as a snack around 5pm during Easter. It is typical for children to eat it and sing Valencian folk songs. Then every child removes the egg from the mona and cracks it on someone else’s forehead.





Pan de Yuca

Durán, Ecuador

Creative City of Craft & Folk Art

Yuca bread, or Pan de Yuca, is an appetizer native to the Ecuadorian coast. It can be consumed at any time of day, and is usually accompanied by a fruit yogurt smoothie or coffee. Yogurt Persa, a popular local franchise, was the pioneer in combining yuca bread with yogurt, making it a tradition for the coastal region and, now, the entire country. The plant that processes the primary ingredient in Pan de Yuca, Trovica S.A., is located in Durán.



Filone

Fabriano, Italy

Creative City of Craft & Folk Art

Filone is a homemade bread and a typical product of the Marche, made with a mother dough and with very little salt. It has a crispy crust, the result of a whole night of fermentation in the cupboard. It can be found in the artisan ovens of the region and in some farms that have kept their wood-fired ovens. Traditionally, it is produced with stone-ground soft wheat flour.



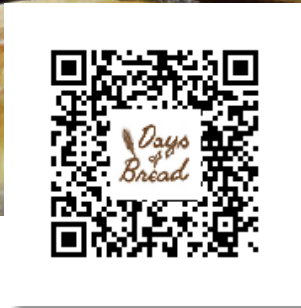


Promise Dough or Divine Dough

Florianópolis, Brazil

Creative City of Gastronomy

Promise Dough represents the manifestation of faith and culture on the Santa Catarina coast. It is produced during the Divine Holy Spirit festivities. The Promise Dough is a sweet bread seasoned with spices such as clove, cinnamon, and fennel. The dough traditionally represents an important symbol of the Festival—a vow offered to the Holy Spirit in return for a grace revealed. For each promise there is a different shape. Loaves are baked in many different shapes according to what is asked for in prayers. Feet, heads, breasts, a whole body, arms, and even animals are popular offerings.



Hallulla

Frutillar, Chile

Creative City of Music

Chileans eat a lot of bread, and hallulla is one of the most popular local bread varieties. It can be found in most bakeries and houses in the country, especially at the time of “once,” a typical Chilean snack between lunch and dinner, where bread and tea feature prominently. The hallulla is a round bread, mostly flattened, made from flour, which is often eaten with butter, cheese, avocado, or ham.





Limetz Sourdough

Gabrovo, Bulgaria

Creative City of Crafts & Folk Art

At NadEzhko, Grigorov and his wife managed to create bread recipes using the ancient Bulgarian grain limetz. They do not use yeast or additives, instead working only with biological flours and sourdough, as well as other organic products. Their mission has been to revive sourdough bread in Bulgaria, since it disappeared during Communism when small bakeries were closed and only commercial factories with yeast existed. They have also revived the ancient Bulgarian grain limetz. In addition to sourdough, the bakery uses limetz to make traditional Bulgarian breads for Christian holidays, like Christmas and Easter. This special bread is called Bogovitza and is decorated with a cross for Easter and the Bethlehem star for Christmas.



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Tırnaklı Pide

Gaziantep, Turkey

Creative City of Gastronomy

Tırnaklı Pide, a popular type of flat bread with a unique shape and flavor, is produced in neighborhood bakeries in Gaziantep, Adiyaman, Şanlıurfa, and Kahramanmaraş. It has a patterned surface made by pressing fingertips into the dough, and, as it needs a very high temperature to be properly baked, it is baked in local wood-fired oven bakeries. Tırnaklı pide is produced by experienced craftsmen, so it is not often made in private homes. For this reason, at least one bread oven is located in every neighborhood. These delicious flat breads are best enjoyed fresh out of the oven, so bakeries make them throughout the day. Antep Tırnaklı Pide is a local and traditional product. It is served in establishments throughout the region, and is also used in wraps by a large number of fast food restaurants in the city.





Obwarzanek krakowski

Krakow, Poland
Creative City of Literature

Obwarzanek is a braided ring-shaped bread that is boiled and sprinkled with salt, poppy seeds, sesame seeds, or other herbs before being baked. It has a white, slightly sweet, moist, and chewy crumb underneath a crunchy golden-brown crust. Traditionally sold from street carts, it is a popular snack in Krakow where it has the status of a regional food with protected geographical status. The famous obwarzanki are based in Jewish culinary traditions and related to the bagel or bublik. They are a popular Krakowian street snack. They date back to Medieval times and are uniquely plaited yeast dough rings that, traditionally, are dipped in an infusion of herbs and honey before baking. They have been sold from very distinctive carts on street corners and at city squares for decades.



Potato Bread

Nassau, Bahamas

Creative City of Crafts & Folk Art

Bahamian bread traditions are derived mainly from the ancestral heritage of the Bahamian people, and are significantly influenced by island geography. The climate of The Bahamas ranges from subtropical in the north to fully tropical in the south, and does not support the growth of cereal grains such as wheat. Recipes that do not use cereal grains must be added to the bread tradition of The Bahamas. Owing to the limited production of cereal grains, Bahamians have long used the grated flesh of such tubers as sweet potatoes and cassava to make breads that tend to be eaten with stews or as dessert, depending on sugar content. Potato bread is a prime example of this style.





Rye Bread

Östersund, Sweden

Creative City of Gastronomy

The cold climate in Jämtland has, throughout history, made it difficult to grow wheat. Hard, thin bread made of barley was, therefore, the standard for a very long time. Today, you can find local barley, wheat, and rye flour in bakeries throughout the region. Artisan bakers carry on existing traditions and incorporate new innovations. This results in a variety of bread styles including thin, hard bread, flatbread, and many types of sourdough.

In the region of Östersund and Jämtland, there are over 40 artisan bakeries. All of them have their own particular products, but they all build on and develop the traditions from the region.



Salt Rising

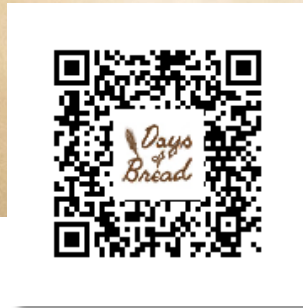
Paducah, USA

Creative City of Craft & Folk Art

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Salt rising loaf, a pioneer-style bread with deep roots in Appalachian culture, is indicative of the complexity, innovation, and love of good food that exists throughout the region. The name ‘salt rising’ sometimes confuses consumers, leading them to believe that the bread is especially salty. In fact, the bread shares a similar flavor profile with many sourdoughs, and the name comes from the traditional preparation process. In 18th and 19th century Appalachia, yeast was scarce. Instead, bakers would use potatoes or cornmeal to get bread to rise. Making it was a three-day process that involved putting the dough in bowls surrounded by rock salt, which would trap heat from the hearth. Salt rising’s tedious three-day baking schedule can be intimidating, but is well worth it, producing a bread that is exciting, unique, and flavorful.





Breadfruit Bread

Paraty, Brazil

Creative City of Gastronomy

The Caiçaras, who live on beaches and in remote villages, have always looked to nature for their survival. Breadfruit is one of the main regionally grown staples. Originally from a tree in Asia, the breadfruit (*Artocarpus altilis*) is low in fat and rich in B1, B2 and C vitamins, calcium, phosphorus, and iron. When processed, it can be consumed as a dried fruit or a substitute for wheat flour. This fruit is widely consumed locally in the place of bread, at coffee time and also as the main ingredient in a popular paratiense bread.



Micca

Parma, Italy

Creative City of Gastronomy

Parma's quintessential bread is the Micca—a rustic bread made of flour, water, and natural yeast, flavored with lard and salt.

It is prepared by mixing all the ingredients and letting the dough rise for several hours. The dough is then cut into oblong portions, 30 centimeters long and weighing 250 grams, and then cut again into its customary butterfly shape, a shape that makes it easy to tear and share with family and friends. The dough is made with durum wheat flour that gives the bread a full and intense flavor. A medium-sized bread, Micca has a crispy crust and soft interior.





Chiaserna Bread

Pesaro, Italy
Creative City of Music

The processing technique moves very slowly. It starts with the making of mother dough—a bread starter used in indirect methods of bread making. The bread mass is kneaded with absolute care, and it needs many hours of leavening.



Aplanchados

Popayán, Colombia

Creative City of Gastronomy

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Aplanchados, small puff pastry cakes prepared in the style of a traditional French bakery, have a long history that dates back to colonial times, when an exchange of culinary knowledge between Europe and America occurred. Before the arrival of the Spaniards, people ate corn, tubers, and wild animals. Honey was one of the only sweeteners available. The arrival of the Spaniards resulted in the teaching of varied sweet preparations. This knowledge came to serve the monasteries and convents that were born after the Conquest and whose construction, in part, was financed by the street sale of these sweets. The sweet recipes of Spain rested only in the hands of nuns and priests. They were used in their kitchens by indigenous people and Black slaves who, over the years, learned the secrets of their preparation.





Genzano Bread

Rome, Italy
Creative City of Film

The homemade bread of Genzano is linked to historical peasant tradition. Since the Middle Ages the task of the peasants' wives was to make bread and bring it to cook in public structures called Soccie. Before baking the loaves, the women used to make signs on their crust, to distinguish them after the cooking. The ovens were powered by chestnut wood, which is plentiful in the forests of the area. There are written records dating back to 1600 showing that the Genzano's specialty was well known and celebrated, even in the past. It is also said that prince Cesarini Sforza, Lord of Genzano, was a great admirer of this bread, and, in one of his visits to the Vatican, he gave it to the Pope as a gift, who was very impressed by its characteristic fragrance.



Cazueleja

San Cristóbal de Las Casas, Mexico

Creative City of Crafts & Folk Art

When the Spanish came to America, the indigenous traditions were fused with the culinary tradition that Spain carried, not only from Europe, but also from the Middle East, Africa, and the Caribbean. They didn't just found cities; they also introduced products and techniques for meal preparation. Today, the menu San Cristobalense maintains the traditions of centuries ago. The meal has always occupied a special place in family, religious, and social customs. In the morning, when the sun is still rising, the first thing people want is hot, freshly made coffee. Just as essential as the coffee is the breadbasket that accompanies it. At 5pm, many people return to the bakery for another coffee alongside a good Cazueleja, a traditional bread made with egg yolk.





Horno Bread

Santa Fe, USA

Creative City of Crafts & Folk Art

New Mexico's Pueblo and Spanish cultures are intertwined in the breads Santa Feans eat today. Breads originally made from corn came to include wheat flour introduced by the early Spanish explorers and settlers. Spanish soldiers arrived to claim the New World for the Spanish king, and called the Native American communities "pueblos" (communities). They built the Moorish adobe outdoor domed ovens called "hornos" and taught Native American women to cook in them. Later, in the 1800's, the army and railroad introduced leavening agents, including yeast, baking powder, and baking soda. Now, more than 500 years after the Spanish came to Santa Fe, the hornos are used to bake yeast bread along with biscochittos and pastelitos.



Carrot and Guava Bread

Santos, Brazil

Creative City of Film

The recipe presented by Santos, Carrot and Guava Bread, represents overcoming difficulties and combating hunger and inequality. Santos is located in the wealthiest Brazilian province, São Paulo, but faces a challenge common to Global South cities—social inequality. Some years ago, the Public Artisan Bakery was implemented, aiming to strengthen capacity building, promote social inclusion, and generate income.

There, volunteers teach recipes for nutritious breads, with cheap ingredients and easy to follow steps, so that vulnerable people can reproduce the process in order to feed their families and earn income by selling baked goods.





Sakadane Anpan 酒種あんぱん

Tsuruoka, Japan Creative City of Gastronomy

In the early Meiji era (1868–1912), KIMURAYA, in Tokyo's Ginza District, embraced the spirit of the new government and incorporated Western elements into its baked goods. In the process, they invented Sakadane Anpan. At the time Sakadane Anpan was first developed, bread was not a familiar food to the Japanese, so to make it more familiar red bean paste was added. Sakadane is fermented dough made from rice, koji (malted rice), and water, and is a unique leaven to Japan, which is typically home to a rice based cuisine. In 1875, Sakadane Anpan was offered to Emperor Meiji, so it became widely known among the general public.



Pan de Kino

Tucson, USA

Creative City of Gastronomy

Pan de Kino is a sourdough bread leavened with a wild yeast culture and made with White Sonora wheat, a heritage grain of the Sonoran Desert in the southwest U.S. and northwest Mexico. This ancient wheat was brought to the Santa Cruz Valley, where Tucson is located, by the Jesuit missionary Padre Eusebio Francisco Kino in the late 1600s for both food and religious uses. Pan de Kino symbolizes the exchanges that occurred when the indigenous inhabitants and Europeans first came into contact in this region more than three centuries ago, marking a major turning point in Tucson's culinary and cultural history.





Lebanese Pitta

Zahlé, Lebanon

Creative City of Gastronomy

The Lebanese pitta is an essential component of Lebanese culinary heritage. It is served with dairy products for breakfast and with mezze/appetizers for lunch and dinner. It is an affordable food staple for the entire population.



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The Days of Bread App

The ITKI US supported the development of a Days of Bread Mobile App. The Days of Bread App offers each visitor the opportunity to discover a world rich with tradition and information.

Scan the QR code to download the Days of Bread App to discover the Traditional Breads of the Creative Cities.



How does the Days of Bread App work?



Scan the Days of Bread QR code using your smartphone



Find the Creative Cities and the local bakers around you



Search the Creative Cities, their traditional breads and bakers



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