

## Sour bakers rise in anger over dodgy bread recipes

# Just don't do your dough

**Karen Collier**  
consumer reporter

A SOURDOUGH bread showdown is fermenting between bakers and "fakers".

Traditional bakers who spend hours producing the perfect sourdough mix say the public are being fooled into paying for mass-produced loaves with extras, such as vinegar, added as shortcuts.

They want an official definition of the term in order to slice the true contenders from the pretenders.

Surrey Hills sourdough expert Terry Seymour argues authentic loaves should be made from a natural culture.

His mix of flour and water ferments for 12 to 15 hours before it is added to a dough



Fresh: Surrey Hills baker Terry Seymour.

that is also rested for several hours before being placed in the oven.

The devoted baker is increasingly frustrated by a market flooded with loaves featuring ingredients such as vinegar, yeast, bread im-

provers and vitamin C, added to shorten production time.

Specialist bakers claim the time and effort put into a genuine sourdough makes the bread more digestible.

Sourdough and other gourmet bread sales are rising as

LOW GI		MEDIUM GI	
Soy-linseed	36	Hamburger bun white	61
9 grain	43	Pita, white	57
Heavy mixed grain	43	Organic wholemeal sourdough	59
Sourdough rye	48	Wholemeal rye	58
Pumpernickel	50	HIGH GI	
Sourdough wheat/white	54	Wholemeal bread	71
		White sliced regular	71
		Bagel	72

\*GI can vary between brands, and not all have had their GI measured. Source: www.glycemicindex.com

consumers broaden their tastes. Sourdough is popular for its digestibility and is marketed as especially good for people with diabetes, or who are at risk of developing it.

Mr Seymour, of Pure Bread Bakery, said a sourdough

standard should be introduced to give specialists a fairer playing field.

"There are no rules around this," he said.

"It's really annoying when others can pass off products that are virtually no different

to normal bread, but just have vinegar added.

"Sadly, you can even buy a sourdough flavour."

Standards Australia spokeswoman Luisa Bustos said a proposal that demonstrated a public benefit and broad industry support could be considered.

Nutritionist Nicole Senior said sourdough tended to have a lower glycaemic index than breads made with commercial yeast, because of their higher acid content.

The GI ranks carbohydrate-containing foods by their effect on blood sugar levels.

Some studies had found the acids produced by sourdough culture also aided absorption of minerals such as zinc, magnesium and iron.



Sore and sorry: Sam Newman puts his feet up at the launch of *Our Great Game*, a pictorial history of Aussie footy. Picture: STUART MILLIGAN

## Sammy's gammy hammies

Aaron Langmaid

HE wowed fans at the E. J. Whitten Legends clash this week, but poor old Sam Newman is paying for it now.

The wounded football star — who managed a four-goal haul at the charity event — has been putting his feet up and looking on the bright side after wrecking both hamstrings in his first game in 30 years.

The Geelong champ was forced to seek treatment at a sports clinic.

"I haven't had a cocktail of drugs to get me through but I have been drinking a lot of cocktails," Newman said.

"The therapist and a medical team said I should be able to move by summer."

The 64-year-old said he sported plenty of injuries in his time but none felt quite as bad as this.

"I turned an ankle in school in the mid '50s, sometime last century, and I turned a few more in '75 for Geelong. But, blow me down, 35 years on I can't get my legs to co-operate."

Newman said his injuries should serve as a warning to anyone over 45 who thought they still had spring in their legs.

"As I went for the ball I felt a bit of a twinge in my right hamstring and I thought, 'How pathetic is that?', so I sprang off a bit quicker the next time and did the other one properly."

## Broadband bonanza Sweet temperament Pizza robbery no joke

UP to 2000 Australians will be trained in cutting-edge broadband communication technologies at a state-of-the-art centre in Melbourne.

RMIT University yesterday signed an agreement with Chinese communications company Huawei to establish the Next Generation Technology training centre.

It was announced last week that Melbourne would host the national headquarters for

the \$43 billion National Broadband Network.

Victorian Treasurer and Minister for Information and Communications Technology John Lenders said the collaboration was the first economic spin-off from the NBN.

"We expect (there) will be hundreds of training and job announcements now that we are the ICT capital of Australia," he said.

SWEET-tooths now have a good excuse for shovelling sugar into their tea.

Psychologists have found that sweetened drinks make people less aggressive and argumentative.

It is thought that the sugar rush provides the brain with the energy it needs to keep impulses under control, stopping us from lashing out when under pressure.

"When provocation is likely, ... drinking a sweetened beverage might increase one's ability to effectively inhibit aggressive impulses," the researchers from the University of NSW and Queensland University said.

"Consuming a sweetened beverage on the commute home from work after a stressful day could reduce aggression toward family members or fellow drivers."

A TERRIFIED pizza shop attendant thought two men wearing *Scream*-style masks were playing a practical joke until one of them jumped on a counter with a pistol.

Police have been told the masked pair entered a Domino's Pizza on the Frankston-Flinders Rd about 10pm on Wednesday night.

One of the men waited at the door while the second

jumped on the counter and waved a gun at the male employee.

They stole cash from the register and left the store.

The victim managed to trigger a hold-up alarm and call his boss.

Police arrived soon after but the offenders were nowhere to be seen. The incident does not appear to have been captured on CCTV.



### So, what's your Stroke of Genius?

The National Stroke Foundation is celebrating the brain and the genius inside us all with the launch of a new online fundraising campaign, Stroke of Genius. A body heat phone charger? Now that's a Stroke of Genius! Headphone jacks in cinemas, milk cartons that open both ends,

parking meters that accept notes! So, what's your Stroke of Genius? Describe it, draw it or film it — just be sure to enter your idea. Then have friends vote for it to win some great prizes. Help make stroke a thing of the past. Visit [www.strokeofgenius.com.au](http://www.strokeofgenius.com.au)

