



BAKED FRESH

Your Education Update



THIS MONTH IN FOOD April 1st — National Sourdough Bread Day

FUN FACT: Making sourdough is the oldest method to leaven dough and make bread, dating back to the earliest civilizations between 4000 – 3000 BCE when cereal grain was first domesticated.

PROOF SOURDOUGH IS THE BEST BREAD

Sourdough bread is the perfect example of how knowledge, combined with agricultural practices and technological processes, become a cultural heritage that is passed to generations through bread.

Sourdough is a preferment or starter that consists of only cereal flour and water. Cereals used to make it include hard wheat, durum wheat and rye.

First, the mixture is allowed to ferment spontaneously for a set time. This takes place naturally

with microorganisms present in both flour and surrounding air. These microorganisms are represented by lactic acid bacteria and wild yeast. There is no added commercial yeast in sourdough.

Extended dough fermentations have been used effectively for improving dough development and enhancing bread shelf life. In this context, fermentation is considered an effective alternative to traditional dough conditioners. So, this provides bakers with the means to produce clean label bakery products.

Learn more at ASB's BAKERpedia page!

[CONTINUE READING](#)

START TRAINING WITH BAKING BASICS 101

We've just launched the first course from the American Bakers Association's *Bakers Manufacturing Academy* on the Education Hub!

Baking Basics 101 serves as an onboarding lesson and includes training on workplace safety, food safety and hygiene, and technical training to complement any wholesale baking facility's current operations and procedures.

Upskill your whole team with this on-demand course, only \$50 for ASB members or \$100 for non-members.

[CHECK IT OUT](#)



FEATURED WEBINAR: Fermentation

This on-demand presentation takes you on



FEATURED COURSE: Minor Ingredients

This course covers the minor ingredients in

a journey through the incredible world of bakery fermentation.

Find out its benefits to dough and production costs, different approaches and types of fermentation, how to identify current fermentation conditions due to formulation and water chemistry, and how to adjust for optimal conditions.

Speakers: David Webster & Jose Lopez

Webinar length: 46 minutes

[WATCH NOW](#)

baking bread: salt, sugar, dough conditioners, enzymes, whey, milk, eggs, fiber, and flavors.

Though used at low levels, each of the ingredients have effects on the feel and handling of the dough. The mechanisms of these ingredients are complex and require in-depth discussion.

Certificate: BAKERcertified Bread 4

Course length: 35 minute video + test

[ENROLL NOW](#)

OVERHEARD AT THE HUB



“ASB is a hub for the industry, connecting individuals from all levels, product categories, and backgrounds for continued growth. As we launch our new Education Hub, I see it as truly the most fitting responsibility of the Society to provide this resource.”

— Brittany Ohr, Sugar Foods

GET A TOUR OF THE NEW EDUCATION HUB!

Want to learn more about the content on the Education Hub? Check out this short webinar recording hosted by our very own Director of Education, Sarah Day. Discover the latest resources tailored for ASB members, including our partnership offerings with BAKERpedia and the American Bakers Association.

Find out what's available for free for ASB members and how to navigate the new membership system.

[WATCH IT HERE](#)

CALL FOR CONTENT



Do you have a ground-breaking idea to share with the baking community? Transform your research, ideas, & best practices into a presentation at BakingTECH 2025!

We're on the lookout for information that wows and engages, in a variety of formats and topics.

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EDUCATION HUB



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