

# Old Bread makes new Loaves

An experimental Cooking Booklet

*by Juan Esparza*

2. EDITION



Gwen Engel started it with here photo ...

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Juan Esparza: *Old Bread makes new Loaves*

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## WhatIsThisQuestionMark

Facebook is a strange universe. People who never met (and will maybe never meet) are talking about everything – and much more and this and that and something else, also.

But sometimes this kind of talk develops into something extraordinary. This is what happened, when Gwen Engel on January 18th 2014 published the following message in the facebook group *Free your stuff Frankfurt*:

GIVE: A bag full of well-dried bread – all bio food, no mold!  
Someone has an idea – don't want to throw it into the bin!

And about an hour later more than 20 users had posted suggestions what you can do with old bread – and what you can't, for example feeding horses because they are not unaffected by every kind of grain. That I did not know.

But you can do some cooking with old bread. Not some, but a gorgeous load of! Great recipes full of phantastic ideas were sent to the group. And what is more: a few of the participants of the discussion even planned to meet in order to try some of the new ideas.

With the material donated by Gwen Engel we tried all of the ideas for old bread dishes and – after some failures – achieved to make them really worth cooking. The result is this innovative, experimental cooking booklet.

For sure from now on there is neither a reason nor an excuse anymore to throw away old bread. So listen and remember:

THERE IS NO FOOD WASTE (EXCEPT IF IT IS MOULDY) BUT ONLY THE PARTS FOR THE DISH OF THE NEXT DAY – THAT IS WHAT MY GRANNY TAUGHT ME WHEN I WAS A CHILD. AND MY CHILDREN'S BOOK ABOUT THAT AMERICAN INDIAN TRIBE<sup>1</sup> TELLS THE SAME :-)

So ...

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<sup>1</sup>A.&M. Politzer: *Abenteuer mit dem Schwarzen Büffel*, Stalling Verlag, 1978 – one of the most lively and wise books about sustainability with, not against nature.

## Basic recipe: Preparing the bread

For most of the recipes in this book the bread has to be watered first until it is wet and slimy.

1. First the bread has to be sorted and classified:
  - A) White bread (wheat), toast
  - B) dark or grey bread (rye, spelt, ..., also mixed grain)
  - C) bread with nuts, raisins or other sweet contents
  - D) bread made from pretzel dough
2. Put only one class of bread into a big bowl. Cut very big or thick blocks into smaller pieces.
3. The bowl is filled with water until the bread is nearly covered.



4. About 1 hour later each bit of the bread which has become soft-slimy can be put into *a second bowl*. (Only the pretzel dough stuff needs 2-3 hours.)

Before you put the soft bits into the second bowl: press it between the palms of your hands to get rid of as much water as possible. *Important:* Do not put hard parts into the second bowl – even if their are tiny. It is like taking flesh from a chicken's bone. Even a small part of the bone in your food is no fun.
5. The weak and pressed bread in the second bowl must be grinded by mashing it with fingers or hands until you have a flakey smash (no pieces bigger than a corn flake left).

*Altes Brot zu neuen Fladen*

6. You can add spices at your will now: e.g. salt, pepper, chili powder, paprika powder, garlic, herbs, caraway; or sweet with sugar, cocoa powder, ...

Instead you can keep the pure bread smash and add some dressing, sweet pudding, spices, fruits, vegetables or meat later.



*Watered, pressed, flaked bread  
(„Flakey Smash“)*

## Idea 1: Pancake, Rösti, pan dishes

### Crispy Grain Pancake

Class B) bread will give you more bitter and dry pancakes, class C) bread slightly sweet little pancakes.

As the pancakes tend to be quite dry you will need some good gravy with herbs or spices and yoghurt or curd. Also suitable is a ratatouille or tomato sauce, ketch-up or mayonnaise.

Ingredients for 300g of dry bread: 2 eggs, vegetable oil

1. Prepare the bread according to the basic recipe on page 4 and mix it with the eggs.
2. Put enough oil into a *big pan* to cover the ground.
3. Ladle the flakey smash into the pan and press it with your hand in order to make it as thin as possible without breaking. You can build one big pancake or a few smaller. (The first choice usually results in breaking when you turn the pancake, leaving you with the second choice. But not always.)
4. Turn the pancake carefully after 3-5 minutes if it seems stable enough. The pancake does get dark (but should not become black, of course).
5. Right after turning press the pancake with a spatula to squeeze more water out of it.
6. About 3-5 Minuten later the pancake is ready to eat. They are best when still hot but also very tasty later when cold.



*Grain pancake from mixed grain or dark bread*

## Fluffy grain Rösti (burger)

For these Rösti<sup>2</sup> you need class A) bread from the basic recipe: white bread, wheat flour products.

These all-round burgers suite any kind of food and taste you like: e.g. pepper, salt, herbs, paprika powder; or yoghurt with herbs or chili, cheese, fried or boiled vegetables, jam, chocolate cream, honey, ...

Ingredients: butter or margarine

1. Prepare the bread according to the basic recipe on page 4.
2. Put enough butter/margarine into a *big pane* to cover the ground when it became liquid.
3. Take the flakey smash and make up thin burgers the size of your palms (not bigger as they might break during frying), put them into the pan – but take care to leave one third of the pan floor uncovered.
4. Watch the burgers *permanently* to keep them from sticking to the pan, continue to loosen them once in a while.
5. After 3-5 minutes the burgers should be stable enough to turn them.
6. Quite after turning strongly press them with a spatula to squeeze out more water. This is when you grow in size – now the pan is completely covered..
7. Another 3-5 minutes later the burgers are ready for eating. Have them as long as they are hot – they do not taste that well when they become cold.



*Nearly to big a pan – but not after turning the burgers ...*

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<sup>2</sup>Rösti: A traditional Swiss dish originally made from potatoes, like a burger.



*Roesti – quite good e.g. with jam, baked apples, paprika powder, curry mix or yoghurt with herbs (front to right, clockwise)*

## **Hessen Farmer’s Bread Mix or Pain Lorraine**

Idea of  
Danielle Trujillo

For the French version use class A) or C) bread or both, for the traditional version from Hessen<sup>3</sup> class B) bread is best. For a vegetarian version of the Hessen dish use carrots instead of ham.

Ingredients for 300g of dry bread:

200g roasted ham, 1 onion,  
olive oil, white pepper, salt, thyme, nutmeg;  
possibly soja sauce, yoghurt, sour cream



*The vegetarian version with carrots.*

<sup>3</sup>A German state



## *Altes Brot zu neuen Fladen*

1. Prepare the bread according to the basic recipe on page 4.
2. Cut onion and ham into small pieces, put them into a *big pan* with enough very hot olive oil, add thyme.
3. After frying ham and onion for 5 minute add the flakey bread smash and the rest of the spices. Bake until the bread is roasted nicely (another 5-10 minutes). You have to turn over or revolve the whole stuff nearly *permanently* to save it from burning to black coal!



*Oh la la: Pain Lorraine – white bread with ham and onions*

4. Especially Pain Lorraine achieves more extravagance if you add yoghurt or sour cream directly on you plate. The Hessen Farmer's Bread Mix turns into mexican style if you add soja sauce!

## **Wrap á la pain**

This wrapped pancake can be made from class A), B) and D) bread. It is great with any sweet or spicy filling.



Ingredients for 300g of dry bread: 100 ml milk, 1 egg, vegetable oil

1. Prepare the bread according to the basic recipe on page 4.
2. Use an electric food processor or mixer to turn the flakey smash into a kind of liquid dough.
3. Add milk and egg to the dough.
4. Put some oil into a *small pan* (even better: 2 or three small pans). Pour a *thin* layer of dough *dünn* into each pan. Fry the pancake for 4-5 minutes on each side until it is roasted properly.  
*Before you turn it:* try carefully to lift the edge – if it does not crack then the pancake is ready for turning. Otherwise it will break.
5. Put the readily fried pancake on a big plate, fill one half of it with the filling, close the wrap by putting the uncovered half over the filling.
6. As a hot dish this wrap is not possible for more than a few people because you can produce only one wrap per pan and only after 10-12 minutes of frying.
7. But the wrap is quite tasty if you produce a lot of them and fill the cold ones with a hot filling or heat it in a microwave oven.

## Bread and Vegetables Casserole

Developed by Alexandru Naum

Vegetables tastes best with class A) and D) bread.

Ingredients for 300g of dry bread:  
 300g vegetables (carrots, turnip cabbage, zucchini, egg plant, onions)  
 olive oil, white pepper, salt, curry mix, 1 tsp. of fresh ginger;  
 150g yoghurt, 100g grated cheese



1. Prepare the bread according to the basic recipe on page 4.
2. Cut the vegetables in pieces and fry them in a *big pan* with enough olive oil.
3. Add the flakey bread smash after 5 minutes as well as the spices, fry until the bread is roasted slightly. You have to turn over or revolve the whole stuff often to save it from burning!
4. Put the whole stuff into a casserole, cover it with cheese and put it into an oven for about 30 minutes at a temperature of 170°C.

### **German Bread Pudding – spicy or sweet or ...**

Every class of bread, even mixed, will do. You decide!

Ingredients for 300g of dry bread and the following version ...

- a) SPICY: 1 big spoon of mixed spices and herbs of your own choice
- b) SWEET-YUMMY: 1 tbsp. of sugar, maybe 2 tbsp. of pudding powder or cocoa powder
- c) FOR THE REALLY SWEET COOKS: liquid chocolate, vanilla custard, jam, honey, ...
- d) FOR GOURMETS: 50 ml cognac, whiskey, coffee liquor, ...



*Bread pudding with mixed spices and vegetables*

1. Prepare the bread according to the basic recipe on page 4, *but don't press too much* to leave some water in the flakey smash.

2. For versions a) and b) add all ingredients before frying in the pan.
3. For versions c) and d) you can add the ingredients after frying or simply put them on the table.
4. Use a non-stick (well-coated) pan because this dough is very sticky. Fry the bread smash in moderate heat until the dough becomes pulp-like. Turn over the whole stuff at least once a minute, after some time nearly permanently.
5. Good side-dishes for the German Bread Pudding are vegetables or minced meat.



*Version with curry powder, carrots and celery*



*Sweet German Bread Pudding with Quetsche-Laddwersch (Plum mash Hessen style) (left) and with chocolate custard (right).*

## Idea 2: Soup and Sponges

### Bread Soup

a suggestion by Marius Pehlke

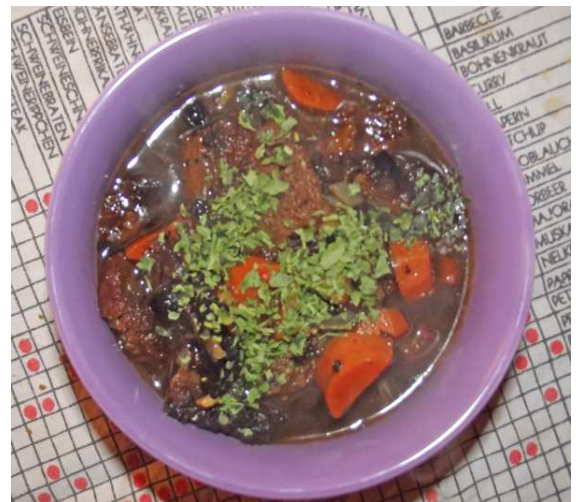
Every class of bread will do for this soup. You can cook the soup with or without vegetables.

Ingredients für 200g of dry bread:

1-2 onions, 1 garlic clove, 1l water with herbs and spices, olive or vegetable oil

1 tsp. of black pepper, nutmeg

possibly vegetables (carrots, leek, celery), herbs (parsley, dill, marjoram), grated or sliced cheese



1. Boil onions, garlic (and vegetables) in water with herbs/spices until ready.
2. Do not flake the bread according to the basic receipt! Cut the bread into small cubes (sugar cube size), fry them short in oil with pepper and nutmeg. If you turn over the bread permanently it will not burn and the soup will not taste awful like the one in my first attempt ...
3. Pour the bread including all the oil into the water with vegetables, stir well and serve at once.
4. Offer some parsley, dill or marjoram to spread across the plate. A special version can be created with cheese.

## 5 minutes bread soup

If you are in hurry ...

For this dish class A) and C) bread is most suitable, because bread of the other classes do not incorporate the water quickly enough. Do not be afraid to use bread with seeds upon it – surprisingly good!

Do not flake the bread according to the basic receipt, but cut the dry bread. The „sawdust“ may be used, too.



*Bread with spices, herbs, water and (ready-boiled) lenses*

Ingredients for 200g of dry bread:

- a) SPICY VERSION: 1 tbsp. of herbs and spices of your own choice;  
0.5l boiling water
  - b) SWEET VERSION: 1 tbsp. of sugar or 2 tbsp. of cocoa powder or  
instant cappuccino powder; 0.5l boiling water
  - c) FRUITY VERSION: 0.5l hot or cold juice
1. Cut the bread into small pieces (quarter dollar coin size).
  2. Mix spices, sugar and so on with water or juice.
  3. Put in the bread pieces and dip them until they are soft enough.
  4. You will be finished after 2 minutes.

## **Bread sponges with vegetables**

A syrian-aramaic recipe by Claudia Gallo Bebinno

For this recipe you may use class A), B) and D) bread. Do not mix D) with the other classes. Do not use the first and last slice of a loaf.

Ingredients for 400g of dry bread:

3 eggs, 6 tbsp. of olive oil, 1 garlic clove, spices and herbs of your own choice

1. Mix eggs, oil and thoroughly cutted garlic to form a marinade. Add spices and herbs.
2. Slice the bread into thin slices (15-20 mm maximum), which makes sure the marinade fills the whole slice later.
3. Place the slices onto a few big plates, not putting one on top of another.



4. With a spoon you can pour some marinade carefully onto the slices of bread. After 15 minutes pour another doss of marinade. No harm is done if something flows down off the slices or some corners stay dry.

5. Put 200ml water into a coated pan, carefully bring the slices into it and lift them once in a while a little bit to keep them from burning. Boil until the water is gone and the slices have become quite soft.



6. A side-dish of boiled vegetables or a sauce like sweet or hot chili sauce oder fish sauce can be great but is not necessary.

### **Idea 3: Breadcrumbs**

Old, famous and simple as Enrico Wehner knows:

1. Cut the dry bread into smaller pieces and mill them in a food processor until you have a kind of raw flour.
2. Mixed with egg you can coat anything you like with the breadcrumbs and fry it in a pan with oil.



## **Idea 4: Pressed-Loaf ... Bread-Loaf ... Pressed-Bread**

...

### **Scottish Bread Pudding**

A creative imitation of a famous Scottish dish

Any class of bread may be used for this recipe.

Ingredients for 400g of dry bread:

200g minced meat or vegetables, 1-2 onions

1 tsp. of clove powder or 1 tbsp. of fresh ginger, 1 tbsp. chive, 1 tsp. white pepper, 1 tsp. salt, vegetable oil, some butter/margarine

*Suitable vegetables:* carrots, zucchini, turnip cabbage

1. Prepare the bread according to the basic recipe on page 4, this time press really thoroughly and try to have very tiny pieces only.
2. Cut vegetables and onions into tiny pieces, fry meat or vegetables, onions, and spices in a pan.
3. Mix the bread with everything from the pan. Wipe a cake pan with butter/margarine and fill everything into it.
4. The Bread Pudding needs a temperature of 200°C and about 45-60 min. Test it with a wooden toothpick before you remove it from the oven.

Very tasty hot or cold – just the way it is or with ketchup, mustard or chili sauce.



## Serviettenknödel (Czech dumplings)

A favorite dinner of Felix Rausch.

Real Serviettenknödel need class A) bread, not prepared into a flakey smash. A great side-dish for every kind of meat or vegetable food.

Ingredients for 500g of dry bread:

100g roasted ham, 2 onions, a lot of fresh herbs, 6 eggs, 400ml milk, vegetable oil, salt, pepper, nutmeg

1. Cut ham and onions into cubes, cut the herbs pretty thoroughly and fry everything in a pan with some oil.
2. Cut the dry bread into small cubes, mix it in a big bowl with salt, pepper, eggs and the fry ham-onion stuff.
3. Heat the milk (not boiling) and pour into the bowl.
4. Place a damp tea towel on the table. Now pour the mixed bread mush onto the tea towel: leave 5 cm uncovered along the edges, also leave half of the tea towel uncovered.
5. Cover the bread mush with the unoccupied half of the tea towel and fix the edges to the big cylinder with some (textile) wires, especially at the ends.
6. Put the tea towel with the bread mush inside into boiling water and boil for about 10 minutes.
7. Take the tea towel out of the water and very carefully remove the tea towel. Slice the Serviettenknödel loaf.



*Photo: Martin Hupf*

## **Idea 5: Cake**

### **Cakes with fruits**

As the cake is meant to taste sweet class A) and C) bread is the best choice (also mixed).

ingredients for 500g of dry bread:

125g butter, 3 eggs, 1 bag of backing powder, 4 tbsp. sugar, 500g fruits, 1 tsp. cinnamon, 1 tbsp. rum

1. Prepare the bread according to the basic recipe on page 4.
2. Cut the fruits into small pieces or slices and mix with cinnamon, half of the sugar and rum.
3. Mix the rest of the sugar, 3 eggs and baking powder with bread.
4. Wipe a cake pan with some butter and put in half of the bread dough. Put in the fruit pieces. Cover them with the rest of the dough.
5. Cut the rest of the butter in flakes and cover the cake with them.
6. The cake needs a temperature of 175°C and about 1 hour to be finished.

