

Discover our selection of breads... : le sain des sains / Paul U.K. Limited.

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Publication/Creation

London : Paul U.K., [2001?]

Persistent URL

<https://wellcomecollection.org/works/wx6tba5b>

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PAUL

MAISON DE QUALITÉ
fondée en 1889

*Discover
our Selection of
Breads...*



LE SAIN
des
SAINS

- A GLOSSARY OF BREAD-MAKING TERMS -

"Wholemeal" T150: This flour contains all three parts of the wheat kernel - the bran, the germ and the endosperm. The mineral content is over 1.4%. The extraction ratio is about 98%, meaning that 100 kgs of wheat yield 98 kgs of flour.

Flour, Stone-ground T80: This stone-ground "bise" flour (meaning between white and whole wheat) retains all the natural flavour and nutrients of the bran and germ. Its mineral content is between 0.75 and 0.90%. The extraction ratio is about 82% (100 kgs of wheat yields 82 kgs of flour).

White Flour T55: This white flour, from which the bran has been removed, has a mineral content of between 0.5 and 0.6%. The extraction ratio is about 75% (100 kgs of wheat yield 75 kgs of flour).

Camp Rémy Flour T55: This flour is made from soft winter wheat. Its rustic characteristics make a bread which is rich in flavour. PAUL's Camp Rémy is grown according to the principles of sustainable agriculture that respect the environment.

Fermentation: The process by which the leaving organism of the yeast act on the flower to produce gazes and alcohol that give the dow volume, tenacity, aroma.

Hearth oven: An oven with a refractory baking surface.

Wheat kernel consists of three parts:



. **The bran:** The outer layers of superposed cells that cover the grain. Ground and sifted, the bran contains virtually no flour.

. **The endosperm:** contains the flour (83 to 86%). It consists of small irregular cells that contain the two most important constituents of flour, the starch and the gluten.

. **The germ:** rich in carbohydrates, minerals, trace elements, proteins and polyunsaturated fatty acids.

Leaven or starter dough: A weat and /or rye dough that ferments naturally "on its own" when combined with water. The acidifyng fermentation generats flavor even as it causes the dough to rise.

Yeast: A living micro-organism (*saccharamyces cerevisiae* or "beer yeast"), which enables bread-making. It has been used for centuries to make the dough "rise".

Bread: A food made with flour that has been kneaded, fermented and baked in an oven.

Kneading: Mixing flour, water, salt, leaven and/or yeast, according to the recipe, to obtain a smooth and even dough.

Extraction ratio: The amount of flour obtained from 100 kilograms of wheat. Expressed as a percentage.

“PAUL” Bread

Our “Paul” traditional-style bread is made with Camp Rémy T55 wheaten flour. This flour is made with soft winter wheat, retaining the wheat germ when it is milled to enhance the quality and taste.

The bread is made using traditional methods. The secret of the cream colored crumb etched with holes of different size is its longer fermentation, allowing the dough to develop its rich aroma.

PAUL bread's wide array of flavor finds expression in various shapes: Pistolet, Paulette, Faluche, Ficelle, Flûte, Chapata, Epi, Couronne and Polka, (after the well-known dance).

Sesame and poppy seeds, lardons, onions, olives and nuts can also be added to the dough. There are 42 different ways to enjoy this fantastic bread.

Taste: ripe wheat with an aftertaste of hazelnut.

Appearance: generous holes, deep cream color, extremely pleasant to the palate.

Conservation: good.

Menu suggestions: Plain or toasted, perfect with all your meals. The hazelnut taste goes particularly well with foie gras.

Nutritional value/100 grs	
Calories	272 kcal or 1154 kj
Carbohydrates	57.10 g
Lipids	1.04 g
Protids	8.50 g
Iron	0.035 g
Sodium	0.74 g
Magnesium	0.038 g



Wholemeal Bread

PAUL Wholemeal Bread is made only with whole meal flour to ensure that all healthy nutrients contained in wheat are completely preserved. Rich in fiber, proteins, vitamins and essential fatty acids, this balanced bread is a concentration of pure energy.

Taste: coarse and rustic, evoking the wheat sheath.

Appearance: dense brown.

Conservation: very good.

Menu suggestions: Perfect with hors-d'oeuvres, cheese and cured meats.

*Ideal for
breakfast, toasted
and lightly buttered.*

Nutritional value/100 grs	
Calories	316 kcal or 1340 kJ
Carbohydrates	46.6 g
Lipids	1.65 g
Protids	9.07 g
Fiber	8 g
Iron	0.048 g
Sodium	0.572 g
Magnesium	0.088 g



Granary Bread

Containing six types of grains and three seeds

PAUL's granary bread is made according to the PAUL method from Camp Rémy T55 wheaten flour containing rye, barley, oats, maize, hard wheat, soft wheat and millet, linseed and sesame seeds.

After slow kneading and extended fermentation, the bread is baked in a hearth oven, to release the wonderful taste of slightly fragrant grain.

This crispy bread is rich in vitamins, trace elements and minerals.

Taste: A fragrant blend of six seeds.

Appearance: Generous holes dotted with slightly crunchy grains.

Conservation: very good.

Menu suggestions: Perfect with mixed salads and strong cheeses.

*A glass of red wine
will do justice
to its fragrant taste.**



Nutritional value/100 g	
Calories	285 kcal or 1206 kj
Carbohydrates	55.2 g
Lipids	2.93 g
Protids	9.37 g
Iron	0.090 g
Sodium	0.673 g
Magnesium	0.061 g

**Alcohol abuse is dangerous for your health. Please drink with moderation.*

Rustic Bread

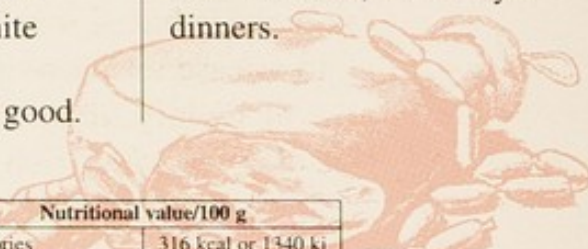
Made from stone-ground T80 wheaten flour,
rye flour, sea salt and leaven,
this country-style bread
has a burnished cream colored crumb
with uneven holes and a light acidic taste.

Taste: Mild acidic taste.

Appearance: compact
texture, deep off-white
color.

Conservation: very good.

Menu suggestions: All
kinds of meat, buffet style
dinners.



Nutritional value/100 g	
Calories	316 kcal or 1340 kJ
Carbohydrates	66.3 g
Lipids	1.24 g
Protids	9.82 g
Iron	0.097 g
Sodium	1.131 g
Magnesium	0.069 g

*Perfect lightly
toasted with regional
cured meat specialties.*



Rye Bread

Made from 80% rye flour, this hearty bread is rooted in the Scandinavian countries.

PAUL's rye bread is made with whole-grain rye flour, leaven, a little bakery yeast and sea salt.

People love its characteristic, slightly acidic taste and dense and dark crumb.

Taste: Coarse and spicy with a slighty acidic inflection.

Appearance: Dark and dense.

Conservation: excellent.

Menu suggestions: Ideal with oysters, shellfish, taramasalata and all smoked fish dishes. For a contrast, try it with ham or cheese!

Nutritional value/100 g	
Calories	237 kcal or 1008 kj
Carbohydrates	53 g
Lipids	< 1 g
Protids	6.29 g
Fiber	8 g
Iron	0.036 g
Sodium	0.849 g
Magnesium	0.080 g

*Try walnut,
raisin or hazelnut rye breads
for a tasty snack
at any time of day!*



Fougasse

Fougasse is a speciality from Southern France made with olive oil. PAUL's fougasse is made according to the traditional PAUL method, using Camp Rémy T55 wheaten flour, and a high quality extra virgin olive oil (obtained by a single mechanical pressing, followed by centrifuging and filtering).

Some recipes add black olives, anchovies or lardons.

Taste: Wheat and olive oil.

Appearance: Soft and pale color.

Conservation: good.

Menu suggestions:

Delicious with all mediterranean dishes or, with a chilled glass of white wine*.

*Can be enjoyed
warm or cold.*

Nutritional value/100 g	
Calories	349 kcal or 1474 kj
Carbohydrates	65 g
Lipids	5.69 g
Protids	9.32 g
Iron	0.081 g
Sodium	0.849 g
Magnesium	0.135 g



**Alcohol abuse is dangerous for your health. Please drink with moderation.*

White Sandwich Loaf

PAUL's sandwich loaf is made with Camp Rémy T55 wheaten flour, whole milk, butter, a little sugar, sea salt and baker's yeast.

PAUL's sandwich loaf has a richer taste compared to its English Cousin.

The thin golden crust and tender crumb release the pleasant softness of brioche.

Taste: Slight brioche taste.

Appearance: White soft crumb with dense.

Conservation: very good.



*A refined, and versatile
bread to accompany
all your holiday dishes.*

Menu suggestions: Plain or toasted, unbeatable with foie gras, smoked or marinated salmon or any type of club sandwich.

Nutritional value/100 g	
Calories	337 kcal or 1422 kj
Carbohydrates	57 g
Lipids	8.3 g
Protids	8.55 g
Fiber	8 g
Iron	0.017 g
Sodium	0.596 g
Magnesium	0.030 g



PAUL

*Our commitment
to good bread*

**PAUL guarantees
the very best quality of its bread
through formal commitments:**

- Adherence to the high standards of rational agriculture respectful of the environment
- Quality control of all our flours and traceability
- Rigor of traditional bread-making methods
- Exclusion of any additives or preservatives

Don't forget

Individual Bread Rolls

For an elegant touch
to any meal we offer a selection
of individual bread rolls:
plain, poppy seed, sesame,
or with olives, lardons, onions,
nuts, rye, raisins and more...



Visit PAUL on the Web at www.paul.fr