Best thing since: no preservatives, artificial colours or flavours, just a simple, healthy loaf of bread / Gail's artisan bakery.

### **Contributors**

Gail's (Firm)

### **Publication/Creation**

London: Gail's, [2012]

### **Persistent URL**

https://wellcomecollection.org/works/rtgupn8s

#### License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection 183 Euston Road London NW1 2BE UK T +44 (0)20 7611 8722 E library@wellcomecollection.org https://wellcomecollection.org

# BEST THING SINCE





No preservatives, artificial colours or flavours, just a simple, healthy loaf of bread

GAIL's

ARTISAN g BAKERY

## HONEST INGREDIENTS & TRADITIONAL METHODS

Good bread begins with just four honest ingredients: flour, water, salt and yeast. Then we add the best ingredients we can find: juicy olives, fresh rosemary, British Bramley apples...

Many of our breads are made from our 15-year-old sourdough starters — wild yeasts created from a mixture of flour and water left to ferment naturally and fed regularly to grow and develop. Our dough is left to rise (bakers call this proving) for up to 2 days and this brings a depth of flavour to our bread that a mechanically processed loaf couldn't hope to match.

### MADE BY HAND & BAKED BY EYE

It's the magic touch of our bakers' hands that makes GAIL's bread so special. Their hands are the true tools of our trade, they have skills no machine can master. And because we don't use machines, we never need to use the stabilisers and preservatives that are an unavoidable feature of industrialised, mechanised bread.

Each loaf is baked by eye until the top is tanned and gleaming. Then we just give it a sharp tap on the base to check it's cooked through: if it sounds hollow, it's ready to go!



FLOUR

We use the finest flours, including organic and stone-ground varieties, white, wholemeal, rye and spelt.



YEAST

This could be bakers' yeast or, for our sourdoughs, a bubbling wild yeast for a slow and natural fermentation.



WATER & SALT

Then, with a splash of water and a sprinkling of salt, everything is kneaded into a flavoursome dough.

## FRESH BREAD EVERY SINGLE DAY

We'd like everyone to be able to enjoy a fresh, healthy loaf every day so we deliver directly to Waitrose branches each morning, bringing you the freshest loaf possible.

To keep our loaves fresh for longer, just pop them in a paper bag or a clean tea towel. It's best not to store bread in the fridge, but if you need to freeze your loaf, refresh it once it has defrosted with a sprinkling of water and a quick warm through in the oven.

## THE HEART OF THE HIGH STREET

We have loads more loaves than the ones here on the shelf in Waitrose. Just pop into one of our London bakeries to find the one for you.

Bread is our bread and butter, but rest assured we put just as much care into everything else we make, from cakes and croissants, buns and biscuits to sandwiches and salads. Visit www.gailsbread.co.uk to find your nearest GAIL's.