

BREAD CULTURE

There is not a thing which is more positive than bread - Dostoevsky

Bread is one of the greatest discoveries of mankind! There is no doubt that bread is the most common food found on dinner tables worldwide. But, Bread is not only a food, it is a symbol of spirituality and a reflection of cultural traditions. The secret of Bread lies in its true gastronomic, spiritual and cultural uniqueness.

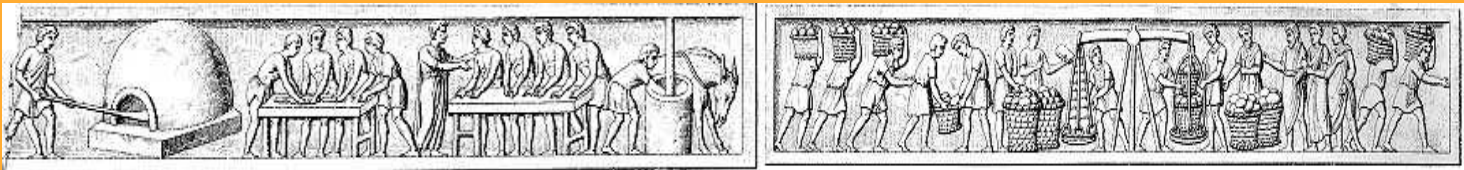
Religiously speaking, Bread in many of its manifestations is present at every period of human life, from birth to death and even after death. The story of Bread is a story of the existential and symbolic life of the human race that has always been ethically and historically important! This story should not be forgotten!



But even given these facts, we know comparatively little about Bread: its symbolic and ethnological meanings, its cultural influence through history, varieties of Bread, baking methods and, in general, about its value to our lives. Many aspects of the world's respective "Bread heritages" have not been fully researched or recorded. Meanwhile, traditional Bread recipes have been forgotten or are in danger of disappearing.

The main reason is that local cuisine and traditional eating habits are rapidly being replaced by a standardized international cuisine forced quick socio-economic changes thus promoting the rise of industrial food and dominant chains of bakery stores.

The culinary culture does not exist as something apart, for itself and by itself. On the contrary, it is a necessary matter and confirmation of a larger cultural and social identity and as such, reflects the hidden multilevel structure of these identities! *Tell me what you eat, and I'll tell you who you are. (J.A.Brillat-Savarin)*



Cuisine is not only a common matter of social identity, it is pride! Cuisine is linked with variations on the concrete principles of identity: with natural environment, with the social status of the family and the family status of an individual, with the sacred and the profane with sickness and health, with masculinity and femininity, with childhood and maturity.

This is why bread culture always has a moral and symbolic side - *whether we eat to live or live to eat. (Socrates)*



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