



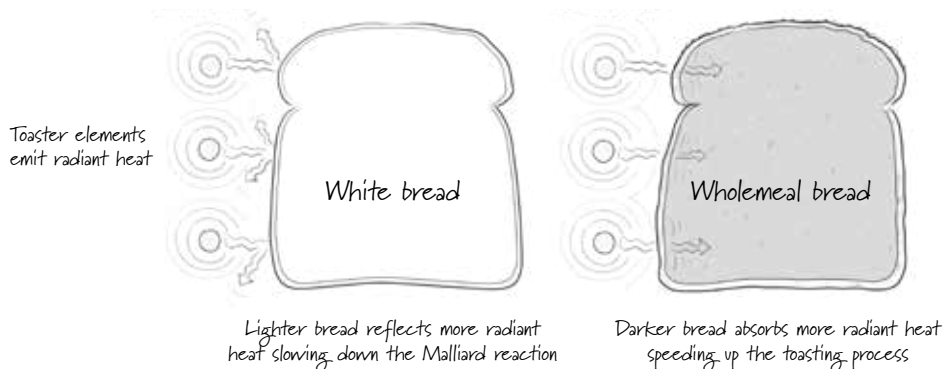
Tips & Techniques

Toasting

Sage[®]

Why no two breads toast the same.

Wouldn't it be good if setting four always meant setting four?



Wouldn't it be great if your wholemeal bread popped up toasted at the same time as your fruit loaf or your muffin? Well, there are two reasons why this doesn't always happen.

1. Sugar speeds up the Maillard reaction.

The Maillard reaction is essentially the process of foods creating lots of delicious new flavour compounds as they turn brown after being exposed to heat. It happens when an amino acid and a sugar in the food are exposed to the right amount of heat. In the case of many ingredients, including bread, the greater the sugar content, the faster it browns. Fruit loaf, for example, contains about five or six times higher sugar levels than white or brown bread and as such, it can toast almost twice as fast.

2. Darker colours absorb more radiant heat.

Conductive heat transfer happens reasonably uniformly from bread to bread, but the darker the colour of the bread, the more radiant heat

it will absorb. In fact, brown bread can toast noticeably faster than white bread under the same conditions.

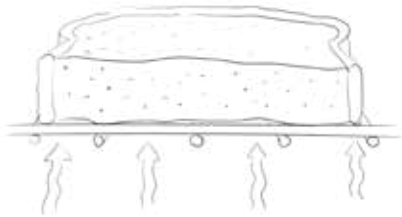
TIP

With so many different types of breads to choose from, each one different in colour and sugar content, there is no easy way to say 'set it and forget it'. To make it a little easier, this toaster is equipped with a 'Quick Look' button that raises the bread while toasting (so you can get nice and close without singeing your eyebrows), as well as a 'A bit more' button for adding a bit extra at the end if desired.

Fresh, chilled or frozen?

There is nothing more satisfying than the fresh aroma of a toasted loaf of bread.

Low, slow heat dries the bread out



High, fast heat traps moisture in



When it comes to a sandwich, freshly baked bread stored in the pantry or bread bin is usually the best way to capture the flavour of the bread and, often, the ingredients within.

But room temperature isn't always the best way to store your bread for making toast. That's right, not even toasting a slice of bread is as simple as it first sounds! When bread is toasted, the outside layer of the bread turns brown as the sugars and amino acids react to heat and radiation. As this layer gets hot, heat begins to conduct further into the slice of bread causing the moisture inside the bread to evaporate. The more evaporation that occurs, the drier the inside of the bread becomes. The right balance of this external crispness and internal moisture is what's important in making the perfect toast.

Getting the right balance of crispiness on the outside and moisture on the inside depends on the thickness of the slice of bread and where it is stored. For thinner slices, it should be stored in the fridge where thicker slices should be stored at room temperature.

TIP

With most breads, chances are you'll get a better toast when they are stored in the fridge. Try experimenting toasting different bread varieties fresh, chilled and frozen, and see what works for you. It really does make a difference.

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