



The Bread Cycle

Ways to Prevent Wasting Bread

Bread should go bad within a couple of days. That's right you should be utterly SHOCKED if your bread has a shelf life of two weeks!

Because wholesome bread, made with real ingredients, does not have a crazy long shelf life there are some things we can do to not allow it to waste.

Some stores will let you purchase half a loaf. So go ahead ask if they will cut it in half for you and sell you half.

Also many bakeries and stores now sell smaller loaves.

Many types of breads also freeze well. So buy a loaf and cut it in half. Plan on what you will enjoy and freeze what you will eat later.

But here is a plan to use all the bread as it goes through its different stages

Days 1 and 2: Enjoy the fresh bread. Simple as that! YUM!

Day 3 or 4: The bread may start to get a little stale. But hold on, no need to toss it out, you have lots of options when it reaches this point. This is a perfect time to make garlic bread. Or how about toasted sandwiches or grilled cheese.

And if you still have extra bread turn the rest into bread crumbs, croutons or crostini. These bread products will now keep in an airtight container for quite some time because you have toasted them.

You can use the bread crumbs for your other recipes.

The croutons do wonders to a salad or soup.

And the crostini makes for the perfect complement for a dip and also works well with soups.

Try these recipes and never waste bread again!



Bread Crumbs

Directions:

- Preheat oven to 300 F.
- Cut day old bread in to smaller pieces and place in a food processor. If you do not have a food processor you can use a blender. Process to the size you want.
- Next place the bread crumbs evenly spread on a baking sheet. Do not pile the bread crumbs up. Use an additional baking sheet if necessary.
- Bake for approximately 10 to 15 minutes.
- Let completely cool before placing in airtight container.

Notes:

- If you do not have either of the above mentioned kitchen appliances after the bread has been toasted you can roll over top of with a rolling pin.
- If you want to add herbs and seasoning to your bread crumbs you can do that at the end or right before you want to use them.
- Bread crumbs should be stored in a cool area or the refrigerator. They can also be stored in the freezer.
- Bread crumbs should keep for at least a couple months and even longer when in the refrigerator. But of course when in doubt throw it out.

Parmesan Croutons

You'll Need:

- 4 slices of bread
- ¼ teaspoon dried oregano
- ¼ teaspoon dried basil
- ¼ teaspoon garlic powder or garlic salt
- Pinch of salt (less if using garlic salt)
- 2 Tablespoons olive oil

Directions:

- Cut bread into crouton sized cubes and place in a bowl.
- Add seasonings and oil.
- Toss well to mix.
- Place on cookie sheet.
- Bake at 300 until crisp.
- Let cool completely.
- Store in an airtight container.
- They will keep for approximately 2 weeks. Or you can refrigerate or freeze them.

Note: This recipe just gives examples. Experiment with different herbs and spices.



Crostini

This recipe works well with a crusty type of bread. Try it with a French baguette or Ciabatta.

Directions:

- Preheat oven to 375 F
- Thinly slice bread into approximately ¼ inch pieces. Lightly coat both sides in olive oil.
- Place on a baking sheet.
- Bake approximately 5 to 7 minutes on each side.

Notes:

- Can be served warm or at room temperature.
- Serve with soup, salmon pate, olive tapenade, hummus, artichoke dip, etc.
- Crostini will keep for approximately 2 weeks in an airtight container.