

BREAD, FROM PAST TO THE PRESENT AND THE DISCUSSION OF BREAD ON A WORK FROM ONE OF THE OTTOMAN PHYSICIANS HACI PAŞA WHICH CALLED “MÜNTAHAB-I ŞİFA (CHOICE CURE)”

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ABSTRACT

Although today bread is represented as responsible of triggering the disease of the age “obesity”, it still continues to be the basic nutrient at all over the world. The history of bread is as ancient as the history of human. The scarcity and dearth of bread which is the only available nutrient at some period of human history was the reason of death, pain and wars. It seems that bread is even in the basic nutrient position of reasons that caused human to become organized. Therefore it has been the inspiration for poets and accepted as a main part of holiness at all around the world. From past to present, existence and the changes of bread were examined in this article.

Keywords: Bread, history of bread, bakery, history of bakery

INTRODUCTION

If you ever pass near a bakery in the early morning, you surely get the smell of the hot bread.

The history of bread is as ancient as the history of human. The scarcity and dearth of bread which is the only available nutrient at some period of human history, was the reason of death, pain and some wars. It seems that bread is even in the basic nutrient position of reasons that caused human to become organized. Therefore it has been the inspiration for poets and accepted as a main part of holiness at all around the World (1,2,3,4).

Wheat is produced and used by Egyptians in 8000 B.C. by pestling with hand first time in the world. In fact, Egyptians has developed a grinding stone to crush the seeds of wheat. With the method of mix-

ing the whole crushed wheat with water, they achieved to produce an unleavened bread (2,5). There is a common idea of similarities between their bread and the Mexican tortilla.

It's understood from the excavations that Egyptians planted wheat on the banks of river Nile around B.C. 5000 and they fulfilled the trade of milling and bakery around B.C. 4300 (6,7). In old ages people were used to consume their food without any process. The only exception of this is maybe the bread that was produced with wheat and flour. Inquiries about this subject showed that Babylonians had the knowledge of cooking bread in the earth ovens around B.C. 4000 (2,7,8,9).

The figures on the rocks that were dated around 3000 B.C. give the idea that they were able to cook bread in the closed

ovens. Again around same period of time, it's understood that they had tried to make leavened bread (8,10).

Leavened bread was incidentally discovered by Egyptians around 1800 B.C. It's determined that Egyptians had learned to enrich the bread and added it stuff like honey and date (11,12). In the ancient Egypt, bread was accepted as a great blessing nearly on all events and ceremonies because of its economical contribution. It occurs on some sources that people working at building pyramids were paid with bread instead of Money (3,4,13,14). The art of making bread had spread out mediterranean countries from Egypt (15,16). During the following centuries, bread production had spread out Europe and some other mediterranean countrie (3,5,17,18).

At around 2000 B.C., it's known that cultivation of wheat had been done in the Indus Valley of India(5,6,7,19). Again in the following centuries animals were being used instead of human power for the agriculture of wheat, even the very first iron ploughs were started to be used (2,3,20).

During 1000 B.C. England had got a lead role at production of wheat; and barley and oat had started to have more importance for the making of bread (9,21). Ancient Greeks had learned about bread from Egyptians around 800 B.C. (21,22). There had been significant progress about production of bread at the Roman Empire period. It's known that there were big commercial bakeries built in Rome (6,7,8,23,24).

Around 500 B.C. leavened bread production had become more populer, a grinding stone system was developed and wheat was crushed between these stones (25). This system that kept up for hundreds of years was the first mechanical method for

crushing wheat to produce flour (7,9,10). It seems like the first models of millstones. At the beginning human power, and then animal power was used for the process of grinding stones of the mill (26). After years water mills were developed by Greeks to crush the wheat (3). Over many years wheat was crushed with this method to produce flour.

Around 312 B.C. existence of 254 bakery and determination of bread's weight in grams with its price was reported in Roman Empire. The population was increased in cities rather than country sides with beginning of immigrations to the cities around same years and with this change homemade bread had left its place to the one made in bakery (4,5,6). Those were the years that bread was so valuable and first association which took decisions about production of bread was founded. Other European countries that had influenced from this trend that Romans improved, had built up their own similar systems in their countries (27). Romans' interest about bread had derived the first paste mixing system that works by the power of animals (28). They can be accepted as the very first models of modern mixers. Bakers had sticked to fermentation for long years and used to use the sample of previous paste to make new leavened paste by inoculating the sample piece in. Although this method hos lost its specialty, it is still being used in some territories (5,6).

Around A.D. 500 it was discovered that rye could be planted in Britain's cold climate and used for bread making (15,18,21). Almost till the end of the middle ages the dark black bread was made of using rye. Thus rhye and other cereals had started to being used with wheat (4,5,6,29). Making

bread had become a kind of art and in the next years this art had dispersed to Middle of Europe and to the other territories of Europe.

Around 650 A.D. Iranians had invented windmill to crush wheat but they had too much difficulties to rotate the heavy stones (6,30,31). This hardly functional invention may be accepted as an example of the first windmills.

The first approach of isolating wheat from the bran to get a more white flour had begun around 1000 A.D. and at the end of the researches a sieve that was made of iron was invented (2,4,32).

Around 1200 A.D bakery business in England had improved more and associations that making legal regulations about production of bread was founded (3,4,5,33). Commercial part of this production was under debate and the law about its price was legislated (33,34,35).

Like England, some regulations about bread production, wheat's price of per kilogram and its specifications for making bread were made in Asia too (18,35,36). They also had put some restrictions and penalties for illegal applications (4,5,6). Again in the same century the first real windmill was invented.

Almost until middle ages, bread production had continued by only increasing the variations of the flour kind and selling the bread from commercial bakeries (34,35,36,37). Bread had got the attribution of being the basic nutrient and had continued this attribution.

White bread production had begun in Europe at 15th century but only the wealthy class could eat it. In some sources it is told that a house could be bought for 18 bread. (6)

In the 15.th century, one of the significant physicians of his time Celalüddin Hızır –also known as Hacı Paşa- had given a part in his medical book of preventive medicine which is called “Müntehab-ı Şifa”. He had discussed kinds of bread and the ways of consumption for health in his work.

His original work was in Ottoman Turkish and below is the translation of the part about bread.

“This part tells about the breads. The wheat is dry and effects from humidity. The best of all breads is the pure wheat bread. Its salt and leaven must be well calculated, it should be elastic, cooked in oven or tandouri and placed separately. Non-swelled bread is dense and sticky. It is digested slowly, causes stomachache, constipation and a fullness feel in tummy. The wet bread causes intestinal gas and is digested slowly. Unshifted flour is useless, it relaxes the intestines and may cause mange or itchiness. Removing bran off the bread is always good. It is so nutrient but causes constipation. Barley bread should be served hot and dry. If it's cold then it's not nutrient, causes intestinal gas, constipation and stomachache. It is never good for husbands and swordsmen. It's good when sugary and oily. Rice bread should be served cold and dry. It is digested slowly and causes constipation. It is served to people like carriers and wrestlers whose job requires energy in the form of bazlama – a kind of single layered, flat, circular and leavened bread. It's dry and avoids diarrhea. Good bread is the one that made of pure wheat. It should be salty enough and ate as rusk. It is digested fast and served people working at cold weather – like swordsmen – and to husbands. The pure wheat should be sieved and is good for swellings. The corn bread should be served cold and dry. It is

digested slowly and causes constipation. It is helpful for people who got cirrhosis and intestinal inflammation. The breads which made of corn flour is not so nutrient. It's the lightest of all kinds of breads. It is digested fast, fattens and it increases body strength. It's a good kind of bread. It should be cooked in tandouri, salty enough and well-done (38)."

Visited the many digestive system diseases diagnosed 15 of the century associated with food how it is seen that (38,39,40,41,42,43,44,45).

The sieve which made of Chinese silk is produced around 1700 A.D. with the industrial revolution (3,4,7,8). The bran is removed from flour in a degree, a whiter flour is obtained and used for the first toast and sandwich breads for commercial sales (13,16,27).

Bread is produced commercially after the discoveries of micro organisms and leaven around 1900 and after that it has become an industrial branch (2-4-6).

CONCLUSION

Today it is possible to produce bread by many kinds of cereals, with added kinds of different foods in it, with different forms and specifications including different vitamin and minerals. Bread is preserving its special place as a basic nutrient on our dinner tables.

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