**The European Bread Book**

Dear colleagues,

The ERICarts Institute researched the *[European Food Project](https://www.ericarts-institute.org/projects.php?aid=62&lid=en&al=&rid=999)* from 1995 to 2004. Following that period, parts of the project called *Bread Cultural Heritage* have been carried on by the associates of the Balkankult Foundation. Within that project, more research was done. Several exhibitions and a dozen publications were organized. (<http://www.breadculture.net/> )

Our new plan: Most regions of Europe take pride in their own, characteristic type of bread. We are not talking about ‘special occasion’ breads made for a particular celebration or ritual: These are the breads served daily. All of these ‘take-pride-in breads’ are the result of a culture’s baking skills and natural conditions. They differ according to how they are prepared, the type of flour used, their shape, taste and smell.

In the south-east region of Finland it is *Kalakukko* (bread made with small lake fish); in Toscana, Italy, they are proud of *Schiacciata*, Galicia has *Pan Gallego*, in Northern Wales they make *Bara Brith*, Mallorca’s is called *Mallorca Ensaimadas*, in Moscow they bake *Borodinsky* bread, in North Serbia it is *Cipovka*. There is an urgent need to prevent further losses of traditional bread recipes connected with cultural identity.

The European Bread Book aims at collecting recipes and the cultural background of traditional regional ‘take-pride-in breads’ (*bread heritage*) prepared in different European regions. For this purpose, original recipes for making bread, rolls and cakes from bread dough and their “cultural identity cards” are being collected. If possible, the latter should include answers to these questions:

1. When did this type of bread-making start (history)?
2. Is it still a popular tradition, e.g. served daily in the region, or in danger to be lost?
3. Would it normally be made at home, only in traditional bakeries or nearly everywhere?
4. Are all people or mainly specific groups (e.g. minorities) proud of this type of bread?
5. Are specific benefits associated with the bread (e.g. regarding health, community)?

We would be very grateful if you would help us to realize this documentary. If you know any of the ‘take-pride-in breads’ made in your area, please provide us with information, send a photo and/or name a contact who possibly knows more about this matter.

Thank you for your understanding and help. Please write me to learn more about the project.

Dimitrije Vujadinovic, [breadmuseums@gmail.com](mailto:breadmuseums@gmail.com)

Member of [***IGCAT***](http://igcat.org/)