



organic chemistry



Femini

The Secret of Living Dough.

Making bread is not merely the work of hands, it is the mystery of turning the lifeless into the living. For your bread to always be light and fragrant, you must understand how the “spirit” within the flour changes when touched by warmth and air.

1. The Birth of Warmth.

When you mix flour with water and allow the starter to awaken, a “Hidden Moisture” is born within the dough. It makes the dough light and causes it to breathe, lifting it upward. If you lean close and smell the raw dough, you will sense this sharp, cheerful scent. This is the first stage — when the strength of the grain transforms into a light spirit. This is the foundation of everything without it, the bread will be heavy as stone.