

Study on the Possibility of Using a Mixture of Rye and Wheat Flour in Making Iranian Barbary Bread

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Considering the high importance and the stand of bread in the nutrition of Iranian people, a research on making bread with rye flour in order to have a variety of bread was carried out. In this research the possibility of baking two different types of bread with proportion of 60% rye flour and 40% wheat flour as rye bread and 40% rye flour and 60% wheat flour as wheat bread was studied. The foresaid types of bread were baked with yeast and sourdough, using both Berlin and Detmold methods. The baking was done three times and the produced types of bread were evaluated from organoleptic point by panelist.

The evaluation table was designed according to the views gathered from citizens and in accordance with the scientific and practical Criteria and or the basic of 7 characteristics of bread. The statistical method was based on the random selection and factorial experiments.

The results show that although rye bread may find specific stand in the bread making, taste of people will remain in favor of wheat bread. Also using multi stage sourdough with long period of fermentation will promote the quality of bread from the aspect of the foresaid 7 characteristics. The lowest rank refers to rye bread using yeast in production which indicates not using sour dough will adversely affect the quality of rye bread.

Key words: Wheat, Rye, Bread, Sourdough, Special bread.

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