

The Bulletin

October 2006

Baking Association of Canada Newsletter



Grains Essential Program

Releases new Consumer Information Sheet

The *Goodness of Grains* is the latest in the series of consumer-oriented information pieces released by the Grains Essential Program. Grains Essential is an industry funded effort administered by BAC with the objective of increasing overall awareness among health professionals and consumers about the nutritious value of grain-based products.

The *Goodness of Grains* (reprinted in whole in the edition of the Bulletin) focuses on the eight grains that make up most of the world grain food supply including wheat, rice, corn, barley, oats, rye, sorghum and millet. The piece also provides consumers with interesting facts about grains that include:

- Wheat is the most commonly consumed grain in Canada and worldwide; rice is the second.
- Wheat and rye are the only grains that make good bread alone, without adding another grain.

- Corn (also called maize) is the only grain also eaten as a vegetable.
- Only five per cent of the oats grown in the world are used as food for people.
- There are over 140,000 different varieties of rice.
- Sorghum is also called milo and is used to make a Japanese vegetable-flavoured puffed snack.
- Millet is an ancient grain that can be used in soup, cereals and pilaf.

The *Goodness of Grains* reminds consumers that grain products are an important part of a healthy diet and should be included in the diet every day. The *Goodness of Grains* (along with other Grains Essential program materials) are available free of charge by downloading through the Grains Essential Program website www.GrainsEssential.ca.

BAC Challenges

Ontario Environment Ministry on Bakery Emissions

A BAC commissioned environmental engineering study, has raised serious issues regarding the underlying premise being used by the Ontario Ministry of the Environment (MOE) in their efforts to force bakers to spend millions of dollars on eliminating emissions of volatile organic compounds (VOCs) from baking ovens. The MOE has suggested that VOC emissions from bakery ovens are a significant contributor to smog creation.

In July, BAC's Environment Committee met with MOE officials and presented them with the study *Release of Ethanol from Baking Operations and Emission Controls* prepared by ALTECH Environmental Consulting Ltd. The study challenges the premise that VOC emissions emitted from bakeries (primarily ethanol) have a material impact on the formation of ozone and smog due to a number of removal methods in the atmosphere.

The study also concludes that as the costs of VOC emission controls are extremely expensive (\$2 million in capital costs plus another \$500,000

in annual operating costs) and substantially increases overall greenhouse gas emissions (by as much as 30 per cent) it is imperative that the Ontario government accurately and thoroughly understand the impact of ethanol from baking on the generation of smog before proceeding with any demands for reductions.

BAC recommended to the MOE that recognizing the punitive financial impact of ethanol emission control measures to bakeries, further analysis and research is required to:

- Determine the impact of ethanol released from bakeries as a contributor to smog.
- The net environmental impact of ethanol mitigation (catalytic oxidizers) compared to overall greenhouse gas emissions.

In addition to the focus by Ontario on bakery emissions, the federal government is proposing to introduce this fall its version of a Clean Air Act which will focus on reducing both VOC and greenhouse gas emissions. BAC will be monitoring closely the federal initiative.

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Grains
they're essential!



**Les produits
céréaliers,**
essentiels pour la santé !

The goodness of grains

Grains of the world:

There are eight grains that make up most of the world grain food supply. These are: wheat, rice, corn, barley, oats, rye, sorghum and millet.

Interesting facts about grains:

- Wheat is the most commonly consumed grain in Canada and worldwide; rice is the second.
- Wheat and rye are the only grains that make good bread alone, without adding another grain.
- Corn (also called maize) is the only grain also eaten as a vegetable.
- Only 5% of the oats grown in the world are used as food for people.
- There are over 140,000 different varieties of rice.
- Sorghum is also called milo and is used to make a Japanese vegetable flavoured puffed snack.
- Millet is an ancient grain that can be used in soup, cereals and pilaf.

Grain products are an important part of a healthy diet. Include a variety of grain products in your diet everyday. It's easy! Just follow these tips.

Try new breads:

- Look for ancient grains or old world grains at the supermarket or bakery.
- Look for whole grain breads made with whole grain wheat, oatmeal or oat bran or flaxseed.
- Give dark rye or pumpemickel a try.

Shop for different grains at your supermarket, local health food store or specialty market:

- Grains come in many forms. Select the form - whole grain, flakes or flour - that suits your menu. For example;
 - Commeal, whole grain barley flour, rolled oats, or millet flour make tasty additions to pancakes or muffins.
 - Cracked wheat, barley flakes, commeal and millet can make an interesting side dish like pilaf.
- Try brown rice, red rice or wild rice for an interesting change in flavour.
- Try ancient grains found in breakfast cereals or bread or look for them as ingredients in multi-grain breads.

? Did you know

that ancient or primitive grains are making a comeback? Some of these grains are the ancestors of modern day wheat. Grocery stores and specialty food shops are starting to sell breads and other foods made with ancient grains called spelt, emmer and kamut.

? Did you know

that buckwheat, flaxseed and quinoa are not true grains although they are grouped with grains. They are actually seeds of plants and are available as seeds or ground into flour. Add them to breads and other baked goods.

Experiment with different grains for breakfast, lunch and dinner.

Multigrain pancakes for breakfast

From Jane Brody's Good Food Book (Bantam)

2/3 cup (160 mL)	whole wheat flour	1/4 tsp (1 mL)	salt, if desired
1/3 cup (80 mL)	all purpose flour	1 cup (250 mL)	buttermilk
1/4 cup (60 mL)	oat or other flour (e.g. cornmeal, barley, buckwheat, millet)	1/4 cup (60 mL) or more	skim milk
2 tbsp (30 mL)	wheat germ	1	egg white
2 tsp (5 mL)	granulated sugar	1	whole egg
1 tsp (5 mL)	baking powder	1 tbsp (15 mL)	vegetable oil
1/2 tsp (2 mL)	baking soda	1/4 tsp (1 mL)	vanilla (optional)

1. Combine all dry ingredients in a medium bowl.
2. In a second bowl combine buttermilk, skim milk, egg white, egg, oil and vanilla.
3. Add to dry ingredients; stirring just to combine them. The batter can stand for about 10 minutes out of the refrigerator or for an hour or more refrigerated.
4. Heat a griddle over medium heat. Grease it lightly if nonstick and immediately pour sufficient batter to make pancakes of desired size.
5. Turn heat down to moderate low and cook pancakes until bottoms are golden brown and tops begin to bubble. Flip them over and cook until bottom is golden brown. Serve immediately.

Makes 4 servings

Per serving: Calories 240, Protein 10.7 g, Total Fat 6.7 g, Carbohydrate 35.5 g, Fibre 3.9 g, Folate 45 µg



Soup and bread for lunch

Why not try a new bread for lunch along with your favourite vegetable, carrot or squash soup. Some suggestions are:

- Ancient grain roll
- Multigrain bagel
- Whole grain oatmeal loaf
- Flaxseed roll
- Pumpernickel bread



Barley and Corn Casserole for dinner

From the Alberta Barley Commission (www.albertabarley.com)

1 tbsp (15 mL)	canola oil	3 cups (750 mL)	vegetable or chicken stock
1	onion chopped	2 cups (500 mL)	corn niblets
3	cloves garlic, minced	1/2 cup (125 mL)	chopped fresh parsley
2	carrots, finely chopped		salt and pepper to taste
1 cup (250 mL)	pearl/pot barley		

1. In a heavy saucepan, heat oil and add onion, garlic and carrots. Cook, stirring often, for 4 minutes or until onion has softened.
2. Stir in barley, then pour in stock.
3. Put mixture into a casserole dish, cover and bake in a 350°F (180°C) oven for 1 hour.
4. Stir in corn, parsley, salt and pepper to taste. Bake for another 10 minutes or until heated through and barley is tender. Serve hot.

Makes 8-one cup servings

Per serving: Calories 157, Protein 3.2 g, Total Fat 2.3 g, Carbohydrate 32.8 g, Fibre 3.4 g, Folate 34 µg



For more information contact: Baking Association of Canada

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Visit www.GrainsEssential.ca or www.cwb.ca to download PDFs of this resource.

Congratulations To Our Most Recent Correspondence Course Grads!

Eric Casper

Bakery Technology II

Juanita Fedorwick

Bakery Technology I

Laurann Gilchrist

Bakery Technology II

Sharlene Griffin

Bakery Technology I

Calvin Howell

Operating A Successful Bakery

Sharleen Lambert

Bakery Technology I

Denise Lavoie

Bakery Technology I

Robert Morrison

Food Hazard Control: Sanitation

Linda O'Connor

Bakery Technology I

Nathan Say

Bakery Technology I

Rosemarie Steiger

Food Hazard Control: Sanitation

For information on correspondence courses for baking industry employees and the Certified Bakery Specialist (CBS) program, please contact ext. 21 at the BAC office or check out our website at www.bakingassoccanada.com.

A Warm Welcome to our Newest Members

Michael RizzutoAtlantic Packaging Products Ltd.

Claudia McGuinnessCurls & Swirls Cupcakes Ltd.



Congress 2007
May 6-7
Place Bonaventure, Montreal, QC

Contact us today
to ensure that you receive
the information needed to
participate in the
Baking Event of 2007!

Exhibitor information –
available now!

Attendee information –
available in December

Baking Association of Canada
Association canadienne de la boulangerie

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Baking Association of Canada Upcoming Events

BC Chapter

Oct 25

BC Chapter Annual General Meeting

Vancouver Community College

Vancouver, BC

Congrès 2007 Congress

mai 6 – 7 May

Place Bonaventure

Niveau 400 est

East Building, Level 400

Montreal, QC

Bakery Showcase 2008

May 4 - 6

Toronto Congress Centre

Toronto, ON