



Canberra Times
Wednesday 10/09/2008
Page: 9
Section: Food and Wine
Region: Canberra, AU
Circulation: 33935
Type: Capital City Daily
Size: 117.80 sq.cms.

to market

Baked with wild yeasts

From a career in ASIO to the early morning rise of a baker, Shane Peart is an example of one Canberra resident who isn't afraid of a change.

In 1999, Peart left his career in the national security service to pursue his passion for baking. He owns That Bagel Place in Isaacs, and has been selling his products at the Capital Region Farmers Market at Exhibition Park since it started in 2004.

Peart's sourdough loaves come in plain, wholemeal, fruit, kalamata olive, and soy and linseed. He also has nine bagel varieties, including poppy seed, cheese, garlic, blueberry, and cinnamon and raisin.

"To make authentic, preservative-free sourdough, I start by creating a mixture of flour and water and then leaving this out in the open," he says.

"This mixture then captures the wild yeast which floats in the air. Over time, the mixture begins to bubble.

"Half is then tipped out and more water

and flour is added. This process is repeated, and after a week, the mixture is then ready to make the bread."

Once the dough has been made, it is left overnight to rise.

The sourdough from That Bagel Place takes three days to produce.

He says the bagels are also authentically made and preservative-free.

"The dough sits overnight in a cool room to give our bagels greater flavour and density. The bagels are then dropped into a vat of boiling water for a few minutes giving them their shiny, amber, chewy crust," he says.

Then they're baked in a very hot oven.

Peart sells That Bagel Place produce at the markets on Saturday mornings, 8am to 11am.

Sourdough loaves are \$5 and bagels are \$6 for a half dozen.

■ This article was contributed by the Capital Region Farmers Market.