

Scottish Bread Championship 2023

Sponsored by



The Scottish Bread Championship 2023 will be held at Bowhouse in Fife during Real Bread Week.

Scotland The Bread & Scottish Food Guide continue as sponsors and we are delighted the Championship has also received sponsorship from **The Edinburgh Bakers Trust.**

The Incorporation of Bakers of Edinburgh Charitable Trust is a registered charity (SC047164) whose purpose is the advancement of baking education, arts, heritage, culture and science. **Their core activity is to award small grants to bakers and other related organisations so please bear this in mind when planning any future baking activities as you may qualify for a grant.** <https://www.edinburghbakerstrust.org.uk>

Entry Form Deadline: Wednesday 15th February 2023

For all enquiries & returned entry forms please contact wendy@wendybarrie.co.uk

Judging will take place on Thursday 23rd February 2023 at Bowhouse, by St Monans, Fife. Full details for delivery of entries will be sent to you nearer the time.

The Championship Results will be announced on Saturday 25th February at the inaugural Scottish Real Bread Festival at [Bowhouse](#).

Classes for Scottish Bread Championship

Class 1 - Classic Sourdough bread – using flour, water and salt

Class 2 - Enriched Sourdough bread – with additions of seeds, fruit etc.

Can be sweet or savoury

Class 3 - Bread from Scottish-grown grain, milled in Scotland

Class 4 - Breads reflecting Scotland's food culture e.g. made with historic grains/reflecting international influences and traditions (e.g. Italian/Ukrainian/Asian/Nordic fermented flatbread/crispbread)

Class 5 - A bread excelling in nutritional quality

Class 6 - Cottage Loaf – inspired by the benefits of baking at home for the family

Class 7 - Sourdough pastries e.g. croissants/ Danish pastries, sweet or savoury; N.B. 'real sourdough', as defined by the Real Bread Campaign, has no added baker's yeast or chemical leavening agent.

Class 8 - The People's Bread – a loaf made to Scotland The Bread's 'People's Bread' standard <https://scotlandthebread.org/our-work/the-peoples-bread/> for a well-fermented loaf, made with a high proportion of locally-milled organic Scottish-grown grain, aimed at producing a nutritious, affordable and accessible bread for everybody.

Judges will also award one Supreme Champion and one Reserve Champion.

These *overall* awards are for *loaves* and not pastries.

Awards

Awards will be given for entries that reach a standard of excellence, based on Gold, Silver and Bronze. There will be no limit on the number of Gold, Silver or Bronze awards that can be in any class and awards will only be presented in a class should judges decide they merit such. The winners of merit awards will receive certificates (both hard and electronic copy) that may be displayed on their product, website, shop etc.

Rules & Regulations:

Entry Form

- Only this 2023 official Entry Form will be accepted.
- Participants are solely responsible for the accuracy and eligibility of their entries.
- Substitution of entries will not be permitted after the closing date for entry.
- Each entry must be, at the closing date for entry, the bona fide property of the entrant in whose name it is entered.
- Each entry must be from a business based in Scotland or a person residing in Scotland.
- **Two loaves/pastries should be supplied per entry** - one for judging and another for public display thereafter.

Judging

- The Judges' decision is final.
- No prize shall be awarded unless an entry is deemed of sufficient merit.
- No entrants have access during judging.

Definition / criteria for Real Bread in the Scottish Bread Championship

All entries **must conform** to the basic definition of the Real Bread Campaign; **Real Bread is made without the use of processing aids or any other artificial additives.**

The only exceptions to the 'no additives' rule are the four 'fortificants' added to all non-wholemeal flour by law in the UK.

At the **Scottish Real Bread Festival** on Saturday 25th February, awarded breads will be displayed along with any commercial labels/wrappings/marketing insignia provided by entrants. It will not be possible to return items and displays will be disposed of by the organisers in an appropriate and waste-conscious manner.

Guidance

Don't forget to check the labels of ingredients and any mixes you use, to make sure that no additives or processing aids get into your dough that way.

In particular, flours and mixes may contain ascorbic acid or added enzymes, and instant yeast usually contains additives.

Always read the label and, if necessary, check with the supplier or manufacturer. Chemically-raised products, such as soda bread, are not eligible.

Additional attributes of Real Bread

These are criteria that enrich the meaning of Real Bread as being 'better for you, your community and the environment'. You will assist the judges by mentioning any of these that apply to your product on the Scottish Bread Championship Entry Form. Real Bread is better when it is:

- fermented slowly (for at least four hours), preferably deploying the beneficial bacteria in a sourdough starter
- made using flour from a small specialist milling business
- made from locally grown organic grain
- made in one continuous process (NB: part-baking or freezing of the dough are not allowed)
- made, following best practice, with salt at less than 1% of the total product weight at the mixing bowl stage (please state the salt percentage in the ingredients list)
- made from certified organic ingredients
- made in a small, independent bakery or at home

In addition to flour, water, salt and yeast/sourdough (that are the only necessary components of real bread) **natural food ingredients** may be included as long as their presence does not contradict the criteria for the category you are entering them in.

Any natural food ingredients, such as seeds, nuts, cheese, milk, malt extract, herbs, oils, fats and dried fruits, should be minimally processed and must themselves contain no artificial additives.

The full list of ingredients (not the recipe) must be submitted on each entry form, in descending order of weight.

We shall be using hashtag **#scottishbreadchampionship** on social media.