



fedima

Understanding
Sourdough
*building a common
ground*

2022

FEDIMA: WHO ARE WE ?



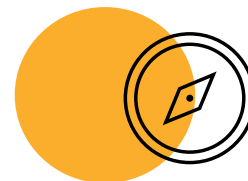
European federation of manufacturers and suppliers of ingredients to the bakery, confectionery, and patisserie industries



13 national associations members representing
~200 companies with
>20 000 direct employees across Europe



Shape a favourable environment to ensure a sustainable and innovative bakery sector



Be the European bakery ingredients platform to support and grow the bread and pastry market.

Agenda

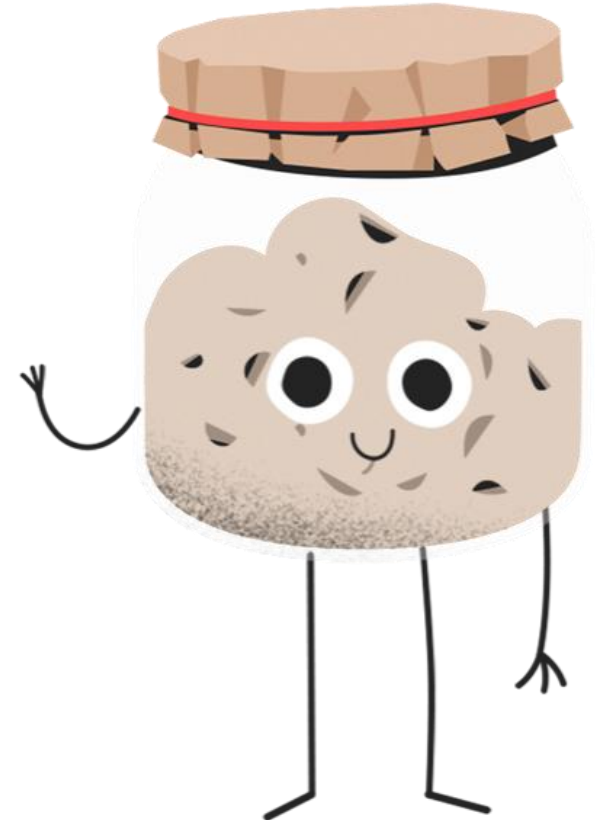
- Introduction
 - Why an "Understanding Sourdough" Paper ?*
 - Various approaches and definitions in Europe*
- *"Understanding Sourdough" Paper*
 - History and content*
- Fedima call for action
- Q&A



Introduction

Why an "Understanding Sourdough" Position Paper ?

- **Difficulty to classify and define** sourdoughs due to its inherent use as a leavening agent and/or as an ingredient.
- **Lack of harmonization** on sourdough **definitions** across the EU.
- Necessity to establish a **common understanding** on the forms and the use of sourdoughs.
- Interest of the consumer.
- Protect the **integrity** of the term 'sourdough'.



Introduction

Various approaches and definitions in Europe

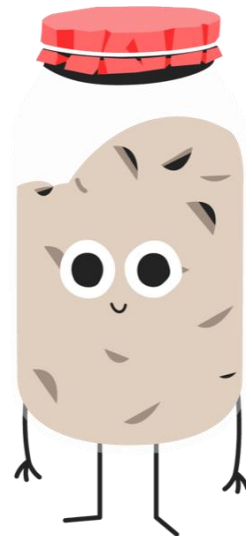
2 decrees and 1 memorandum from DGCCRF



Code of Practice for the labelling of sourdough bread and rolls



Revision of the Netherlands' Bread legislation, the Dutch Commodities Act Decree on Flour and Bread



Czech Commodity Decree



Royal Decree 308/2019
Legislation of dehydrated sourdough



Codex Alimentarius Austriacus



German Guidelines for Bread and Small Baked Items

"Understanding Sourdough" Paper

History and Content



History of the "Understanding Sourdough" Paper

Information Paper on sourdough in Europe

Reference to this "position" in Scientific publication & Code of practice

Discussion among FEDIMA members regarding 2014 document

"Sourdough in Europe" Position Paper adoption by Fedima Board

"Understanding Sourdough" Internal Paper adoption by Fedima Board

"Understanding Sourdough" Position Paper adoption by Fedima Board

05/2014

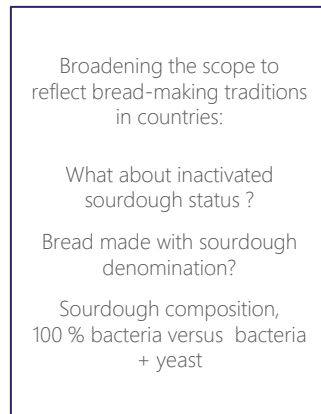
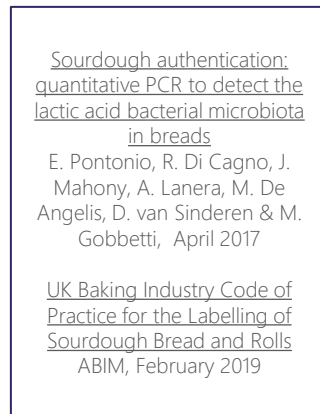
2015 - 2019

2018 - 2019

07/2019

02/2020

02/2022



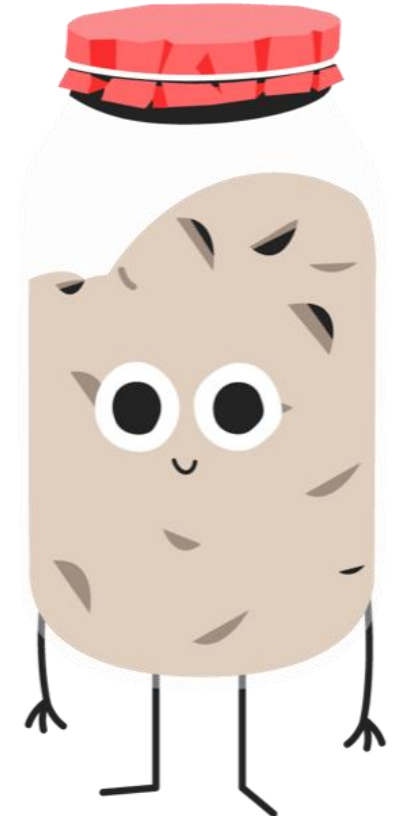
What is sourdough ?

Disclaimer: This paper must be read in respect with existing national regulations and local codes of practices.

Sourdough is a typical leavening agent with organoleptic properties in wheat bread production.

Sourdough is a distinctive ingredient with its typical acidic characteristic in rye bread production.

In all cases, a sourdough is a characteristic food ingredient obtained from flour of cereals or pseudo-cereals, fermented by microorganisms, mainly lactic acid bacteria and yeast without addition of acids to artificially adapt the acidity.



How is sourdough produced ?

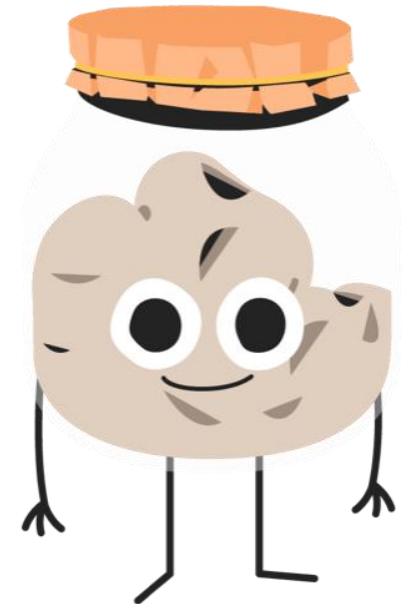
There are **two ways** to produce sourdough:

- Sourdough is produced by **fermentation** of **cereals** or **pseudo-cereals** with **microorganisms naturally present** in the environment and raw material.
- Sourdough is obtained by **fermentation** of **cereals** or **pseudo-cereals** with **specifically selected microorganisms** [mainly lactic acid bacteria and yeast]. These so-called **starter cultures** or **sourdough starters** are prepared especially to ferment sourdough in a controlled environment.

Sourdough can be maintained alive by **backslopping**. In this process, a **living sourdough** is used to **initiate** a **new/fresh sourdough production**.

Flour, water, microbiota and fermentation parameters lead to the great **diversity** in the characteristics of sourdoughs.

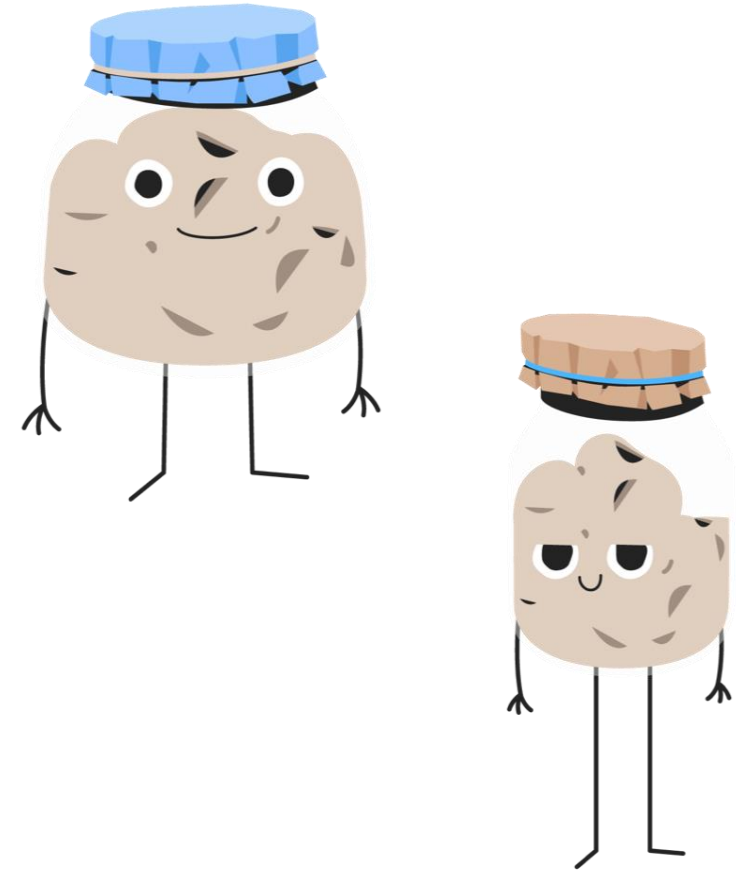
Sourdough may have a specific name in different countries.



Forms of sourdough

2 main forms of sourdough can be identified:

- **Active sourdough** : can be used as an ingredient to **initiate or support the fermentation** of a dough on an adequate timescale or to prepare a new sourdough.
- **Inactive sourdough** : ingredient in which the microbial culture is **no longer significantly alive or active** for leavening purposes.



Labelling sourdough

Fedima recommendation : Label sourdough as a compound ingredient.

Based on articles 17 and 18.1, Regulation (EU) No 1169/2011 on food information to consumers with the following list of ingredients :



WATER : if applicable (*i.e. in the case of liquid sourdoughs*)

SUBSTRATE : type (flour) with botanical origin

“Sourdough micro-organisms”, “sourdough starter”, “starter cultures”, etc.

Other permitted ingredients

Labelling of sourdough in bread

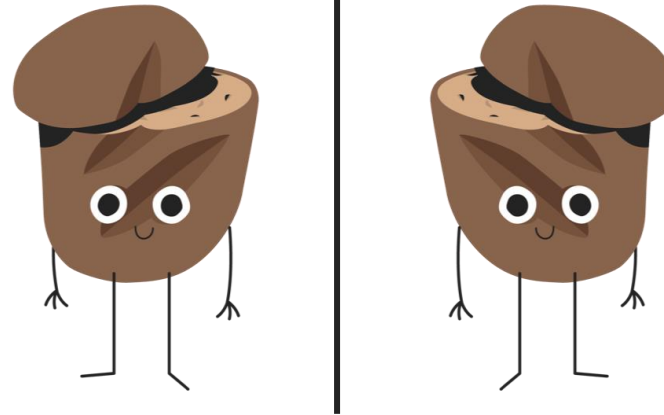
Objective: provide transparent information for consumers and valorise baker's process

- Possibility to present **breakdown of ingredients** in the list of ingredients.
- Possibility to use the **following descriptions** for labelling (*taking bread as an example*):

Sourdough bread

- Bread fermented with
- sourdough
- OR
- with sourdough and bakers' yeast

Example



Bread (prepared) with sourdough

- fermented by bakers' yeast;
- containing **sourdough** as an ingredient bringing **typical** organoleptic characteristics;
- sourdough quantity = recorded after the sourdough fermentation;
- sourdough listed as an ingredient.

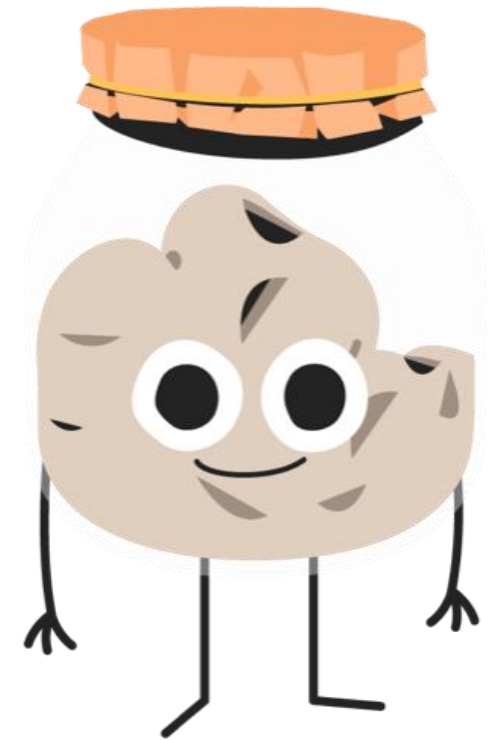
The same approach is recommended for all bakery and patisserie applications

Fedima call for action

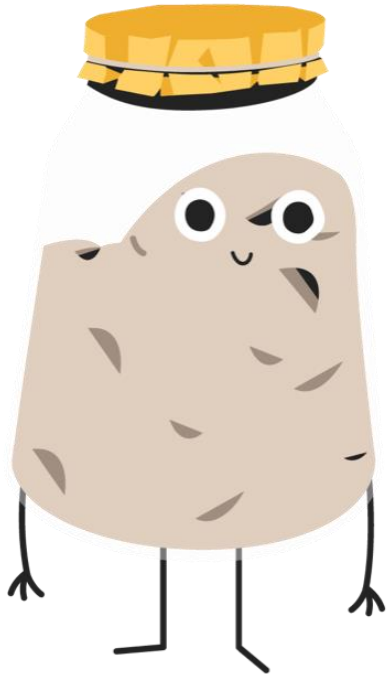
Join us in building a common understanding of sourdough!

- Share Fedima's understanding
- Explore alignment on a common understanding
- Co-sign Fedima's "*Understanding Sourdough*" Paper
- Take part in discussions on joint actions

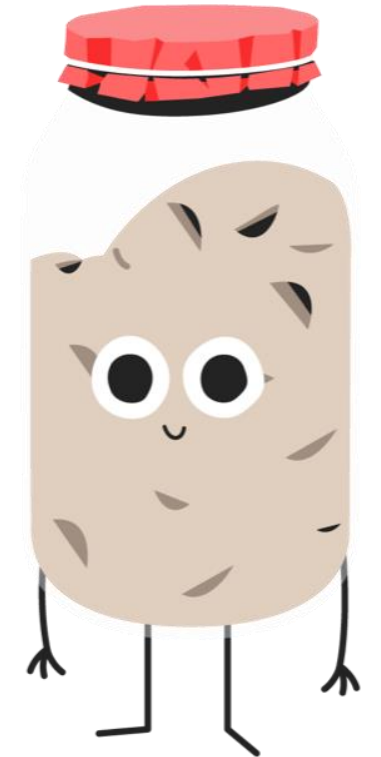
Access our Paper on the Fedima website [Understanding Sourdough Position Paper](#)



Q&A



For any further question,
contact us at
secretariat@fedima.org !



THANK YOU !

