

Richard C Swift Ltd - Our range of breads

Wholemeal Breads

Shropshire brown



A local bread created using a blend of three malts; malted wheat flakes and untreated flour. This mixture creates a loaf with a taste all of its own, moist and nutty, one definitely to try!

Malts used: Choco - Red - Cream

Shropshire Crunch



This loaf is made from an untreated, malted white flour base. Its nut and grain content gives this bread a flavour all of its own, and although similar, should not be mistaken with Granary.

Simply by adding sesame seeds, poppy seeds, and cracked wheat, we are able to offer you a different taste and texture loaf, in the shape of mixed grain. The added wheat does increase the fibre content, but not to the extent of a wholemeal loaf.

Rustic



This bread is made entirely from wheat flakes, which are blended together twice, firstly just with salt, secondly with yeast and improvers to give a soft easy eating loaf. It again gives people the chance to eat wholemeal bread with a difference.

White Breads



Our white breads which include large and small loaves, sticks and rolls are produced using a strong bakers flour called 'Churchill' supplied by Matthews Cotswold Flour Mill. This is an untreated white flour which is delivered to us in bulk from a tanker and stored in our silo. At the moment we use an average of 3 tonnes per week.

We move the flour using a hopper system which blows the flour directly into the bake house, it allows us to weigh the required amount straight into the mixing bowl. In this day and age with the emphasis and health and diversity in breads, our traditional white breads are still our biggest seller.



French Breads



As a company we are always looking to give you, the customer, something different. This is especially true when it comes to our range of authentic French breads, and these breads really are as authentic as you can find. The flour we use is imported directly from France from the mills of Grand Moulin De Paris, France's largest millers. The techniques we use are those shown to us by a Parisian

baker who works through the technical division of Grands Moulins, entitled Moul-
bie, which literally translated means from mill to bakery. The concept entitled Ronde
des Pains, is exclusive to only the craft bakery sector. We, at this present moment,
are the only bakery in Shropshire, and the surrounding counties, such as
Herefordshire and Worcestershire, to bake these French breads under the Artisan
Boulangier accreditation. So why not try a taste of France right on your doorstep with
the Campaillette range of either Grand Siecle, or Des Champs, the malted brown
Campagrain, or the sour dough style Campaillou in either plain or smoked cheese
and bacon ... they really are TRÈS BON.



Healthy Eating Range

Spelt



The latest member of our brown bread range, again helping us to try to cater for differing tastes. This bread is made with an ancient Roman Wheat (triticum spelta) which is stone-ground. Its gluten content differs from that of most breads and maybe suitable for those who cannot eat gluten.

However! Please consult a doctor or nutritionist as to whether is it suitable for you

Lo-salt bread



By reducing the sodium content in the loaf, we can offer a loaf which could be beneficial to those with high blood pressure and subsequent problems that arise from this, i.e. the risk of strokes. The LO-SALT we use contains 66.4% potassium (min) and 33.6% Sodium. This enables us to give you a loaf with 1.09gr. sodium content, which results in 0.06gr of sodium per slice (18 same thickness slices)

Oatmill



A loaf made using a white flour base and a combination of three types of oats to give a different twist to a white loaf. For a long time oats have been used to benefit those with high cholesterol.

Oats used: Rolled - Pin head - Oat bran

Gluten free



A bread made using rice, potato, buckwheat, maize and tapioca flour (contains Dairy), blended with natural gums to produce either a brown or white loaf. (Variations are available).

Oats used: Rolled - Pin head - Oat bran

Linseed and soya



The latest addition to our healthy breads, a loaf made using a high percentage of soya flour, and linseeds. Linseeds provide a source of Omega oils, good for all round health. The proteins in the soya flour have also been linked with reduction in Cholesterol. There has also been information put forward to suggest that combined they can help relieve some of the effects of the female menopause.

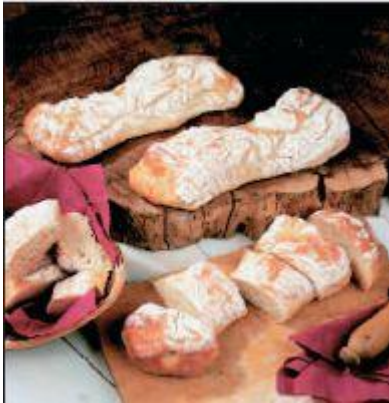
Fitty bread



A loaf which is made with added VITAMIN E, CALCIUM and MAGNESIUM. It contains linseed, lupin, and sunflower seeds as well as increased dietary fibre.

International Breads

Ciabatta



Taken from the Italian meaning 'slipper bread', this has a very light, open crumb due to its long fermentation process. Baked on the oven bottom to give maximum taste to the crust.

Focaccia



Made using a similar process to Ciabatta but containing a higher percentage of olive oil. A softer, moister loaf lending itself to adding various toppings. As featured with rosemary and feta also red onion, rock salt and herb.

Stromboli

Named after the volcanic island, this also has a long fermentation process, then is rolled out. Mature cheddar cheese (smoked), mozzarella, garlic, shallots, basil, sea salt and olive oil are added. This can be eaten hot or cold with salads or on its own. It's a meal in itself!

Pan casero



Spanish style bread translated 'house bread'. Enriched with eggs, olive oil, rosemary and raisins. Lovely on its own or recommended with pate.

San francisco sour dough



A white dough to which we add a natural sour dough, which is very acidic resulting in a distinctive flavour. Orange brown outer crust and fish eye texture which is quite leathery to feel, but this enables the bread to be used as a San francisco soup bowl ideal for dinner parties.

Bagels



Using a New York mix, we are able to give you an authentic looking and tasting bagel, helping us to bring you a taste of the States. To the basic recipe we ourselves, have added, tomato and herbs, cheese, cinnamon, blueberries, onion, mixed peppers, and malts to give you a choice of up to 8 different flavours, great filled or toasted with cheese..

Brioche



A rich, soft French breakfast loaf. The use of eggs, butter and sugar give it a yellow crumb and soft texture. Also available in white chocolate and rum and raisin.

Croissants



This product is made using real French butter and the process of lamination where the dough and the butter are rolled and folded together to make layers, which produces an open and flaky authentic croissant.

Speciality Breads Cider



Made using white wholemeal rye flour and a blend of six seeds and grains. The flours and grains are blended and soaked in strong traditional cider, as are the sliced apples which are added at the end of mixing. Topped with flaked almonds. Good with cheese. (contains nuts).

Curry



A whole flour base with ground cumin and coriander and medium strength curry powder. All blended to give a very different loaf. Sultanas and onions are added at the end to create an authentic curry taste.

Chilli



White flour based with mixed herbs and dried chilli. Finished before baking with an arrabiata chilli paste and dusted with flour; a nice accompaniment to a cheese board.

Shropshire blue & red onion/herb & garlic



A white dough base. Each dough piece is then buttered before the fresh ingredients are added. Also glazed with butter before and after baking. Delicious! (Ideal for warming on the BBQ)

Pi-ado



Mediterranean style bread, with sundried tomatoes, onions, peppers and olive oil, finished with paprika, chives and peppers. A light, soft distinctive flavoured loaf.

Beer bread (Hobsons Donker)



A blend of white flour and a dark rich German flour called Donker. The Donker flour is soaked in Hobsons 'Old Henry' Beer for twenty four hours. This is then blended with the white flour to give better volume to the loaf. Serve toasted for a better flavour.

Pesto & walnut

A white dough whirl with cheese, pesto and walnuts, finished with olive oil and walnuts (contains nuts). A blend of English/Canadian and French flours are used for this dough, which makes it very versatile and is used for both the cheese & tomato shown below.

