

Many people would know **Karl Bayer** as a Professional Photographer living on the beautiful Mid North Coast of New South Wales at Taree.

He specialises in Aerial, Real Estate, Commercial and Portraiture Photography.

Karl's Images have been used extensively to promote the Manning Valley as a tourist destination as well as providing corporate and visual communication needs servicing the local business community.

What few people know is that Karl is also a German trained Pastry Chef with a passion for great food that was practically instilled in him from early childhood.

His parents ran a "Konditorei-Cafe" which is a typical European Coffee shop and Patisserie. It was there that Karl did his apprenticeship which enabled him later on to migrate to Australia. He spend the early 80'working in his trade at the Sydney Hilton, Wentworth Hotel and various other Establishments before a carrier change turning his other great passion, Photography, into a profession.

Fast forward. Bavarian Sourdough Bread

It was thanks to Rudi's persistent prompting that got Karl motivated and excited to fill a perceived gap in the local Gourmet Food Market:

Traditional **Sourdough Bread**.

The feedback so far has been very encouraging to say the least.

Karl is looking forward to expand the present small production capacity to meet the growing demand in the near future.

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A few things you may not know about Sourdough Bread and its Health Benefits:

Most of us do not know that before the 1950's most bakeries, especially in Europe, ran 2 shifts of workers because the dough was fermented throughout the night with a long and slow natural fermentation process.

Free of commercial yeast, sourdough breads have an aroma and distinctive flavors all of their own and are naturally leavened by a fermented starter.

Poorly-prepared and poorly-digested wheat is the chief contributor to the current plague of "gluten-intolerance," obesity, diabetes, Candida diseases and many allergenic conditions.

Correctly fermented wheat contains 18 amino acids (proteins), complex carbohydrate (a super efficient source of energy), B vitamins, iron, zinc, selenium and magnesium, and maltase.

Bread was first leavened by the Egyptians around 2300 BC. This kind of natural leavening remained the basis of Western bread baking until the 20th century when bread made from commercially prepared yeast was introduced.

Naturally leavened breads rise over time (8 to 12 hours) by the action of wild yeast spores drawn into the sourdough starter from the air.

These beneficial bacteria in sourdough help control candida albicans, whereas baker's yeast is a pro-candida organism.

People with allergies to commercially yeasted breads may not have the same sensitivities to naturally leavened whole grain sourdough bread.

With sourdough bread, complex carbohydrates are broken down into more digestible simple sugars, and protein is broken down into amino acids.

Natural leavened bread, because of its inherent beneficial ferments, slowly recreates the population of friendly lactobacillus digestive bacteria in the absorption tract.

Source: Mark Sircus Ac., OMD Director International Medical Veritas Association