

Breaking Bread with Indian Chapati in Sydney Food Festival

By: Surinder Jain.

Hindu Council of Australia participated in Breaking Bread with other Australian communities as an initiative of Food Faith during the ongoing Sydney Food Festival at Hyde Park Palms on 9th October 2018.



Food Faith is a not for profit organization promoting environmental and social sustainability. Sharing of bread and then breaking it to eat - Breaking Bread - is its initiative to bring communities together.

Hindu Council of Australia brought Indian Bread (Chapatis) which were distributed among more than a hundred people present there along with a Kangaroo grass bread from Staple Bakery, a Challah (Jewish bread) from Our Big Kitchen and Rustic panini from Bread and Butter Project.

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The session started with an aboriginal elder explaining the value of Kangaroo grass seeds as a staple food for first Australians and as a staple crop before colonization of Australia. Other speakers talked about role of bread in religious ceremonies, how food and bread has changed over the years, ongoing research by universities on less popular slow going grains and how food can be a source of sustainable charitable businesses.

Judy Friedlander explained the concept behind the Breaking Bread initiative.



FoodFaith

Breaking Bread

Planting seeds together...

Kangaroo grass bread from Staple Bakery

The bread made from kangaroo grass seeds, heritage flour and rye offers Breaking Bread attendees an Australian first – for non-Indigenous Australians. Breads from native grains were a staple for Indigenous Australians and we are now re-learning the amazing benefits for our environment, diet and tastebuds! Grains courtesy of well-known Indigenous historian and academic, Bruce Pascoe, and his agricultural group, Gurandgi Munjie. Bread courtesy of Royal Agricultural Society of NSW award-winning baker, James Partington of Staple Bread & Necessities in Seaforth.

Challah from Our Big Kitchen

Challah is the Jewish traditional bread eaten on Shabbat. Essential ingredients that bring their own important blessings are brought together for unification and to think about the oneness of God. Kneading the dough is a special time to pray for anything you, your family, friends or the world needs. Challah is courtesy of Our Big Kitchen (OBK), a community kitchen in the heart of Bondi. OBK inspires individuals to come together to help people in need. Last year, over 80 000 meals were made and distributed to disadvantaged Australians.

Chapati courtesy of Hindu Council of Australia

Chapatis are made using a soft dough comprising Atta flour, salt and water. Atta is made from hard Gehun (Indian wheat, or durum). It is more finely ground than most western-style whole wheat flours. The Hindu Council of Australia is a peak body organisation working for a strong, cohesive and active Hindu community in Australia, aiming to live in harmony with other religious and cultural communities while also devoted to preserving and sharing Hindu faith, culture and traditions with others.

Rustic panini from Bread & Butter Project

The panini is Bread & Butter's take on the classic panini roll with an olive oil and milk base to ensure a crunchy outside and soft fluffy texture within. It is traditionally an Italian style of bread however Bread & Butter Project have adjusted the recipe slightly to ensure its suitability and freshness in a humid Australian climate. The Bread & Butter Project is an artisan bakery and Australia's first social enterprise bakery. 100% of Bread & Butter's profits are re-invested into baker training and

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