

Bread*

Do you bake bread at home? _____. Did you do it some time ago? _____
When are you're talking about? _____ With what frequency? _____

Ingredients: flour and water, salt, yeast (...)

Type of cereal: wheat, rye, barley, corn _____

Where is/was it grown the cereal that you have been used? _____ Is
cereal crushed at home or flour purchased? _____

Which type of yeast is used: fresh, dried, _____ are other ingredients
added? Sometimes or always _____

Other ingredients: sugar, spices, fat (butter, _____), seed (_____), fruit
(_____), egg (_____), cold meat (_____), milk (_____).

Process: Dough (water and flour), yeasting, cooking, cooling. In the oven:
firewood. electricity, gas. Older furnaces: clay, stone, brick or skillet, grill, live
coal, directly above the fire.

Storage: Where is it preserved? _____ How long? _____

II. Your bread is bought...

In a baker`s, supermarket, hypermarket _____

When you buy it, it is taking into account: that it has been coked with wood, the
materials it has been made with, the price, _____

III The bread in the diet.

Which type of bread do you usually consume? (cereals, bread shape ,...)_

You eat it daily: at breakfast, lunch, snack, dinner, _____

Approximately, how many kilos of bread (for person) do you consume during
the year? Less than 50, 50-75, 75-100, 100-150, _____

Did it change greatly the amount of bread you consume? _____; Is it more or
less now? _____

Bread represents in the shopping list about: less than 5%, 5-10%

How do you use bread? a) to accompany everything b) sandwich, bread with
tomato, toast with butter, _____

Do you make use of stale bread?? _____: in garlic soup, fried bread, crumbs,
black pudding, _____

IV Bread in Gallician Anthropology.

Do you know what was "black bread"? _____

Look for some saying which is related to bread. _____

Would you highligh bread from some areas of Galicia ? _____

Remember some aspect of interest or curiosity related with bread? _____

* This inquire is to be filled by each family.