

Brett's an artisan with dough

YOU don't have to go to France to get great artisan bread.

That's the case after Uncle Bobs Bakery Belmont owner Brett Noy was crowned Australia's Top Artisan Baker at the recent Australian Artisan Baking Cup in Melbourne.

Artisan baking involves the use of ancient methods and techniques, requiring a high degree of skill as the use of chemical improvers and control agents so frequently used in modern bread production is forbidden.

Brett had to produce a range of products including sourdough, ciabatta, spelt bread, French baguette and a competitors choice product, for which Brett made his Potato & Rosemary Sourdough with Smoked Sea Salt (the highest scoring product in its category.)

Brett said artisan bread was especially



RIISING STAR: Aussie champion artisan baker Brett Noy of Uncle Bobs with some of his prize-winning breads.

flavorsome.

"One of the great side benefits of the long fermentation times (in some cases as long as 48 hours) is the great value for money that comes from its incredible keeping quality," he said.

Brett said there are many health benefits to

artisan bread and diabetics, like his father, love it.

"It's naturally lower GI bread and much more efficiently digested, and there's no unprocessed nasties to mess with your system."

Brett will join a three person Australian team

to compete in the European Baking Cup in Italy in January.

He will be passing his artisan bread baking skills off to other bakeries in the Uncle Bobs chain and adding to their bread range.

Uncle Bobs has outlets at Redland Bay and Thornlands.