



Every month there will be a biography of community and home based bakeries.



Biography Buns of Joy

From studying a BA hon in sculpture in London and completing a Master of Commerce in Finance and Accounting in Sydney, to working in Treasury for one of the big five consulting firms in Germany, my journey took a fateful change when returning to Africa (which ultimately always felt like my true home). I took one of the best decisions for myself to leave the corporate world behind me and make my insatiable passion for flying, my profession. I dedicated myself to getting a commercial pilot's license and in the blink of an eye found myself to be an ambitious bush pilot based in Uganda, exploring the dramatic African skies and loving having made my passion my career. A theme will repeat itself, as while I was building my 11-year career as a pilot, I discovered my next passion; one as significant and fulfilling. My passion for baking bread. Deciding again to make my passion my profession, Buns of Joy was born.

Almost two years ago a friend of mine suggested I join her in a bread baking workshop. I have always enjoyed cooking, but have never really been 'a baker'. I thought it would be a fun idea and signed up. The initial workshop was at beginners' level, where one learnt how to make bread with dried yeast. I loved the workshop and enthusiastically went on to bake all kinds of breads for my friends and family and with it I found a new passion. Naturally the next step was to move onto sourdough. So, after a few months of baking my friend and I signed up for the sourdough workshop. I have never looked back since and have unintentionally become a passionate bread snob. For one, I love the taste, but for the other, I realized how unhealthy the mass-produced bread in the supermarkets is.

So, my sourdough journey began. Often being guilty of being a German perfectionist, I started my "quest for the perfect loaf". Learning how to make 'great' sourdough is both a serious craft

and an art. It requires both skill and intuition. One needs to learn how to read and understand the dough. Yes, there are certain rules, but there are also so many variables that play a part in your baking process. Every bake is different and some bakes are greater than others. This might sound like a cliché but I really found that through the failures I possibly learnt the most.

Apart from the ambition to bake the perfect loaf, I enjoyed the peace and fulfilment that the baking gives. Once I step into the kitchen, immersed my hands in lovely sticky dough and focus on shaping gorgeous little loaves, all the stresses in the world seemingly disappear. It feels like the world is at peace.

When COVIT struck and turned our world upside down, I used a lot of my unintended free time, baking bread. Undoubtedly, my favourite bit of the whole process is the scoring. I have followed some incredible bakers on Instagram and love experimenting with many scoring patterns. I suspect that my initial career choice as a sculptor comes in handy here. Not only do I love cutting the pattern, but planning and working on the final outcome when the bun dramatically blooms in the oven is just too exciting. When I still baked in my Dutch Oven in my home oven, I loved the suspense, just before you lift the lid to see how your bun has evolved.

I casually posted some pictures of my creations on my social media and, unexpectedly, friends asked if they could start buying bread from me. After some initial hesitations, I decided to take the plunge and start my bread baking business. Soon the orders came flooding in. Friends, family, friends of friends and complete strangers were all asking to buy my loaves. Soon, my little home oven started to struggle with the rapidly increasing demand, so I cleared out my garage and invested in some professional equipment and with-it production skyrocketed.

The best thing about the business is being able to share my joy of baking. This is why I chose the name Buns of Joy. It's a beautiful bundle of natural goodness that arouses the senses. It's gorgeous to look at, smell, touch and especially taste. When you eat it, it makes you feel all warm and fussy inside and not only does it taste good, it is wholesome and nutritious too. My ambition is to enable people to discover and enjoy real genuine bread, baked with good stoneground flour free from preservatives. Move back to our roots and enjoy quality not quantity.

In addition to selling, I now offer sourdough baking workshops. With these, I wish to teach a fabulous skill, but also to create awareness of the value of artisanal baking and choosing good ingredients. Buns of Joy is essentially about the art of natural goodness.

Specials from Macadams. Aimed at the home baker and small bakeries.



MACADAMS HOME BAKING COMBO

R 24,198.90
(Ex VAT . T&C's Apply)



MACADAMS HOME BAKING COMBO

PRODUCT CODE	DESCRIPTION OF GOODS	QTY	UNIT PRICE	TOTAL PRICE
SME-90002	SMEG Alfa 43GH - 4 Tray Convection Oven	1	R 8,500.00	R 8,500.00
SME-99003	Oven Grids - 435x320mm (set of 4)	1	R 1,495.00	R 1,495.00
SME-99004	Perforated Trays - 435x320mm (set of 4)	1	R 1,725.00	R 1,725.00
CMS-90025	Macadams 5Lt Cake Mixer with attachments	1	R 12,752.00	R 12,752.00
-	LESS SPECIAL DISCOUNT			- R 5,164.00
PSE-0015	15kg Portion Scale Electric	1	R 2,196.00	R 2,916.00
PSR-0216	Rounded Plastic Scraper : 216 x 128 mm	2	R 16.20	R 32.40
OML-0400	Red Leather Oven Gloves (pair)	1	R 174.50	R 174.50
HDM-90146-PTH	Large Plastic Rye Bread Basket (1kg)	4	R 622.00	R 2,488.00
OPTIONAL EXTRAS :				
TBL-93065	Stainless Steel Table - 1850x750mm	1	R 4,818.00	-
			TOTAL (Ex VAT)	R 24,198.90

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MACADAMS BAKING SYSTEMS

MACADAMS HOT BREAD SHOP - CONVECTA 8 -

R 164,021.20
(Ex VAT . T&C's Apply)



MACADAMS - HOT BREAD SHOP - CONVECTA 8

PRODUCT CODE	DESCRIPTION OF GOODS	QTY	UNIT PRICE	TOTAL PRICE
COV-91800	Macadams Convecta 8 Oven - Standard	1	R 87,664.00	R 87,664.00
PRS-99800	Macadams Convecta 8 Prover (underbuilt)	1	R 40,444.00	R 40,444.00
CMS-90003	Macadams SM401 Cake Mixer - 40Lt	1	R 32,410.00	R 32,410.00
CMA-90025	SM401 Cake Mixer Stand	1	R 3,174.00	R 3,174.00
TBL-93065	Stainless Steel Table - 1850x750mm	2	R 4,818.00	R 9,636.00
TRG-91081	18 Shelf S/S GP Rack - Tray - 400x600mm	1	R 9,602.00	R 9,602.00
TMF-91124	24 Cup Muffin Tray - 400x600mm	8	R 700.00	R 5,600.00
TMS-90125	Mild Steel Tray - 400x600x25mm	8	R 276.00	R 2,208.00
TAS-90180	AluSteel Perforated Tray Ribbed - 400x600mm	8	R 290.00	R 2,320.00
TBG-90105	AluSteel Baguette Tray 5 Flute - 400x600mm	8	R 444.00	R 3,552.00
PAN-90113	Bread Tin Single - 800g	8	R 368.00	R 2,944.00
LID-90103	M/Steel Bread Tin Lid B04 - 800g	8	R 198.00	R 1,584.00
-	-	LESS SPECIAL DISCOUNT	-	R 41,312.80
PSE-0015	15kg Portion Scale Electric	1	R 2,166.00	R 2,166.00
-	Assorted Hardware	1	R 2,000.00	R 2,000.00
OPTIONAL EXTRAS:				
COV-99021	Stand for Convecta 8 Oven	1	R 13,610.00	-
CMS-90002	Macadams SM201 Cake Mixer - 20t	1	R 21,340.00	-
CMA-90015	SM201 Cake Mixer Stand	1	R 2,748.00	-
			TOTAL (ex vat)	R 164,021.20

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MACADAMS BAKING SYSTEMS

MACADAMS HOT BREAD SHOP - CONVECTA 4 -

R 55,634.00
(Ex VAT . T&C's Apply)



MACADAMS - HOT BREAD SHOP - CONVECTA 4

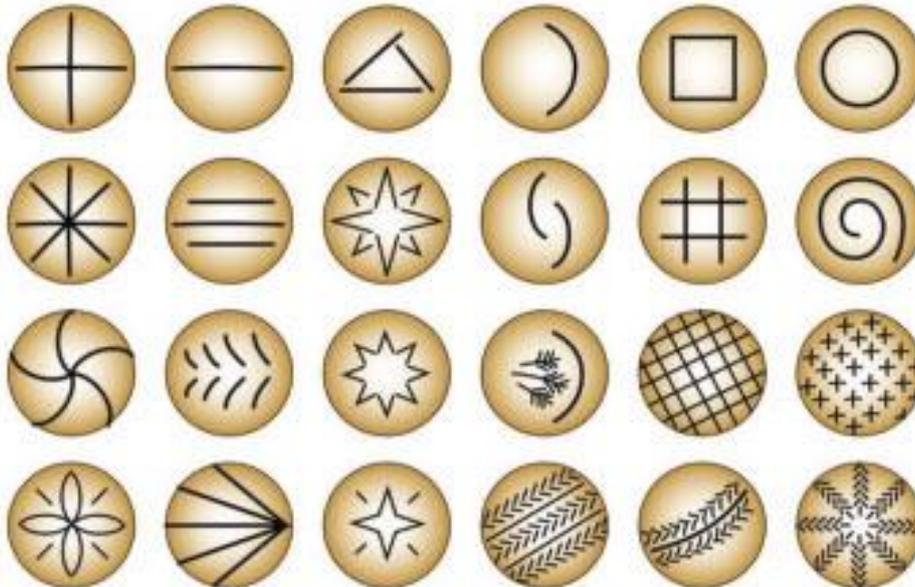
PRODUCT CODE	DESCRIPTION OF GOODS	QTY	UNIT PRICE	TOTAL PRICE
SME-90011	SMEG Alfa 4 Tray Convection Oven	1	R 30,963.00	R 30,963.00
CMS-90000	Macadams SM101-g Cake Mixer - 10Lt	1	R 17,046.00	R 17,046.00
TAS-90180	AluSteel Perforated Tray Ribbed - 400x600mm	4	R 290.00	R 1,160.00
TBG-90105	AluSteel Baguette Tray 5 Flute - 400x600mm	4	R 444.00	R 1,776.00
TMF-91124	24 Cup Muffin Tray - 400x600mm	4	R 700.00	R 2,800.00
TMS-90125	Mild Steel Tray - 400x600x25mm	4	R 276.00	R 1,104.00
PAN-90125	Bread Tin Single - 800g	2	R 80.00	R 160.00
LID-90104	M/Steel Bread Tin Lid B04 - 800g	1	R 216.00	R 216.00
-	-	LESS SPECIAL DISCOUNT	-	R 11,800.00
POA-0001	Macadams Convecta 4 Prover	1	R 8,040.00	R 8,040.00
PSE-0015	15kg Portion Scale Electric	1	R 2,166.00	R 2,166.00
-	Assorted Hardware	1	R 2,000.00	R 2,000.00
OPTIONAL EXTRAS:				
COV-99015	Stand for Convecta 4 Oven	1	R 9,686.00	-
TBL-93065	Stainless Steel Table - 1850x750mm	1	R 4,818.00	-
			TOTAL (ex vat)	R 55,634.00

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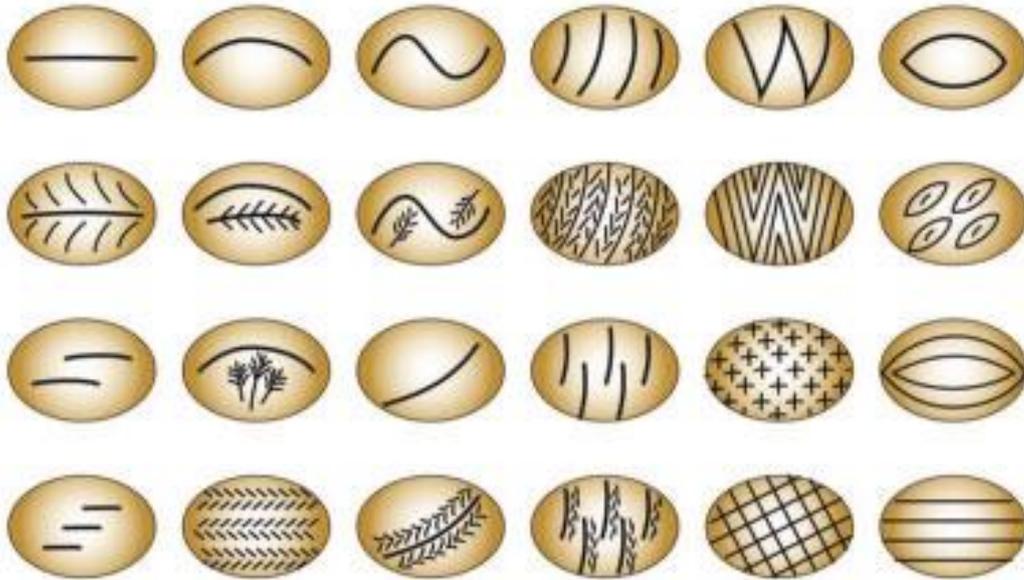


Some scoring techniques.



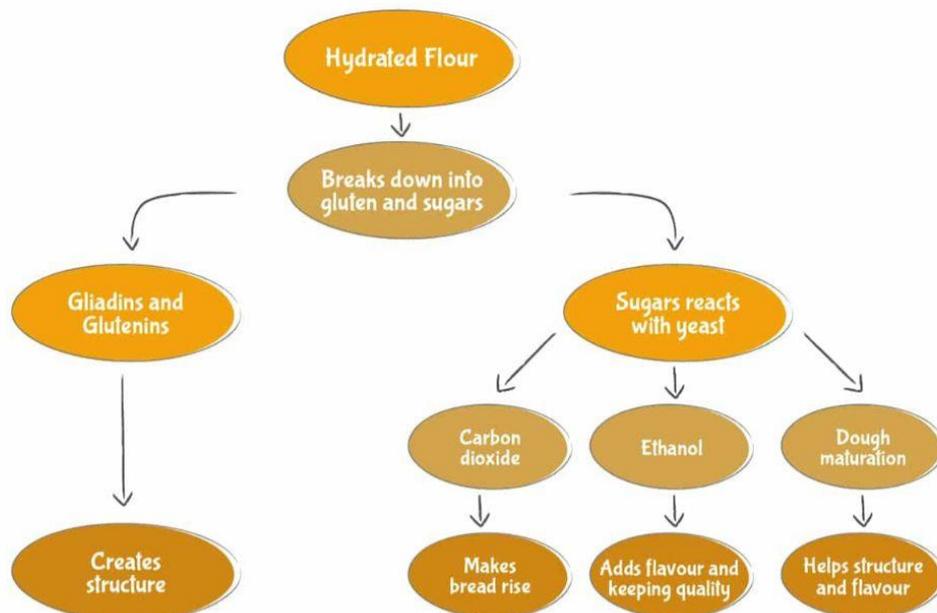
Bread Scoring — Basics © 2018 Breadtopia, Inc.

Batard Scoring Patterns



Some science behind fermentation.

HOW DOUGH FERMENTATION WORKS



SourdoughSA & Sourdough & Craft Bakers South Africa is constantly up-skilling and training bakers throughout Jhb and Pta areas. To have a skilled baker in your bakery can add a lot of value to your business.

Streamlining of a bakery is very, very important for the survival of any bakery. Every aspect, from stock related issues, to production planning, new product development, movement of FPG, and many, many more.



Contact us:

Email:- info@sourdoughsa.co.za

Text:- 079 049 5445

Bakeries

Up-skilling, training and streamlining.

With more than 32 years experience in small craft bakeries, up to large retail bakeries.

From physical baking up to management, we can help you to streamline operation.



From up-skilling bakers, stock movement, new product development, production schedules, and many many more.



Sourdough Soft Milk Loaf by Adeline Song

Bread flour 300g

Milk 180g

Sugar 30g

Salt 3g

Levain 180g

Butter 30g

(Levain - 60g starter +60g flour+60g water + 25g sugar)

