

# Spanish Traditional bread culture is back

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LINK:

<https://bit.ly/2qkhqsl>

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Salvador Pla is a passionate person. He inherited the bakery and confectionery called Monpla from his father. He could have taken the easy way, simply do what had been done there for decades, but far from this, he decided not to do things as usual, but to do them even better. In order to make this happen, he traveled to learn and be trained in top places of France and Switzerland. Then he returned and, against all odds, he recovered the best of our many centuries of tradition, both in bread and in sweets and confectionery. He did something that has turned out to be revolutionary and, at the same time, very simple: he chose the opposite way to the one followed by the industrial systems that have taken the flavor and the aroma of traditional breads, sweets, candies and confectionery away from us.

The path, in fact is simple to explain: in his work he replaced chemistry with physics: that is to say, he chose first the more natural raw materials; then, in a very intelligent way, he applied on them technology to control things like: temperature, cold, pressure, vacuum, condensation, steam, textures... eliminating chemical reactions in the elaboration of his breads, sweets, candies and confectionery as much as possible. That is to say, he returned to the natural and much more healthy method. And that, now, has turned out to be revolutionary. By doing so, he has made happy many people of my neighborhood, those of us who live nearby, and prefer healthy substance in the bread and the best flavor. And it turns out not to be alone on this. For example, in U.S.A. some others have done the same analysis and found that you can be at the forefront, going through the best of our wise tradition. This is a very brief summary of his history. Now, in images that I have taken for you, I will show you his process, - only some examples- on how he makes the bread and the results that Salvador obtains. Regarding the flavors and smells you must believe what I say to you, but seeing the images, this is not going to be difficult. Let us take it one step at a time

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First, preparing the `dough' to make the bread: flour + water, natural fermentation, and then to the oven. But, before that, stone ground wheat flours have been chosen, with no additives or preservatives.



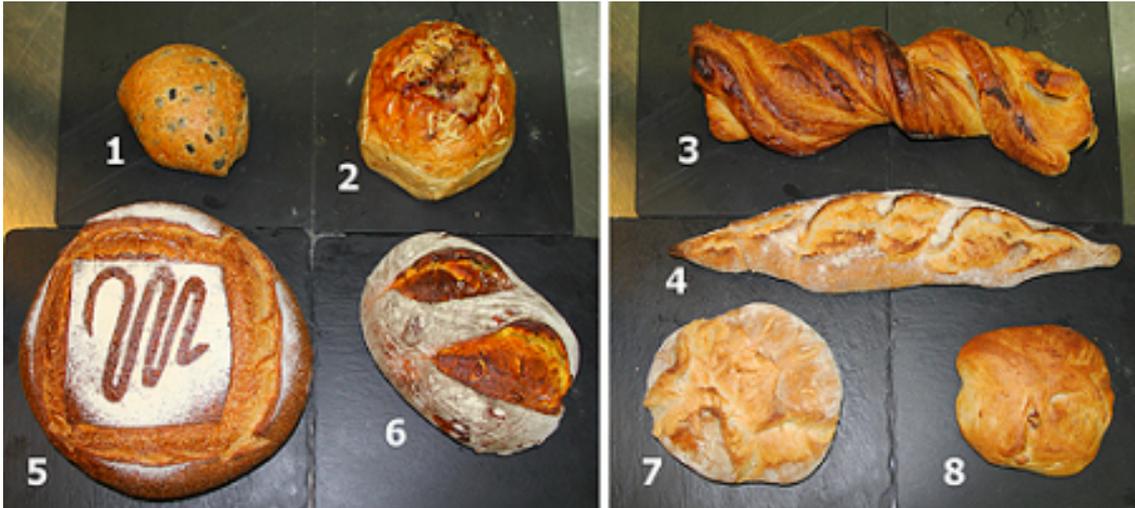
Salvador shows us the dough that is later used to shape breads after a natural fermentation that takes between 8 and 16 hours.

Later, after a very slow fermentation, the dough goes to the oven under precise time and temperature conditions, and this is the result:



To the left, Salvador removing 'Pan de cristal' ('Crystal Bread'), (the top crisp bread) from the oven. To the right, removing one 'focaccia' (bread of Italian origin), with rosemary and olive oil.

Those are some of Salvador's delicious breads:



No. 1: Black olives and basil bread; No. 2, one 'focaccia' with dehydrated vegetables; No. 3, Puff-pastry Bread (perfect with Iberian Ham); No. 4, Country Bread (Valencian specialty); No. 5, Monpla 'Travelling Bread' (it is so called because it lasts several days in perfect condition); No. 6, Organic pumpkin bread; No. 7, Round bread loaf; and No. 8, Nut bread.

If you are many people in a family meal, the best choice is a large loaf of bread. Take a look at the picture:



On the left, Salvador shows 'sweet bread' to us. It is what we call 'Panquemao', freshly-baked bread; on the right we can see it from above and a front view of a bread loaf weighing about six pounds, perfect for meals, suppers, dinners with a large number of diners or relatives.

And here, finally, you can see the bread sampling that Salvador does, in his bakery-confectionery shop so that you can choose.



Example of the daily sampling that you see when entering Monpla, to choose what bread you want to buy. At the photo you can see: Toasted bread, whole grain and whole meal bread; rolls, puff-pastry bread and pumpkin bread, Bread with nuts and olives, 'Pan de agua' and 'Pan de Huerta' (Country Bread). And at the right edge of the image, something typical from Valencia and Spain: 'they are called 'rosquilletas'.

After reading this post, you will surely be real experts in Spanish traditional bread. Should you have any doubts or comments, please post a comment and we will explain everything to you. Does those kinds of breads resemble the ones you purchase in your neighborhood to eat at home?

We wait for your comments and hope that you have liked to know more about our traditional bread. ;-).

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Next,

*Commentaries by students belonging to the Exchange Program between the Class on the subject "Computer Science Systems for Ubiquitous Learning", of the Master Course on Communication and Education in the Net, delivered by Lecturer Adolfo Plasencia, in the National Open University, (UNED), in Spain [ <https://bit.ly/2qkhqSL> ], and the class of Senior Lecturer in Spanish, Emeritus, Massachusetts Institute of Technology, Douglas Morgenstern, of the Harvard Extension School (Harvard University) [ <https://bit.ly/2KagR2q> ], [ <https://bit.ly/2MMyfZp> ]*

## 8 commentaries



1.

Hello Adolfo!

My name is Michelle. I live in Minnesota, United States of America

This all looks so delicious that I believe I would be a very happy [and much heavier] person if I lived there. We must go (very) far away to find here such good bread!

- Michelle

🌿 By 2017e795 May 3, 2017 AT 4:24 a.m. <https://aprendizajebucuo.wordpress.com/2017/04/22/vuelve-la-cultura-espanola-del-pan-tradicional/>  
Reply <https://aprendizajebucuo.wordpress.com/2017/04/22/vuelve-la-cultura-espanola-del-pan-tradicional/?replytocom=2065>



Thank you Michelle,  
I'll tell you: there are two 'myths', or fallacies, or false statements, - as you want to call it, about bread.

The first is that bread puts on weight. That is not because of bread, or not only because of bread. Anything your eat in large amounts puts on weight.

The second is presenting a bread produced by the large industrial companies as a healthy product, that is to say, good for your health, but without being really healthy. This is the second falsehood. That bread is not good for your health, it is only good for the economic profit of that company producing huge amounts of 'industrial bread'.

The third, it is that, in the transition from traditional bread (made of wheat and without chemical agents) to the industrial bread, - made with many of them and fats too -, we have lost the good flavor, down the road. And also our health. Many modern allergies to gluten [<http://bit.ly/2qrreVn>] are caused by those products and processes.

We have many excuses in current life: speed, haste; laziness; not having to walk. We think it is not worth it... but this is not true.

And finally: On the flavor and quality of life:

In Spain we say that "that no longer tastes to bread", because the 'flavor to bread' is the clearer and more recognizable good flavor and taste of all. It is a kind of symbol of the things that really taste good.

I am much in favor of returning to traditional flavors because in this way we will recover, not only the best flavors but also our health and the true quality of life. The bread shown in the photos is exactly that, made by an artisan. If you try the flavor of that bread only once, you will never forget it. I can assure you this.

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I hope someday I will have the opportunity to taste it. I agree that industrial bread is not good, it has no flavor and feels like wet sponge Ja ja ja

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From Michelle Meyers

🌿 By 2017e795 May 3, 2017 AT 4:24 a.m. <https://aprendizajebucuo.wordpress.com/2017/04/22/vuelve-la-cultura-espanola-del-pan-tradicional/>



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Ja ja! I wrote in English because it is a habit. This is what I tried to say.

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Adolfo,

The bread in these photos is incredible. It reminds me of the "dilly bread" my grandmother used to make. During our trip to Valencia, we will be excited to eat that food. Please, let me know where I can find this bakery. Is Salvador Pla your friend?

Shellie Calchera

✿ [by 2017e795 May 3, 2017 AT 4:24 a.m.](https://aprendizajeubicuo.wordpress.com/2017/04/22/vuelve-la-cultura-espanola-del-pan-tradicional/)

[Replyhttps://aprendizajeubicuo.wordpress.com/2017/04/22/vuelve-la-cultura-espanola-del-pan-tradicional/?replytocom=2084](https://aprendizajeubicuo.wordpress.com/2017/04/22/vuelve-la-cultura-espanola-del-pan-tradicional/?replytocom=2084)



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Hello Sellie,

yes I know Salvador Pla. A live nearby and for that reason I know of the quality of the breads he makes. I also like his 'philosophy' to make bread. He belongs to that type of culture that is now also being recovered in U.S.A. Have a look at this article "Bread Is Broken" from The New York Time Magazine (it is in English): <https://nyti.ms/2ribYdT>



Salvador is in favor of that same culture, when he is choosing the wheat and the flour to make his bread.

His bakery is called Monpla, and is here: <http://bit.ly/2p7yHsZ>

If you warn me when you come to Valencia, I can show you Monpla and introduce you to Salvador so that you know him and he himself will tell you what he does.

✿ [by 2017e795 May 3, 2017 AT 4:24 a.m.](https://aprendizajeubicuo.wordpress.com/2017/04/22/vuelve-la-cultura-espanola-del-pan-tradicional/)

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Hello Adolfo!

The article of the New York Times is very interesting. I hope I will meet Salvador and taste some of his breads. I will send a message to you when I am in Valencia.

Thank you very much for the information.

Shellie

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1.

Hello Shellie, I am glad that you enjoyed the article. Please send me a message when you arrive here. And you will taste Salvador's bread, guaranteed!

by 2017e795 May 3, 2017 AT 4:24 a.m. <https://aprendizajebucuo.wordpress.com/2017/04/22/vuelve-la-cultura-espanola-del-pan-tradicional/>  
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**NOTE: in her following trip to Spain, student Shellie Calchera from the Harvard Extension School and her family diverted from their planned trip to Spain to visit Madrid, Toledo, Seville and Granada, to travel to Valencia (at hundreds of kilometers), to meet on site and in person Salvador Pla, his workroom and his bread. This is the photo of their visit:**



*In the photo, left to right, Adolfo Plasencia, professor of the UNED, Savador Pla with Shelley Calchera and her family in their visit to Monpla, where they made a bread tasting.*