



LAMMAS

A CELEBRATION OF HARVEST



WHERE IT STARTED

Lammas Day is a Christian festival to mark the year's first harvesting of the wheat. The word Lammas comes from the old English 'hlaf masse', which translates as 'loaf mass'.

Traditionally, in pre-Reformation times, Christians would take their first loaves of bread from the new wheat harvest to church to get them blessed as a celebration of transformation, rebirth and new beginnings.

The practice has been revived in some places in more recent years.

THE BREAD AHEAD LAMMAS DAY

A tradition that defines what we do.

Lammas Day is a day we come together as a community: Bread Ahead, Southwark Cathedral and Borough Market. We start with the delivery of the grain, which the Dean of Southwark blesses. He also helps us to mill the wheat into flour for our Lammas Day bread, which will be used in the service at the cathedral.

We begin the day in the bakery, where the bishop blesses the bakery, the bakers, all the staff, the millers, the farmers, our bread, flour and grain.

We head off to the Cathedral with our first baked loaf, a wheatsheaf and several loaves for the service.

For Southwark Cathedral, the arrival of Bread Ahead opposite their gates and the constant smell of baking led them to make the celebration of Lammas Day part of their keeping of the Christian year.

As a Eucharistic community, bread is an essential element of worship – it is a staple of both altar and table.

BREAD AHEAD®
BAKERY & SCHOOLS

HERITAGE GRAIN

Our relationship with our millers, Marriage's, plays an essential role in the life of the bakery and of course is crucial in making our Lammas day celebration so meaningful.

Marriage's have been a family run flour milling company for nearly two hundred years. Today the fifth and sixth generations of the Marriage family are continuing the milling tradition started by their ancestors William and Henry Marriage back in 1824.

Their flour is produced at Chelmer Mill in Chelmsford, Essex using a combination of traditional techniques trusted for generations and the best modern milling technology.



FROM FIELD TO FLOUR

Most of the wheat Marriage's source comes from farmers based within 25-30 miles of Chelmer Mills, as well as the nearby Marriage family farms. Some of these local farmers have supplied Marriage's for generations.

Essex is the best wheat-growing area in the country and by sourcing locally both Marriage's and Bread Ahead reduce food miles. From the field to the bakery oven, Marriage's carry out a rigorous process. From receiving the grain, cleaning it and blending it for the perfect protein content to milling and of course the crucial baking test.

Marriage's still make some flours in the old fashioned way, grinding the whole grain between horizontal Victorian French Burr stones. These practices help to maintain a connection with the produce, this is the very essence of Lammass day.



GIVING THANKS

When we truly understand the complete journey of the food we consume our appreciation for it only grows. Something as humble and as vital as a loaf of bread takes whole new meaning when we take into account every person that has been so integral in producing it.

Lammas day is an opportunity for us to really give thanks for the incredible bounty we're surrounded by in the UK and across the globe. To think about the food that we eat, the lives that have created it and the life it gives us as we consume it.

We would like to give thanks to a local organisation that has been serving the community with incredible passion. Saint George the Martyr have fed 5000 people since lockdown began in March through the Borough Free Fridge initiative.

While we are celebrating the abundance of harvest time we would like to remember that for many of us food isn't simply an indulgence but a necessity. We ask that if you are able, that you might support the efforts of the Borough Free Fridge to continue feeding those that truly need it.

£10 will feed one person for a whole week, but any contribution is greatly appreciated. [YOU CAN FIND THEIR FUNDING PAGE HERE.](#)

THE CHAPEL LOAF

Serves • The whole family

INGREDIENTS

- 155g stiff starter
- 300g water
- 415g strong white bread flour, plus extra for dusting
- 10g fine sea salt
- a Dutch oven (cast-iron casserole)
- or a baking stone

The chapel loaf is the younger brother of our infamous Cathedral loaf. Named after our neighbours at Southwark Cathedral, where we made our sourdough starter, which was blessed there too.

Over a metre in length, the iconic Cathedral loaf used to form part of our Lammas day procession. The Chapel loaf is slightly more manageable for the home baker!



METHOD

Put the starter and water into a large bowl and break up the starter into smaller parts by squeezing it through your hands.

Add the flour and salt, then gently bring everything together until just combined – it should take only a couple of minutes. Scrape the dough off your hand into the bowl, take the dough out of the bowl and place it on a floured work surface, making sure you scrape all the dough out with a scraper to leave a clean bowl. Keep the bowl to one side, you will need it later.

Now, with your dough on the work surface, with the heel of your hand push the dough into the work surface and knead for about 8 minutes. After 4 minutes, you will begin to feel the dough strengthen as the gluten develops.

Lightly oil the bowl you used earlier and put the dough back in, then give it a fold, using the following technique.

- **First**, pick up the top two corners and pull up, stretching the dough upwards, then fold over to the opposite side (the first corners should meet the opposite two corners).
- **Next**, pick up the bottom two corners and again pull up, stretching the dough up and over, and fold to the opposite side.
- **Now** repeat for the left- and right-hand sides, then flip the whole of your dough over, so that the bottom becomes the top.

After folding, leave it to rest for 1 hour, then give it one more fold and rest it for another hour. Between folds you will need to cover the bowl with a tea towel or a shower cap. After resting the dough for an hour following the second fold, cover again and place in the fridge for about 8–12 hours, or overnight.

Next day, take the dough out of the fridge and uncover. Don't forget to give it a smell – it should have a slightly sour aroma.

The dough should have firmed up overnight, so gently take it out of the bowl and pop it on a floured work surface. Gently shape the dough into a round, then cover with a tea towel and leave to rest for 15 minutes, to relax the dough.

Now press the dough out to form a rectangle. Form a lip along the top, then tuck your dough in, making it as tight as you can and rolling it out into a longer shape. Remember, though, that it must fit into your oven, so don't make it too long. Either place it seam side up on a floured cloth and wrap the cloth round it, or put it into a floured long proving basket. Cover and leave to prove for about 3 hours.

Preheat your oven to about 250°C/230°C fan/gas 10, or as hot as it will go. Once your oven is ready, pop a Dutch oven or baking stone into the oven to heat up for about 10 minutes.

If using a Dutch oven, very carefully take it out of the oven. Sprinkle the loaf with semolina and gently place it top side down in the Dutch oven,

then, using a sharp knife or a razor blade, cut three crosses on top of the dough, down the middle and at either end. Put the lid on, put it back into the oven and bake for 45 minutes, then remove the lid and bake for a further 10 minutes.

Take the Dutch oven out of the oven and very carefully remove the loaf, then pop the loaf back, directly on the oven shelf, and bake for a further 10–15 minutes, depending on how much singe you like.

If using a baking stone, gently turn out your loaf on to a peel or wooden board. With a sharp knife or a razor blade, cut 2 crosses on top of the dough, down the middle and at either end, slide it off the peel on to the baking stone in the oven. Heavily spray inside the oven with a water spray, and bake for 30 minutes. After 30 minutes, turn the loaf round and bake for a further 25 minutes.

Take out of the oven and place on a rack to cool.

LEMON POLENTA CAKE

Serves • 8-12

Corn is such a wonderfully versatile vegetable, and is so symbolic of harvest. Fields of ripe corn form the most beautiful backdrop to late summer in the British countryside.

This is a very moist cake which is actually better when you bake it the day before you need it. You can change the flavour from lemon to orange if you prefer.

INGREDIENTS

- 300g ground almonds
- 100g fine polenta/cornmeal
- 50g coarse polenta
- 1tsp baking powder
- 300g butter, plus extra for greasing
- zest and juice of 2 lemons
- 300g caster sugar
- 4 eggs

METHOD

Preheat the oven to 180°C/fan 160°C/gas 4. Grease and line a 20cm loose-bottomed round cake tin or 1lb loaf tin.

Mix the almonds, both kinds of polenta and the baking powder together in a bowl and set aside.

Put the butter, lemon zest and sugar into a larger bowl and cream together until they start to turn pale and fluffy. Add the eggs slowly, one at a time, and gently mix in. If your mixture starts to curdle, add a little of your polenta mix and stir in to rescue it.

Once you have added all the eggs, add all the polenta mixture. Mix until fully combined, then add the juice of the lemons and mix for another minute. Pour into the prepared cake tin and smooth the top.

Bake for 55 minutes, turning the tin once, halfway through.

Take out of the oven and cool for 5 minutes, then remove from the tin and place on a rack to cool.

Enjoy with a good dollop of whipped cream.



OAT SODA BREAD

Time to cook • 1 hr 45 mins

This traditional Irish bread is one of the simplest and quickest to make, with no yeast, a quick mix by hand and a pretty short resting time.

The cross on top was originally made to ward off the devil and protect the household, or even to release the devil from the loaf. Whatever the story behind it, it's a great loaf of bread.

INGREDIENTS

- 250g coarse wholemeal flour
- 250g self-raising flour, plus extra for dusting
- 80g coarse oatmeal, plus extra for dusting
- 6g bicarbonate of soda
- 12g fine sea salt
- 25g black treacle
- 250g buttermilk
- 200g water
- 1 teaspoon olive oil

METHOD

Preheat your oven to 200°C/fan 180°C/gas 6 and line a baking tray with baking paper.

In a large bowl mix all the dry ingredients together just enough for them to get to know each other. Pour in the black treacle, buttermilk and water, then mix together until a wet sticky dough is formed.

Rub your hands with some flour, then bring the dough together to form into a ball and place on the prepared baking tray.

Rub the oil all over the top of the dough and sprinkle heavily with coarse oatmeal. Cut a cross through the dough about a quarter of the way through, using a serrated knife, and leave to rest for 8 minutes.

Then bake in the preheated oven for 40 minutes, until bloomed out like a flower and golden brown. Take out of the oven and place on a rack to cool.

APPLE & BLACKBERRY CRUMBLE

Serves • 6

INGREDIENTS

- 2 eating apples
- 2 Bramley apples
- 100g blackberries
- 100g demerara sugar
- 1 clove
- 1 tsp cinnamon
- 150g plain flour
- 80g caster sugar
- 150g butter – soft
- 100g ground almonds

METHOD

Preheat the oven to 180°C/fan 160°C/gas 4.

Peel the apples, remove the core and cut into 1cm chunks. Toss the apple in the sugar and spices and put into the bottom of an oven proof dish. Sprinkle the blackberries over the apple mixture.

Add all of the crumble ingredients to a mixing bowl. Using your fingertips rub the butter into the dry ingredients to form a rough crumb. There's no need to make a perfectly fine crumb like you would with shortbread, some big chunks of crumble will be lovely.

Sprinkle the crumble mix over the fruit and bake for 30-35 minutes until your crumble is beautifully golden and bubbling.

Allow the crumble to cool for a few minutes before serving, in Matthew's book it has to be homemade custard.

FOOD IS ABOUT COMMUNITY

Breaking bread, what it truly means.

We'd like to take this moment to thank the whole community for their continued support.

To Marriage's Millers for making today possible and making everyday at Bread Ahead possible through their incredible work and dedication to producing the finest British flour.

Southwark Cathedral, who have become a part of Bread Ahead in a way we had never expected. They have always been a key pillar in the Borough community, a community we are so grateful to be a part of.

SOUTHWARK
◆ CATHEDRAL ◆

MARRIAGE'S

THE MASTER MILLERS

To Borough Market, to each and every trader, business owner and to every customer that has continued to keep this market alive you are more valuable than you know.

To borrow the words of a rather smart chap, we are only as good as the sum of our parts.

We are proud to be a part.
Thank you.

**BOROUGH
MARKET**