

## Bread in Zbecno mayor's office

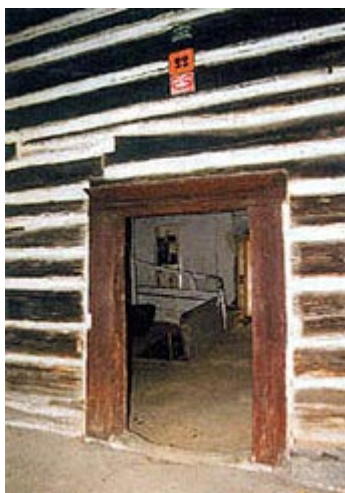


Bread was not only a side dish in the past but also a main dish of its own accord. Fermented bread is nowadays baked in households very rarely. But we could remind us of it in Hamous farmstead in Zbecno. This estate has been reconstructed since 1922 and there is an exposition of historic furniture and farming tools, but there was also revived the old technology of baking bread in the old oven.



## History

Zbecno village dates from 11th century when there was a count residence and St. Martin's church. At the beginning of 14th century the count residence was changed into a newly built village. There were mostly timber huts and No. 22, the so called Hamous farmstead survived till these days.



### The oven is the oldest

The oldest part of the house is an oven, then there is the entrance hall with the open-fire kitchen and the above mentioned adjoining oven. You can find there a room, two boxrooms and a staircase to the loft along the huge body of the oven.



## Hamous farmstead

The oldest known farmer here from the turn of the 16th and 17th centuries was a carpenter Blazej Stary. Then the owners changed and the house was adapted several times. Since the half of the 18th century, the Hamous family farmed there.

## Bread after the old fashion

Baking fermented bread was a complicated and time-consuming procedure. Firstly the grain was ground into flour. Then they poured lukewarm water onto the flour in the bread wooden trough and added fermentation from mixed dough leftovers.

Everything was thoroughly stirred after then in the trough and covered with a sheep rug, so that the dough could rise in the warmth. The oven was heated properly and then the loaves of bread were put into the oven. Baking usually took more than 13 hours. Various sayings, superstitious acts and blessing of bread point to this demanding and delicate process.



### CHLĚB POSTARU

Výroba kvašeného chleba představovala složitou a časově velmi náročnou proceduru. Nejdříve se muselo umlít zrna na kamenném žernovu na mouku, což je dosti namáhavá práce, i tehdy, je-li zrna řádně proschlé. Po prosetí mouky se nalila vlažná voda do dlabaných chlebových necek a přidal se ožilý kvas z rozmíchaných zbytků těsta od minulého pečení. Přisypalo se tolik mouky, aby rozmícháním vzniklo řídké těsto, které se nechalo chvíli odpočinout. Přidal se zbytek přesáté mouky, těsto se důkladně promíchalo, v neckách urovnalo, a zakrylo třeba ovčí houní, aby v teple vykynulo. Mezitím se musela řádně vytopit pec. Pokud těsto dobře vykynulo, vsadily se bochníky do vytopené a čistě vymetené pece a hlídalo se jejich pečení. Podle etnografů výroba chleba trvala více než třináct hodin. Jak náročný a delikátní to byl proces, neřímno svědčí řada různých pověrečných úkonů, úsloví a žehnání chleba.

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Po vykynutí se bochníky sází do vytopené a vymetené pece.