

N° 0
2024

The Signature Collection
with Authentic Regional Italian Origin

panvivo

sourdough sensations



MILLBIO

5 ITALIAN SPECIALTIES

in bakery

In 2024 bread consumers are expecting healthier options for their baked goods, as a result we are looking at a steady increase in the popularity of gluten-free, low-sugar and low carb products. People are developing an appetite for fresher, more indulgent, natural baked goods: sourdough ticks all of these boxes! **“Sourdough will continue to give flavour and gain favour”**.

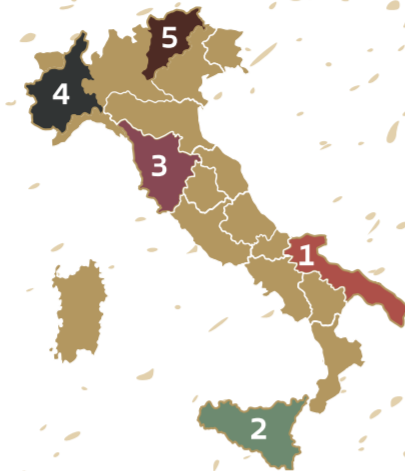
Sourdough bread, with its distinctive tangy flavor, rustic crust, and beautiful open crumb, has seen a resurgence in popularity. The unique tastes and varied textures associated with sourdough products are sure to satiate the consumer’s desire for flavourful food.

yum

Sourdough is nothing new, but traces its roots thousands of years back. However, when mass-produced, ultra-processed white bread gained ground, the popularity of ‘authentic’ and ‘rustic’ breads, such as sourdough, soon faded. In recent years, sourdough has enjoyed something of a renaissance, with more consumers seeking out health-boosting, artisanal breads, meaning the demand for sourdough ingredients and products has boomed.



Recent research has found that mild, fermented types have the widest appeal to consumers. Breads with more varied flavour profiles, from nutty and malted to fruity, earthy and toasted, cater to different tastes and attract new customers.



FIVE ITALIAN (STAR) REGIONS

Made with genuine Italian products, filled with authentic regional ingredients, taking you to the beating heart of Italy!

1. Apulia
2. Sicily
3. Tuscany
4. Piedmont and, last but not least,
5. Trentino Alto Adige with the marvellous Dolomites.

Italian bakery chef Fabrizio Nistri



Interview

What does bread mean to you? Bread and making bread means transmitting 4000 years of human history and evolution through my feelings and my hands.

What is the role natural yeast or sourdough, is playing in these products?

Natural yeast has the very important responsibility of emphasizing the main ingredient of the concentrate and giving the right flavor that allows the reduction of salt.

With the exception of Tuscany (your region of origin), which of these authentic products you found more appealing and versatile?

The concentrate I prefer is Black Rice due to elegant purple color and the intense aroma. It is a truly new product to be used in multiple applications.

THE STORIES, THE GOOD ONES

1

Durum Wheat

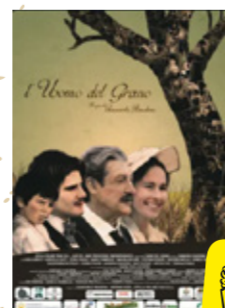


THE SEARCH OF PERFECT GRAIN

The Senatore Cappelli wheat was officially born in the year of 1915, and its name would be a tribute to the “senator” of the ancient Kingdom of Italy Raffaele Cappelli; but it is thanks to the agronomist and geneticist Nazareno Strampelli (in the picture) that the wheat we know is born.



The **Senatore Cappelli** is a rustic durum wheat, rustic that holds excellent nutritional qualities and a high protein value. The Senatore Cappelli’s ears of wheat are very tall, therefore they are susceptible to the risk of lodging: due to the wind and rain, they bend on themselves to the ground, and then resume their curves. The pasta made with this cultivar has an intense and aromatic flavor that remains in the mouth even after chewing, with hints of vanilla and almonds.



● Watch the movie about Nazareno Strampelli life: **L'uomo del grano**, 2010 (The Corn Man)

sicilian street food



2

Chickpeas & Sage

CHICKPEAS FROM SICILY

Typical food of the Mediterranean diet, the chickpeas are rich in proteins that, associated with those of cereals, constitute a complete protein blend with high nutritional quality. Used in Sicily for the preparation of panfelle, the typical chickpea flour pancakes.



... & SAGE

Sage (*Salvia officinalis*), aromatic herb of the mint family (*Lamiaceae*). Sage is native to the Mediterranean region and is used fresh or dried as a flavouring in many foods.

4

Riso Nero



BLACK RICE

Black rice is a **treasure chest of well-being**. After cooking and cooling it provides resistant starch: it helps maintain and develop the intestinal bacterial flora. It is a friend of good humor: thanks to its richness in group B-vitamins, minerals such as magnesium and potassium, it combats tiredness and stress, promoting psychophysical well-being.

3

Farro



FROM THE FARM TO THE FORK!

The characteristics of dicoccum emmer are similar to those of durum wheat with the difference that the spelt grain has smaller quantities of gluten and contains a higher content of mineral salts. Furthermore, emmer has a different starch structure than wheat and this changes the speed of digestion and the glycemic index. **Cultivated and ground cereal in Mugello, Tuscany** by the most important producer of spelt in Italy: Poggio del Farro.

5

Rye & Cumin



FROM DOLOMITES

Cereal produced in harsh climates, today particularly rediscovered for its **nutritional qualities**. Whole rye flour used to produce bread and baked products, is a precious food for intestinal health: it regulates the processes of digestion and promotes healthy microbioma. Rye is certainly among the recommended foods for people with diabetes or those who follow a specific low sugars diet.



CUMIN

Cumin is an herbaceous plant (*Cuminum cyminum*) belonging to the Apiaceae family, used as a spice. In particular, in food preparation it is used as seeds, whole or reduced dust.

Made with love, made with sourdough



The process of creating the artisanal sourdough bread, requires patience, precision, and a bit of love.

THE NEXT MILLBIO BIG THINGS



EXPERIENCE ITALY AUTHENTICALLY

Italian bread is culture and each region has its specialty. Italy boasts more than 300 types of bread, which differ in the type of flour, shape and baking method.

How many of them do you know?



INTRODUCTION TO APULIAN PUCCIA

It follows the trend for wraps and flat breads instead of sliced bread

. it is a pocket, perfectly holding any filling

. it is based on durum wheat

. it is originally from the southern Apulia region of Salento, famous for delicious foods and wines

...you can eat it in Ostuni or at home, with your choice of filling

THE RANGE OF PANVIVO INGREDIENTS



DURUM WHEAT

from Apulia



CHICKPEAS & SAGE

from Sicily



FARRO

from MugelloTuscany



RISO NERO

from Piedmont



RYE & CUMIN

from Dolomites

DISCOVER BREAD AND RECIPES AND TUTORIALS YOU LOVE



WHAT'S NEW
DISCOVER MORE ABOUT OUR LATEST CREATION



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