



INSPIRE TODAY, CREATE TOMORROW



RECIPE

# A NEW LIFE AHEAD

ARTISTIC BREAD MAKING



Talent, strictness and passion... Living is an art.

Santaram MANEERAM  
MAURITIUS

# “The art of dough” Challenge

Name of the Artistic piece

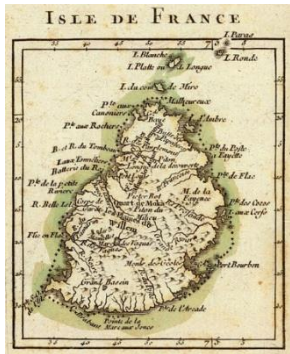
*Celebrating long expected Freedom-  
A new life ahead*



# “The art of dough” Challenge

From thematic to idea

## Source of inspiration



Mauritius is an island with a very cosmopolite population, which originates mainly from Europe, Africa, India and China. At the time it was first discovered by the Dutch in 1598, the island was uninhabited. The Dutch sailors did not settle durably due to hard conditions and full exploitation of precious resources, such as Ebony.

The island became a French colony in 1715 and developed on an agricultural model, with the force of slaves imported from Africa, mostly Mozambique and Madagascar. They were regulated by the strict « code Noir » in force since 1723. The Isle de France really surged as from 1735 with Governor Mahé de Labourdonnais who developed the port and the agriculture: wheat was cultivated to satisfy the needs of the inhabitants and troupes that needed supply, but also the first sugar estates as cane sugar was progressively becoming « white gold » in Europe. These economic activities required an increased number of slaves.

Although it has been established that the treatment of slaves was not as harsh as in the Carribean, conditions of living were extreme : disastrous slave voyage with an average mortality rate of 20%, families torn apart, precarious housing , nutritional status and dietary deficiencies— green vegetable and meat were rare, bread was forbidden and food was based on cassava, sweet potato and other roots - cruel treatment with whip and corporal punishments.

During the French revolution, the Parliament (la Convention Nationale) forbid slavery, but the measure was not applicable to the French colonies.

When the British took possession of the island in 1810, the population reached 73,000 inhabitants, out of which 80% were slaves.

Through the period, slaves have always resisted their conditions and many were tempted by escaping by the sea or more often marroonage in the inaccessible natural caves or mountains, which was severely punished, often by death.

It's only on 1<sup>st</sup> February 1835 that slavery was officially abolished by the Colonial Authorities under abolitionist pressure in England, although slave trade had ended two years before. There were at that date 100,000 inhabitants on the island, comprising 80,000 slaves. The system was replaced by an apprenticeship system for approximately 10 years, with mere improvements to the ex-slaves conditions. Surprisingly, the abolition of slavery was not celebrated as a feast by the freed population who remained in fear and misery.

The ex slaves often turned away from agriculture and became artisans – some of them turned into bakery - which was their prior function. They regrouped mostly in the protected forests of Le Morne Mountain which had sheltered them.

Immigration resumed with indentured labourers coming from India and China to work in the expanding sugar cane fields.

All these immigrants remained very attached to their ancestral culture, all of which are still alive.



- **Scenario building**



- The various flux of immigrants to Mauritius built a cosmopolitan nation. Mauritians are all very attached to their culture of origin and have kept their traditions, through a number of cultural and religious celebrations. However, there is no national celebrations on a large scale, even for the celebration of independence acquired 50 years ago.

- All Mauritians ancestors encountered terrible conditions on their settling.

- Modern Mauritians are proud that they're all free and that equal opportunity now prevails. However, they want to commemorate the efforts and sufferings of part of its population and the establishment of their nation.

- Celebrations of the abolition of slavery presented a formal and official aspect in Mauritius and Rodrigues, as a day of remembrance. It is progressively becoming a day of festivities, with an emphasis on activities related to music, mostly the typical sega, which was integrated to the UNESCO intangible cultural heritage in 2014.
- Celebrating the abolition of slavery is progressively becoming more popular. It is a public holiday since 2002 and creole culture is gaining proud, as ostracism against the descendants of slaves is fading in modern Mauritius.

- **Realistic approach**



The artistic piece is about the abolition of slavery, using many symbols of these dark times.

Many slaves managed to escape to the mountain forest of the South West of the island, Le Morne where they lived as hunter-gatherers, completed with subsistence agriculture and fishing.

They tried to maintain their ancestral culture, especially through funerary rituals, as is testified by the slave cemetery. Some of them rather threw themselves from the impressive mountain, which faces their motherland, than being captured again. This was particularly the case of a group of slaves when British soldiers came to inform them that they were free, in fear of being captured again.

Le Morne Mountain was inscribed as UNESCO World Heritage in 2006 to mark its historical and cultural aspects.

Although abolition was not celebrated with rejoicing, the sega dance, popular within the slave population, illustrates the joy felt by the those who always refused slavery and dreamt of freedom. The djembe and ravane – made of goat skin which needs to be heated next to a fire – are simple instruments for playing this traditional music, which remained a mode of communication between misery peers.

The face at the dark bottom of the piece illustrates sadness of the slave, reinforced by the neck cuffs and even hooks evoking cruel treatments. The broken chains illustrate the end of slavery, of being a property to someone and becoming a person again.

The upper part of the piece is more joyful, with music, dance and flowers expressed with colours, while the sun represents the beginning of a new day and a new life.

# Commemorative Statues on the “Road of the Slave”

A special path has been laid out on Le Morne Mountain, the most symbolic place of slavery times in Mauritius.

Some statues have been placed to help visitors remember the earnestness of the place.



**Forceful way to freedom**



**From chains**



**To happiness**

# “The art of dough” Challenge

Choosing among the many festivals celebrated in Mauritius the most appropriate to the competition thematic.



New Year



National Day



Sega dancing



Maha Shivaratree



Cavadee



Chinese New Year



Divali

## From idea to project

### Stages of reflection

A brainstorming session was carried out in mid July 2017 with a group of persons selected for their interest in art, history and social sciences to define the subject of the artistic piece, in line with the theme. *“Symbolise the scene of an historic and regional celebration, which has a significant renown in your country, in its environment”*

It appeared that there are many festivals celebrated in Mauritius, but none of them truly on a national basis and giving way to popular celebrations. Most of them are linked to the many religions present in Mauritius. If they are an opportunity to share with neighbours of different confessions, they still are limited to religious practice, without extended festivities. Harmony exists between Mauritians of all religions who rejoice with their peers. It was noted that some of the religious celebrations are now “shared” by all, like Divali with its traditional lights and sweets sharing, the MahaShivaratree pilgrimage, the Assumption Day or Christmas. The National Day commemorates the accession of the country to independence 50 years ago. It is an occasion of official celebrations, with a recent trend towards popular events like cultural and musical shows.

Since a few years, the abolition of slavery has become more and more celebrated, as it represents the way to personal and economic achievement for all and has heavily marked the conscience of all inhabitants.

There are a few occasions that are traditionally celebrated, like the Opening of the Fishing Season or the beginning of the Harvest but they only concern a limited group.

This is why the panel chose to represent the abolition of slavery which is turning point in the history of Mauritius.

# “The art of dough” Challenge

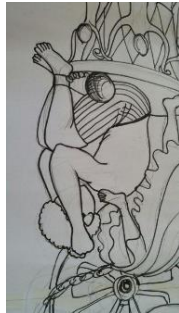
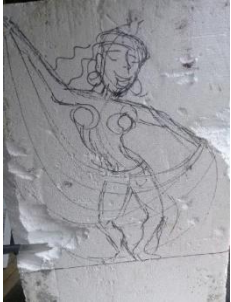
## Sources of inspiration

Visit at *Nelson Mandela Centre for African Culture – Port Louis*

1<sup>st</sup> August, 2017



## Drafts of design



## From idea to project

### Stages of reflection

Once the theme was chosen, a period of research started to think over the concept and imagine the structure of the artistic piece.

Research was also done on historical aspects by members of the team.

The team comprised of the candidate, his coach, the whole bakery team of Les Moulins de la Concorde, bakers from the former team for Coupe Louis Lesaffre and world Bakery Cup and other LMLC members.

A visit was effected at Le Morne, the symbol of the abolition of slavery recognised by UNESCO and to the Nelson Mandela Centre for African Culture, where some elements of inspiration were found for the representation of the concept.

Soon after, in August 2017, nourished discussions took place and allowed the realisation of the first sketches by the candidate, which were then continuously perfected by an artist (September 2017), going into further details.

This allowed for a statue of polystyrene to be sculpted by an artist in the beginning of October 2017, prior to a glass-fibre mould being tailor-made.

It also helped in the making of various necessary templates.

# “The art of dough” Challenge

## From project to realization / Doughs (1)

### Dough 1

### PAIN PARTY

Parts of the piece	Weight
The base ,Head and frame support	3485.50 g

Recipe	Quantity	%
Flour	1744g	77.5
Rye flour	506g	22.5
Yeast	15g	0.7
Salt	40.5g	1.8
Water	1000 g	45
Butter	180g	8

### Dough 2

### YELLOW DOUGH

Parts of the piece	Weight
Flowers ,dress ,disc ,back decoration dough	9195g

Recipe	Quantity	%
Rye Flour T70	3519g	65
White Flour	1890g	35
Curcuma	595g	11
Syrup	3200g	60

### Dough 3

### RED DOUGH

Parts of the piece	Weight
Flowers ,clothes,Background support.	4440g

Recipe	Quantity	%
Rye Flour T70	2400g	100
Paprika	600g	25
Syrup	1440g	60



# “The art of dough” Challenge

## From project to realization / Doughs (2)

### Dough 4

### WHITE DOUGH

Parts of the piece	Weight
Drum and adjustment dough coloring.	1710g

Recipe	Quantity	%
Flour	800g	80
Cornflour	200g	20
Butter	100g	10
Syrup	600g	60
Titanium dioxide	10g	1

### Dough 5

### BROWN DOUGH

Parts of the piece	Weight
Base, Chain and Dancers	3550g

Recipe	Quantity	%
Flour	2000g	100
Cacao powder	250g	12.5
Syrup	1300g	65

### Dough 6

### DOUGH GLUE

Parts of the piece	Weight
For assembling parts of the artistic bread	350g

Recipe	Quantity	%
Rye Flour T130	200g	100
Egg whites	150g	75

# “The art of dough” Challenge

## From project to realization / Doughs (3)

### Dough 7

### TIGER SKIN GLAZE

Parts of the piece	Weight
Glazing for base breads	200g

Recipe	Quantity	%
Rye Flour	100g	100
Yeast	3g	3
Salt	2g	2
Sugar	10g	10
Olive Oil	10g	10
Water	75ml	75

### Dough 8

### BLACK DOUGH

Parts of the piece	Weight
Personnage, Drum, Neck Cuff, Base Disc	5100g
Hooks	

Recipe	Quantity	%
Rye Flour	2400	80
Roasted and Malted Flour	600	20
Coffee Extract	300	10
Syrup	1800	60

### Dough 9

### RED PASTA DOUGH

Parts of the piece	Weight
Dress and ornaments	975 g

Recipe	Quantity	%
White Flour	500	100
Egg	350	75
Paprika	125	25

# “The art of dough” Challenge

## From project to realization / Doughs (4)

### Dough 10

### ROASTED FLOUR BREAD

Parts of the piece	Weight
Tiger Skin Breads for base of artistic piece	6058.5g

Recipe	Quantity	%
White Flour	2400g	80
Chapati Flour	600g	20
Yeast	4.5g	0.15
Sourdough	600g	20
Salt	54g	1.8
Water	2100g	70
Roasted/ Malted Flour	300g	10

### SYRUP

Parts of the piece	Weight
Use in all unleaven /coloured dough	13000g

Recipe	Quantity	%
Sugar	6000g	
Glucose	3000g	
Water	4000g	

# “The art of dough” Challenge

## From project to realization / details of the artistic piece (1)



### Comments

Much attention was brought to the base of the artistic piece. This was the first attempt which was not satisfactory and was reworked several times.

All these efforts were precious as they helped find new ideas and improvements.



### Comments

Following trial.

The base reveals too small in proportion to the piece and needs to be changed following the type of pattern.

After long discussions among the team, it was decided to imagine another model for the base.



### Comments

Everything comes in threes.

This base is one is an inspiration from the sun and from a beautiful flower . It is colourful and reflects the joy of the creation.

It proves large enough to stand the artistic piece.



### Comments

Reached the second part of the piece, which measures around 33 cm high. Team work and numerous suggestions are very much appreciated to find a model satisfactory to all team members.



### Comments

After three weeks of hard work, the next level of difficulty now lays on the second part of the piece.

# “The art of dough” Challenge

## From project to realization / details of the artistic piece (2)



### Comments

Working at the height support which needs some symbolic ornament.

A lot of work input in the realisation of the broken chains representing the accession to freedom.

### Comments

Finalisation of the first level of the piece with ornaments representing the neck cuffs and hooks used during slavery times. This represent the neck cuff placed around the neck of the slaves by the slave owners

Hooks represent ill treatments to slaves.

Emphasis is laid to ensure stability of the whole piece.

### Comments

Ancestral music is linked to the period of slavery. The drums were one of the communication system of slaves, particularly the jembe (traditional name for the drum) in bad and good days.

It consistutes one of the major part of the artistic piece for its message it carries and its size, as it measures around 40 cm. It will be placed on top of the 2<sup>nd</sup> part of the piece. More work needs to be carried out on that part to improve its appearance.

Chosen for the piece because it's a beautiful creation of ancestors, and remains of high importance in the culture of Mauritius.

### Comments

Appropriate moulds are received but still need to do a perfect work to improve elements of the piece.



# “The art of dough” Challenge

## From project to realization / details of the artistic piece (3)



### Comments

Finalisation of the djembe, a central element of the piece



### Comments

Preparation of ornamental pieces to express the joy of accession to freedom.



### Comments

Ornamental flowers for decoration.



### Comments

Broken chain representing freedom from slavery

# “The art of dough” Challenge

## From project to realization / details of the artistic piece (4)



### Comments

The sega is the traditional popular music. The singer features an ancestral “ravanne”, an instrument made of goat skin which needs to be heated next to a fire. Sega remains a must of Mauritian culture, appreciated by all. It has been declared Cultural Heritage by UNESCO

### Comments

Working on the mould for the main part of the artistic bread, the lady's torso.

### Comments

Mounting the main part of the artistic bread.

### Comments

Working on clothing finitions.

# “The art of dough” Challenge

## From project to realization / Assembling method description (1)



### Comments

Starting to assemble the base



### Comments

Stabilising the main base of the artistic piece



### Comments

Strict measuring.  
Levelling of the base part for stability.



### Comments

Adjusting the support part holding the drum.



# “The art of dough” Challenge

## From project to realization / Assembling method description (2)



### Comments

Assembling the second level of the artistic bread. An inside pivot column made of dough discs is inserted for reinforcing stability.

### Comments

Stabilising the drum on its support.

### Comments

Placing the different ornaments on the second level.

### Comments

Starting the third level. Control of the final height, in conformity with the rules.

### Comments

Finalising the third level

# “The art of dough” Challenge

## From project to realization / Time table & work description

Month	Work Description
July 2017	Contact with Maneeram Santaram’s employer, St Regis Resort Brainstorming session on the thematic of the competition Suggestions and first choice Confirmation of the selected theme, “Celebrating Long Expected Freedom – A new life ahead” on the abolition of slavery
August 2017	Research : desk work and meetings related to the theme chosen Research : analysis of pictures of artistic pieces presented during previous bakery competitions Visit of Nelson Mandela Centre for African Culture Study of all rules and regulations of the competition Training plan First sketches
September 2017	Established list of equipment, ingredients Finalisation of recipes Search for mould suppliers More detailed drawings
October 2017	Realisation of polystyrene sculpture prior to the fiberglass mould Order of several metal moulds Design and cutting of carton templates First contact established with Antoine Robillard, former Master Baker for the Artistic Bread Making, at the initiative of Lesaffre Practical training with various types of dough Bakery trials for bread to be tasted by the jury
November 2017	Practical training on various parts of the piece Bakery trials for bread to be tasted by the jury Advice from Antoine Robillard
December 2017	List of equipment compiled and sent for validation List of ingredients compiled and sent for validation Practical training with various types of dough Practical training on sourdough Advice from Antoine Robillard Bakery trials for bread to be tasted by the jury Mock Test for the whole artistic piece
January 2017	Bakery trials for bread to be tasted by the jury Mock Tests for the whole artistic piece Advice from Antoine Robillard Preparation and packing of equipment Preparation and packing of ingredients

### Estimated time of bakery training at La Fournée des Moulins

Candidate	340 hours
Support team members	375 hours
<b>Total</b>	<b>715 hours</b>

# “The art of dough” Challenge

Section for tasting

## SWEET POTATO BREAD



Ingredients / recipe	Quantity	%	Production method
White Flour	400g	80	Sourdough starter is feed one day before.
Chapati Flour	100g	20	Weigh all ingredients .
Water	350ml	70	Knead on 10 mn at low speed and 2 mn at high speed.
Sourdough	100g	20	Add the mashed sweet potatoes at the end.
Salt	9g	1.8	Leave to rest at 4° C for 10 hours.
Sweet Potatoes -Mashed	200g	40	Divide the dough into 6 pieces of 140g.
Cardamom powder	0.5g	0.1	Allow a rest and then roll each piece of dough to a length of 30 cm.
Dry Yeast	1g	0.2	Make two braided breads of three ropes each.
			Flatten the remaining dough to 1.5 mm and freeze it.
			Afterwards, cut a piece and roll it around the pieces of braided dough.
			Allow an hour fermentation. Before baking, sieve flour using a template and apply a sharp cut on the top.
			Bake for 25 minutes at 240° C.

### Physical and flavour characteristics (product assessment indicators)

Sweet potato has a characteristic aroma and ensures a very soft texture.

To enhance this delicate aroma we baked it in the oven instead of boiling it before preparing a mash.

The sweet taste of sweet potato is balanced by the acidity of sourdough.

### The « plus » of the product (specificity to add value to the product)

Sweet potato was chosen because it is one of the main basic foods that were available to the slave population, among other roots and leaf vegetables.

The mashed sweet potatoes keep a moistened crumb with a better conservation.

The addition of cardamom adds a spicy flavour to this bread. The use of spices is extensive in the Mauritian cuisine and common in all our dishes.

