



Image courtesy of @Joe Roe

## Scientists discover earliest known evidence of bread making

**A**n archaeological dig in the Black Desert in Jordan has revealed the earliest known evidence of bread making.

Dr Amaia Arranz-Otaegui, University of Copenhagen, discovered the remains of the bread at the 14,000-year-old dig site and remarked, “it was the last thing she expected to find at the site”.

“Bread is a powerful link between our past and present food cultures. It connects us with our prehistoric ancestors,” she said.

The discovery team said that the bake

would have looked like a flatbread and tasted similar to today’s multi-grain varieties. The find is reported to have pushed the first evidence for bread back by more than 5000 years. The use is believed to have been as a wrap for roasted meat, therefore hypothesised as not only the oldest bread – but possibly the oldest sandwich.

Professor Dorian Fuller, Professor of Archaeobotany, University College London told BBC News, “This is the earliest evidence we have for what we could really call a cuisine, in that

it’s a mixed food product. They’ve got flatbreads, and they’ve got roasted gazelle and so forth, and that’s something they are then using to make a meal.”

Lara González Carretero, expert of prehistoric bread, UCL Institute of Archaeology, examined the 24 crumbs under an electron microscope, she explained, “This would be a bread made of wild wheat and wild barley flour, mixed with water and cooked on a hearth on a fireplace. There’s also the addition of wild tuber flour into it which gives it a slightly nutty, bitter flavour to it.”

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