

Breads

Kitchen

The main bread families, and what makes each one different.

Bread families and their defining characteristic.

Bread	From	Defined by
Sourdough	Europe	Wild yeast, long ferment
Baguette	France	High hydration, steam, crust
Ciabatta	Italy	Very wet dough, open crumb
Focaccia	Italy	Oil-rich, dimpled
Naan	South Asia	Yoghurt, tandoor
Roti / chapati	South Asia	Unleavened, dry griddle
Pita	Middle East	High heat, steam pocket
Tortilla	Mexico	Masa or wheat, unleavened
Injera	Ethiopia	Teff, fermented, spongy

Pita puffs because steam forms faster than it can escape. It needs a very hot surface — a cool oven produces a flatbread.