

Travel around the Mediterranean with artisan bread inspired by books

LOCATION: Seville

DURATION: 1'42"

SUMMARY: Fidel Pernía crafts artisan bread inspired by books by Mediterranean authors. His ingredients and process vary according to the story and the writer's imagined world. He works with the books that the Fundación Tres Culturas (Three Cultures Foundation) reading club reads. This club is based in Seville, and offers its readers a journey around the literature and flavors of the Mediterranean.

VTR:

Fidel loves his profession as baker as well as bread itself. Bread, he affirms, is life. They love books, and each work offers the opportunity to live other lives and to admire other landscapes. Bread and book. They are the two travel companions of the reading club crew of the Three Cultures of the Mediterranean Foundation in Seville.

Olga Cuadrado
Three Cultures Foundation

"The aromas and ingredients that Fidel puts in this bread transports us to what we also want to inspire with the book, like a trip or a walk through the Mediterranean."

FIDEL PERNÍA
Masa Bambini

"We try to take the nuances of the book to the bread or to add flavors that symbolize a little bit of what the author of the book wants to express."

This relationship between artisan bread and the reading club started in 2011. Since then Fidel has thought up, mixed, and baked 47 types of bread inspired by other books.

OLGA CUADRADO
Three Cultures Foundation

"The breads that he brings here are unique, and he doesn't repeat them."

Olga writes to Fidel and tells him about the book, the author, and the book's universe. Fidel thinks and gets to work. The Barcelonan writer Carlos Zanón, present via videoconference, and the dark stories from his book aren't an easy job for the baker this time, but he chooses three symbolic ingredients: chocolate, which represents sin; fennel, innocence; and cranberries,...

FIDEL PERNÍA
Masa Bambini

"Which represent the better-sweet side of life, blood's red colour."

Their journey through the Mediterranean literature and flavours continues in the Three Cultures Foundation and in the meantime, the night falls over Seville.

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