

How To Make Sourdough 47 Recipes For Great Tasting Sourdough Breads That Are Good For You Too

With more than 70 recipes, Family Table shares Shaye Elliott's bounty of favorite dishes that nourish her hardworking farm family every day. From dry-cured bacon made from pigs raised on the Elliott Homestead to sizzling steak with vinegar and tomato dressing, each recipe is about reviving easy, traditional food preparations for a more flavorful and healthful future. Forget expensive, exotic ingredients or fancy techniques. This farmgirl ain't got time for that!

Eat your way to better health with this New York Times bestseller on food's ability to help the body heal itself from cancer, dementia, and dozens of other avoidable diseases. Forget everything you think you know about your body and food, and discover the new science of how the body heals itself. Learn how to identify the strategies and dosages for using food to transform your resilience and health in *Eat to Beat Disease*. We have radically underestimated our body's power to transform and restore our health. Pioneering physician scientist, Dr. William Li, empowers readers by showing them the evidence behind over 200 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. *Eat to Beat Disease* isn't about what foods to avoid, but rather is a life-changing guide to the hundreds of healing foods to add to your meals that support the body's defense systems, including: Plums Cinnamon Jasmine tea Red wine and beer Black Beans San Marzano tomatoes Olive oil Pacific oysters Cheeses like Jarlsberg, Camembert and cheddar Sourdough bread The book's plan shows you how to integrate the foods you already love into any diet or health plan to activate your body's health defense systems-Angiogenesis, Regeneration, Microbiome, DNA Protection, and Immunity-to fight cancer, diabetes, cardiovascular, neurodegenerative autoimmune diseases, and other debilitating conditions. Both informative and practical, *Eat to Beat Disease* explains the science of healing and prevention, the strategies for using food to actively transform health, and points the science of wellbeing and disease prevention in an exhilarating new direction. *The Laurel's Kitchen Bread Book* is the classic bestselling cookbook devoted to baking light, healthful, delicious bread entirely from whole grains. This specially updated edition includes an entirely new chapter on making excellent whole-grain loaves in a bread machine. Now even the busiest among us can bake the delectable loaves for which Laurel's Kitchen is famous. New research proves what we've known all along: Eating whole grains really is better for your health! Here, the switch from "white" is made fun and easy. Like a good friend, the "Loaf for Learning" tutorial guides you step-by-step through the baking process. You'll make perfect loaves every time, right from the start. Here you'll find recipes for everything—from chewy Flemish Desem Bread and mouthwatering Hot Cross Buns to tender Buttermilk Rolls, foolproof Pita Pockets, tangy Cheese Muffins, and luscious Banana Bread—all with clear explanations and helpful woodcut illustrations. The brand-new chapter on bread machines teaches you to make light "electric" loaves from whole-grain flour. No matter what your schedule, you can come home to the wonderful smell of baking bread, fresh, hot, and ready to enjoy.

When Alaskans in the 1950s demanded an end to "second-class citizenship" of territorial status, southern powerbrokers on Capitol Hill were the primary obstacles. They feared a forty-ninth state would tip the balance of power against segregation, and therefore keeping Alaska out of the Union was simply another means of keeping black children out of white schools. C.W. "Bill" Snedden, the publisher of America's farthest north daily newspaper, the Fairbanks Daily News-Miner, helped lead the battle of the Far North against the Deep South. Working behind the scenes with his protege, a young attorney named Ted Stevens, and a fellow Republican newspaperman, Secretary of Interior Fred Seaton, Snedden's "magnificent obsession" would open the door to development of the oil fields at Prudhoe Bay, inspire establishment of the Arctic Wildlife Range (now the Arctic National Wildlife Refuge), and add the forty-ninth star to the flag. *Fighting for the Forty-Ninth Star* is the story of how the publisher of a little newspaper four thousand miles from Washington, D.C., helped convince Congress that Alaskans should be second-class citizens no more.

At Little Dish we make delicious, healthy food that kids love to eat and parents feel great about serving. You'll find over 100 tried-and-tested recipes your family will want to make and eat again and again. Every recipe includes a special role for little helpers, so your children will be able to practise their budding kitchen skills. Little Dish believes it's essential to get young children hands on with food from an early age in order to lay the foundations for healthy eating habits. That's why this cookbook even includes a special 'Skills Chart', which children can use to track their progress in the kitchen. Little chefs receive a certificate, medal and apron when they reach important culinary milestones.

Since it was first published in 1999, *How It All Vegan!* has become a bible for vegan cooks, both diehard and newly converted; its basic introduction to the tenets of vegan living and eating, combined with Sarah and Tanya's winning charm, made it an essential cookbook for anyone considering eschewing animal products from their diet. It won VegNews' Veggie Award for Best Cookbook twice, has been reprinted fourteen times, and spawned several successful sequels (including *The Garden of Vegan*, *La Dolce Vegan*, and *Vegan Go-Go!*). In the ten years since *How It All Vegan!* was first published, however, veganism has "come out of the closet," and is now considered a legitimate diet and lifestyle not only for those wishing to improve their health, but also those who care deeply about the welfare of animals. This tenth-anniversary edition includes new recipes, as well as updates and advice that better reflect the new vegan reality; it also includes a colour photo section and a new introduction by co-author Sarah Kramer, who speaks personally and passionately about the impact of veganism on her life over the past decade. With this tenth anniversary edition, Sarah and Tanya's fans can find out "how it all vegan" all over again!

This book provides hard-earned, practical, detailed information that is critical for successful healing of arthritis, but that has never been collected before in one book. Without this information many people with arthritis will not get well. The information is organized into a well-researched, easy-to-follow plan for getting well again and includes case histories of people with dramatic and lasting recoveries. It focuses not just with coping with the symptoms of arthritis, but on correcting its underlying causes using proven alternative medicine and pain management techniques.

A lively introduction for 11-14 year olds with plenty of simple experiments, practical activities, and ideas for investigative homework. There is a wide range of recipes, most of which can be prepared and cooked within an hour-long lesson.

How to Make Sourdough 47 recipes for great-tasting sourdough breads that are good for you, too. Ryland Peters & Small

This entry level guide to baking bread at home starts by setting out the tools and equipment needed and explains the science behind the alchemy of turning flour, yeast and water into the bread we love so much. Delicious step-by-step recipes for every day include a 60-minute Soda Bread, a Half-and-half Sourdough Loaf and a Sandwich Loaf. Occasional bakes to have fun with are Puffy Pitta Pockets, Pizza Dough and Crunchy Breadsticks, whilst enriched dough sweet treats to try include Sticky Apple & Cinnamon Buns and a Chocolate & Cherry Stollen.

This comprehensive guide to homesteading provides all the information you need to grow and preserve a sustainable harvest of grains and vegetables; raise animals for meat, eggs, and dairy; and keep honey bees for your sweeter days. With easy-to-follow instructions on canning, drying, and pickling, you'll enjoy your backyard bounty all winter long. Also available in this series: The Backyard Homestead Seasonal Planner, The Backyard Homestead Book of Building Projects, The Backyard Homestead Guide to Raising Farm Animals, and The Backyard Homestead Book of Kitchen Know-How.

The Marc Vetri bread program began over a decade ago and has been part of the American movement to reclaim high-quality bread as a cornerstone of our food culture. In *Mastering Bread*, Vetri and his head baker, Claire Kopp McWilliams, show home cooks how to create simple breads with unique flavors in their own ovens. Included are all the recipes for their best-selling sourdough and yeasted loaves. The process of bread making is broken down into three easy-to-digest chapters- Mix, Shape, and Bake. Another chapter called Eat includes recipes for enjoying your bread in dishes like Bruschetta, Panzanella, Strata, and Ribollita. There's even a bonus chapter revealing the secrets of Vetri's coveted Panettone. This book shares everything that Vetri and McWilliams have learned over the years about the art and science of making incredible bread. They explain how to use fresh milled flour as well as local and regional wheat varieties with easy instructions for adapting bread recipes for success with whatever flour is available in your market. Included throughout are bios and interviews with grain and bread producers from around the nation. *Mastering Bread* is a master class from an award-winning chef who makes world-class artisan bread easy to bake for both home cooks and professionals alike.

In *Incredible Plant-Based Desserts*, Instagram star Anthea Cheng (@rainbournourishments) shares her trade-secret recipes for seriously luscious, showstopping vegan sweet treats that will delight everyone, from healthy eaters pursuing a plant-based diet to those who simply appreciate a beautifully crafted dessert. Whether you are an eager home cook or a more experienced chef, Anthea shows you that sponge cakes can still be fluffy and moist and pastry can still melt in your mouth without animal-derived ingredients. Find playful, modern spins on classic desserts, such as fail-safe tiramisu trifles topped with caramelized popcorn or Snickers transformed into a multi-layered cake with peanut brittle. For when life gets busy, simplify with recipes like three-ingredient pancakes and fruit-filled muffins. If you want something indulgent, the Homer Simpson pink donuts, baklava custard tart, and chocolate brownie peanut butter sandwich cookies are for you. You'll also find wholesome choices like a berry chocolate mousse tart and cupcakes with rainbow cashew buttercream. Anthea has carefully selected ingredients to ensure you won't accumulate odd, once-used stuff in your pantry. And with plenty of options for people avoiding gluten, refined sugar, nuts, and other common allergens, no one misses out on the deliciousness. All of the recipes have been tested and approved by vegans and non-vegans alike. Accompanied by stunning photography, these recipes will bring some magic to your every day, dinner table, or special occasion.

Kids can re-create a long-ago world of kings, castles, jousts, jesters, damsels, magic fairies, and Robin Hood—all they need are their imaginations, materials they can find at home, and the activities in this book. Dressing up in a coat of armor made from plastic milk jugs, whipping up a batch of curds and whey, writing secret messages in invisible ink, and telling time with a sand glass made from soda bottles are just some of the fun projects. Every activity is illustrated, and sidebars highlight colorful facts about life hundreds of years ago.

From an award-winning baker, *Naturally Fermented Bread* introduces the principles of yeasted water baking, including recipes for nutritious, delicious sweet and savoury bakes. This updated and expanded fourth edition of a popular reference book for teachers and librarians to use in planning interesting extension projects, holiday events to promote diversity, and cross-cultural understanding indexes 725 new books and features over 1,000 indexed projects. Indexes build on the previous three volumes. The book is indexed by subject and author and features indexes to educational games, crafts, activities, and more. It will be particularly useful to educators for use in the social studies curriculum, but also valuable to daycare providers and parents. Booklist and Appraisals and others favorably reviewed previous editions. Complete bibliographic information is given for all books indexed. Grades K-8.

Heal yourself naturally with balanced and nourishing foods. Lose weight and boost energy levels Prevent and treat disease Enhance psychological health You can gain all this and more by following a macrobiotic diet! Macrobiotics is based on the benefits of eating seasonal, locally grown, and energetically balanced foods. In this guide, you'll discover how to adapt this lifestyle to fit your own needs. Create 150 delectable recipes to achieve inner and outer healing, including: Forbidden Rice with Edamame and Orange Zest Mochi Waffles with Berry Lemon Sauce Kale, Green Beans, and Carrots with Roasted Pumpkin Seeds Garbanzo Beans in Mushroom Gravy Roasted Squash and Sweet Potato Sauce Poached Pears in Apple Cider This guide also features tips on incorporating changes into your lifestyle that reduce stress while enhancing balance and harmony. The benefits of a macrobiotic lifestyle are only a few delicious recipes away!

This book examines Nile water security through the morphology of the river: it uses the always changing form of the river as a theoretical and empirical device to map and understand how infrastructures and discourses dynamically interact with the Nile. By bringing a history of two centuries of dam development on the Nile in relation with the drainage of a hill slope in Ethiopia on the one hand and irrigation reform in Sudan on the other, the author shows how the scales, units and 'populations' figuring in projects to securitize the river emerge through the rearrangement of its water and sediments. The analysis of 'Making water security' is more than yet another story of how modern projects of water security have legitimized often violent dispossessions of Nile land and water. It shows how no water user is confined by

the roles assigned by project engineers and planners. As ongoing modern 'development' of the river reduces the prospects for new large diversions of water, the targeted subjects of development and modernization make use of newly opened spaces to carve out their own projects. They creatively mobilize old irrigation and drainage infrastructures in ways that escape the universal logic of water security. In *Modern Sourdough*, Michelle Eshkeri reveals how mastering the art of sourdough baking can open up a world of sweet and savoury treats at home. Michelle opened Margot Bakery in a shop in East Finchley, London in 2016. An instant hit, it became an experiment in pushing the boundaries of what a local bakery could be, by specialising in sourdough leavened pastries and sweet doughs alongside more traditional breads. Bringing together over 100 mouth-watering recipes inspired by Michelle's heritage, *Modern Sourdough* expands our understanding of this ancient baking technique. Featuring a step-by-step guide to making a sourdough starter, as well as methods for folding, shaping, scoring and baking, it demonstrates how you too can make Margot signature loaves, as well as naturally-leavened pizzas, challah, focaccia, French pastries, brioche and babka. Covering bread, cakes, buns, savoury bakes and store cupboard wonders, plus a selection of non-sourdough favourites from the bakery, these are recipes you'll want to make again and again.

In developing countries, traditional fermentation serves many purposes. It can improve the taste of an otherwise bland food, enhance the digestibility of a food that is difficult to assimilate, preserve food from degradation by noxious organisms, and increase nutritional value through the synthesis of essential amino acids and vitamins. Although "fermented food" has a vaguely distasteful ring, bread, wine, cheese, and yogurt are all familiar fermented foods. Less familiar are gari, ogi, idli, ugba, and other relatively unstudied but important foods in some African and Asian countries. This book reports on current research to improve the safety and nutrition of these foods through an elucidation of the microorganisms and mechanisms involved in their production. Also included are recommendations for needed research.

"Cultured Food for Life is a part of a new genre of cookbooks gaining popularity among a growing demographic of health and wellness aficionados. In this work, fermentation guru Donna Schwenk introduces readers to the healing properties of kefir, kombucha, cultured vegetables, sprouted flour, and sourdough. Fermentation has been used in food preparation for thousands of years, but in the past few decades it has moved from being a commonplace kitchen ritual to being something done only by a few health-conscious proponents. Most fermentation now is done at factories, whose processes strip away some of the abundant vitamins, minerals, and healthy bacteria that make this way of preparing foods so beneficial. But Donna Schwenk is working to bring this staple of food preparation back to readers by showing that these now-unfamiliar processes are actually easy and fun. And by doing this, she opens the door to a world of foods that can help rid readers of health problems including high blood pressure, diabetes, allergies, acne, hypertension, asthma, and irritable bowel syndrome. After telling the astonishing story of how she healed herself and her family with these probiotic foods, Schwenk walks readers, step by step, through the basic preparation techniques for kefir, kombucha, cultured vegetables, sprouted flour, and sourdough plus more than 120 recipes that use these foods to create dishes to please any palate. With recipes like Herbed Omelet with Kefir Hollandaise Sauce, Sprouted Ginger Scones with Peaches and Kefir Cream, Kefir Veggie Sprouted Pizza, Apple Sauerkraut, and Sprouted Brownies Kefir Cupcakes, along with inspirational stories from Donna's family and friends, readers will enjoy a diet that's as delicious as it is healthy. Schwenk originally self-published a portion of this book through Balboa Press. It garnered solid sales and positive reviews"--

Harnessing traditions from previous generations to preserve food is not only a passion for Shannon Stonger, but a way of life. Shannon walked away from a career in chemistry to raise her family. Shortly thereafter, she and her husband moved their family off the grid to discover a more simple, agrarian life. With only minimal solar-powered electricity, Shannon relies on practical food preservation techniques, such as fermentation, to provide nutritious food for her family while cutting food costs. In *Traditionally Fermented Foods*, Shannon shows readers how to preserve food using traditional fermentation techniques, often without refrigeration. An alternative to canning and freezing, traditionally fermented foods do not require modern technology to preserve. You can learn Shannon's authentic preservation technique, which she depends on daily to put food on the table, so you know they work. You can also learn how fermented foods work, how to make fermented foods and how to use fermented foods in recipes. This book contains over 80 recipes with corresponding photos.

The definitive book showcasing the variety of sourdough breads and pastries, from the author of the award-winning 'How to Make Bread'. Many people are turning their backs on mass-produced, homogenized and bland bread in favour of something natural and nourishing. And what can be more natural than the way bread used to be made – with flour, water and care. Once you've mastered the sourdough 'starter' – the vigorous little mixture of flour and water that helps leaven the bread and develop flavour – you just need to mix a small amount of it with your other ingredients and you're well on your way to a great-tasting fresh loaf. Top up the starter and you can keep it going for as long as you want. It's no surprise then when people take in the wonderful aroma of their first homemade sourdough loaf, before breaking the firm, springy crust and savouring the delicious, light and flavoursome inside that they never look back. You'll be amazed not only by the flavour and variety of wonderful Sourdough recipes on offer in this book, but by their simplicity. There is a comprehensive step-by-step guide to making the dough, kneading the dough, and shaping, preparing and baking a basic sourdough loaf. From there, you'll discover exciting breads made with some of the hugely popular ancient grains, including kamut, spelt, einkorn and emmer. If you like a rich, dark bread, then you'll be at home in the Rye chapter, with delicious recipes, such as New-York-style rye sourdough or Pumpernickel sourdoughs. Try the Sweet & Savoury Sourdoughs in the Flavoured Sourdoughs section, including classic combinations such as Tomato & Olive, but also more unusual but equally delicious recipes such as Halloumi & Mint. If you have a sweeter tooth, you'll be delighted by the Apple or Date & Walnut. Discover the dedicated Gluten-free chapter, with the Chickpea Potato Focaccia, Sourdough Potato Pancakes and Teff & Apricot Sourdough. Explore the diverse and divine creations in Snacks & Treats, such as Sourdough Bagels, Sourdough Pretzels and Sourdough Brioche. Finally, a chapter on Speciality Sourdoughs will teach you how to make the perfect Sourdough Baguette and Ciabatta, as well as festive favourites, such as Panettone.

For centuries, people around the world have used fermentation to preserve and enhance the flavor of a wide variety of foods. Today, complex interactions of microbiota in the digestive tract are found to influence proper digestion, metabolism, and disease resistance. With greater emphasis on natural products and the role of food in health and wellbeing, food manufacturers are once again turning to fermentation not just for extending shelf life, but to create functional food products that take an active part in maintaining overall health. Featuring five new chapters and updating all data to reflect the latest research findings, *Handbook of Fermented Functional Foods, Second Edition* examines the health benefits of fermented foods as well as the processes and production techniques involved in manufacturing fermented food products. Maintaining the highest quality information and the easily accessible format of its predecessor, this edition includes new chapters on olives, tempeh, and the traditional fermented foods of China, Thailand, and India. It looks at the history of fermented foods and reveals the specific benefits of fermented milk, Kefir, yogurt, and cheese. Contributions cover fermented soy products, including Natto and Miso, as well as the fermentation of other vegetables such as Korean Kimchi and Doenjang and German sauerkraut. The book also explains the bioactivity and bioavailability of microorganisms and investigates the more recent practice of producing probiotic cultures to add to fermented foods for increased health benefit. Presenting new findings and interpretations that point even more clearly to the important role fermented foods play in our diet and overall health, this second edition demonstrates the current knowledge of fermented food production and reflects the growing credibility of probiotics in health maintenance.

Make the Best Bread at Home with Just Your Hands Nothing beats the intoxicating smell of freshly baked bread. But what if you could create those beautiful artisan loaves in the most traditional way possible: with just your own two hands? Baking by Hand shows you how to do just that. Keep your mixer in the closet as Andy and Jackie King teach you long-forgotten methods that are the hallmarks of their exceptional bakery. They'll take you through all of the steps of making amazing bread, from developing your own sourdough culture, to mixing by hand, traditional shaping techniques and straight on to the final bake. Most importantly, you'll learn the Four-Fold technique—the key to making the kind of bread at home that will simply be top tier in any setting. In this book, Andy and Jackie feature their stand out bakery recipes, including favorites such as their North Shore Sourdough, a perfectly crusted and open-crumbed Ciabatta, and their earthy, healthy and wonderful Multigrain loaf. And that's only half the story. The Kings also offer up techniques and recipes for their much-loved pastries like Concord Grape Pies and Rhubarb-Ginger Tarts, combining seasonality, locality and a passion for fresh ingredients. And they're all ready for you to make—without a mixer. A&J King Artisan Bakers is located in Salem, Massachusetts, and was named one of America's 50 Best Bakeries by The Daily Meal.

The ultimate guide of super-simple no-knead bread recipes For years, home cooks have shied away from baking their own yeast bread because they were intimidated by the mess, expertise, and kneading required. Now in paperback, Nancy Baggett's revolutionary Kneadlessly Simple lets even complete novices bake bread quickly and easily in their own homes, with no kneading and no mess. Using the author's simple and effective technique, these recipes call for minimal ingredients and can usually be mixed in one bowl using a single spoon—with amazingly good results. A wide variety of breads are provided, including Crusty Sourdough Boules, English Muffin Loaves, pizza dough (and companion sauce recipe), Caraway Beer Bread, and much more. Perfect for inexperienced bakers and busy home cooks who don't have the time for kneading and kitchen clean-up yeast breads usually require, as well as budget-conscious consumers who love homemade artisan bread flavor, but not artisan bakery prices Author Nancy Baggett is the bestselling author of 13 cookbooks Includes 73 foolproof bread recipes for comfy classics like Cinnamon-Raisin Bread to contemporary favorites like Rosemary Focaccia Nothing beats a loaf of fresh, warm-from-the-oven bread. Kneadlessly Simple lets even novice cooks create fragrant, full-flavored loaves without any specialized equipment, mess, or kneading.

What defines cooking as cooking, and why does cooking matter to the understanding of society, cultural change and everyday life? This book explores these questions by proposing a new theory of the meaning of cooking as a willingness to put oneself and one's meals at risk on a daily basis. Richly illustrated with examples from the author's anthropology fieldwork in Greece, Bigger Fish to Fry proposes a new approach to the meaning of cooking and how the study of cooking can reshape our understanding of social processes more generally.

Lactic acid bacteria (LAB) are a diverse group of bacteria that comprise low GC content Gram-positive cocci or rods that produces lactic acid as the major end product of the fermentation process. Bifidobacterium genera may also be considered as a part of the LAB group for possessing some similar phenotypical characteristics despite the higher GC content. The key feature of LAB metabolism is efficient carbohydrate fermentation. This contributes to the production of several microbial metabolites that result in the improvement of flavor and texture of fermented foods, in addition to its positive impact on the human health when LAB is administered as a probiotic. The book deals with advances made in the functionalities of LAB, such as their effect on vitamin D receptor expression, impact on neurodegenerative pathologies, production of B-vitamins for food bio-enrichment, production of bacteriocins to improve gut microbiota dysbiosis, production of metabolites from polyphenols and their effects on human health, effect on reducing the immunoreaction of food allergens, as biological system using time-temperature to improve food safety, and the use of probiotics in animal feed. The book also reviews the use of LAB and probiotic technologies to develop new functional foods and functional pharmaceuticals.

Divine Feminine self-reliance is more than being self-sufficient. It means not clinging to people. It means not making life harder for others than it already is. For the most part, it's an attitude, and it's one that will serve you well no matter the circumstances in which you find yourself. You probably know someone who lives on their own terms, with an independent attitude and a determination to take care of their own needs, they are accountable for themselves. The shift to taking responsibility for our lives is vital to transforming our life into one of Divine Feminine self-reliance. No matter what challenges we face we must learn to save ourselves. Do not wait for someone else to come along (the proverbial white knight). Do not buy into the old story that someone else can take better care of you than you can. Your Divine Feminine Power is all about being self-reliant. When we think of self-reliance, sometimes we think of everything being on our shoulders. That's not the case. Being self-reliant and independent doesn't mean you have to be alone, it is being responsible for your life and taking the lead when it comes to planning, making decisions, and taking action. It's about you taking the initiative and making certain things get done in a manner that is in your best interest. This book will encourage and teach you to embrace a more self-reliant Divine Feminine mindset, one small step at a time in many areas of your life. Your Divine Feminine energy, power and intelligence to do so, is your wise soul's gift to yourself, and the planet.

Incorporate fermented foods into everyday eating with delicious recipes that are easily achievable at home. Chapters covering fruit and vegetables, milk, pulses, baking, and drinks will introduce you to unique new flavours as well as traditional fermented vegetables such as German Sauerkraut and Japanese Kimchi.

New from the bestselling author of My Bread: A clear, illustrated guide to making sourdough and the Italian-inspired café dishes from one of Manhattan's best bakeries. Founded in 1994, Sullivan Street Bakery is renowned for its outstanding bread, which graces the tables of New York's most celebrated restaurants. The bread at Sullivan Street Bakery,

crackling brown on the outside and light and aromatic on the inside, is inspired by the dark, crusty loaves that James Beard Award–winning baker Jim Lahey discovered in Rome. Jim builds on the revolutionary no-knead recipe he developed for his first book, *My Bread*, to outline his no-fuss system for making sourdough at home. Applying his Italian-inspired method to his repertoire of pizzas, pastries, egg dishes, and café classics, *The Sullivan Street Bakery Cookbook* delivers the flavors of a bakery Ruth Reichl once called “a church of bread.”

Many bakers speak of their sourdough starter as if it has a magical life of its own, so it can be intimidating to those new to the sourdough world; fortunately with *Artisan Sourdough Made Simple*, Emilie Raffa removes the fear and proves that baking with sourdough is easy, and can fit into even a working parent’s schedule! Any new baker is inevitably hit with question after question. Emilie has the answers. As a professionally trained chef and avid home baker, she uses her experience to guide readers through the science and art of sourdough. With step-by-step master recipe guides, readers learn how to create and care for their own starters, plus they get more than 60 unique recipes to bake a variety of breads that suit their every need. Sample specialty recipes include Roasted Garlic and Rosemary Bread, Golden Sesame Semolina Bread, Blistered Asiago Rolls with Sweet Apples and Rosemary, No-Knead Tomato Basil Focaccia, Make-Ahead Stuffed Spinach and Artichoke Dip Braid and Raspberry Gingersnap Twist. With the continuing popularity of the whole foods movement, home cooks are returning to the ancient practice of bread baking, and sourdough is rising to the forefront. Through fermentation, sourdough bread is easier on digestion—often enough for people who are sensitive to gluten—and healthier. *Artisan Sourdough Made Simple* gives everyone the knowledge and confidence to join the fun, from their first rustic loaf to beyond. This book has 65 recipes and 65 photos.

Learn how to make delicious whole grain sourdough breads--from Danish rye seed bread and English muffins, to focaccia and flapjacks--with recipes designed to build confidence and skill in home cooks. You'll begin by creating your own unique starter using flour, water, and warmth to attract wild yeast which develops into a dynamic, living ingredient for bread baking (detailed instructions on how to keep your starter lively for many years are included). Once your starter blossoms, you can begin baking a variety of internationally inspired breads. Fermented breads are remarkable for both their digestibility and health-giving properties. With recipes for twelve high-fiber, whole-grain sourdough breads, you'll find another two dozen recipes to accompany them. Slather a buttermilk biscuit with homemade Crème Fraîche Butter with Sea Salt or enjoy the naan you've just baked with Indian Spinach with Fried Paneer. Use your sourdough starter in the morning to whip up yogurt flapjacks served with Lemon Blackberry Sauce, or take an orange, pecan, and fig loaf and make Figgy French Toast. Whether a rustic boule or a stack of tortillas, all you need is basic kitchen equipment and a desire to bake bread the way it was originally done--using time and lively ingredients to create flavor.

Take control of the grains you eat. *Whole Grain Baking Made Easy* is a guide for bakers who want to maximize the nutritional value of their breads and desserts while experimenting with delicious new flavors of many different whole grains. Including a Comprehensive Guide to Grinding Grains.

Most DIY cheesemaking books are hard to follow, complicated, and confusing, and call for the use of packaged freeze-dried cultures, chemical additives, and expensive cheesemaking equipment. For though bread baking has its sourdough, brewing its lambic ales, and pickling its wild fermentation, standard Western cheesemaking practice today is decidedly unnatural. In *The Outlaw Cheesemaker*, David Asher practices and preaches a traditional, but increasingly countercultural, way of making cheese--one that is natural and intuitive, grounded in ecological principles and biological science. This book encourages home and small-scale commercial cheesemakers to take a different approach by showing them: * How to source good milk, including raw milk; * How to keep their own bacterial starter cultures and fungal ripening cultures; * How make their own rennet--and how to make good cheese without it; * How to avoid the use of plastic equipment and chemical additives; and * How to use appropriate technologies. Introductory chapters explore and explain the basic elements of cheese: milk, cultures, rennet, salt, tools, and the cheese cave. The fourteen chapters that follow each examine a particular class of cheese, from kefir and paneer to washed-rind and alpine styles, offering specific recipes and handling advice. The techniques presented are direct and thorough, fully illustrated with hand-drawn diagrams and triptych photos that show the transformation of cheeses in a comparative and dynamic fashion.

A visual as well as a culinary feast, with illustrations by internationally known artist Rudy Pozzatti, this title aims to give you a second helping of the favorite fare of accomplished Indiana cooks.

More than 150 tasty recipes for gluten-free baking Imagine baking without flour. Impossible, right? Essentially, that's what you're doing when you bake gluten-free. Sure, there are replacement flours, but there's an art to combining those ingredients to re-create the tastes you know and love. Baking is truly the greatest challenge when cooking gluten-free, and more than 150 delicious, gluten-free recipes for baking cakes, cookies, and breads are coming fresh out of the oven to help you meet this challenge with *Gluten-Free Baking For Dummies*. Gluten-intolerant eaters have big concerns with baking, as wheat flour, a staple ingredient of many bread and baking recipes, is their greatest concern. *Gluten-Free Baking For Dummies* expands baking opportunities for those avoiding wheat flour, either for medical reasons or by choice. It offers you a wide variety of recipes along with valuable information about diet, health concerns, and kitchen and shopping basics. Discover new baking ideas and substitutes for common glutinous ingredients Easy recipes and methods for baking more than 150 gluten-free cakes, cookies, and breads Tips and advice for shopping and stocking your kitchen *Gluten-Free Baking For Dummies* is for the millions of people who suffer from Celiac disease, their friends and family, and anyone looking for healthy and tasty wheat- and gluten-free baking recipes.

A bread manifesto and signature recipes from Poilâne, the internationally famous bakery that "revolutionized" bread in America --Alice Waters

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