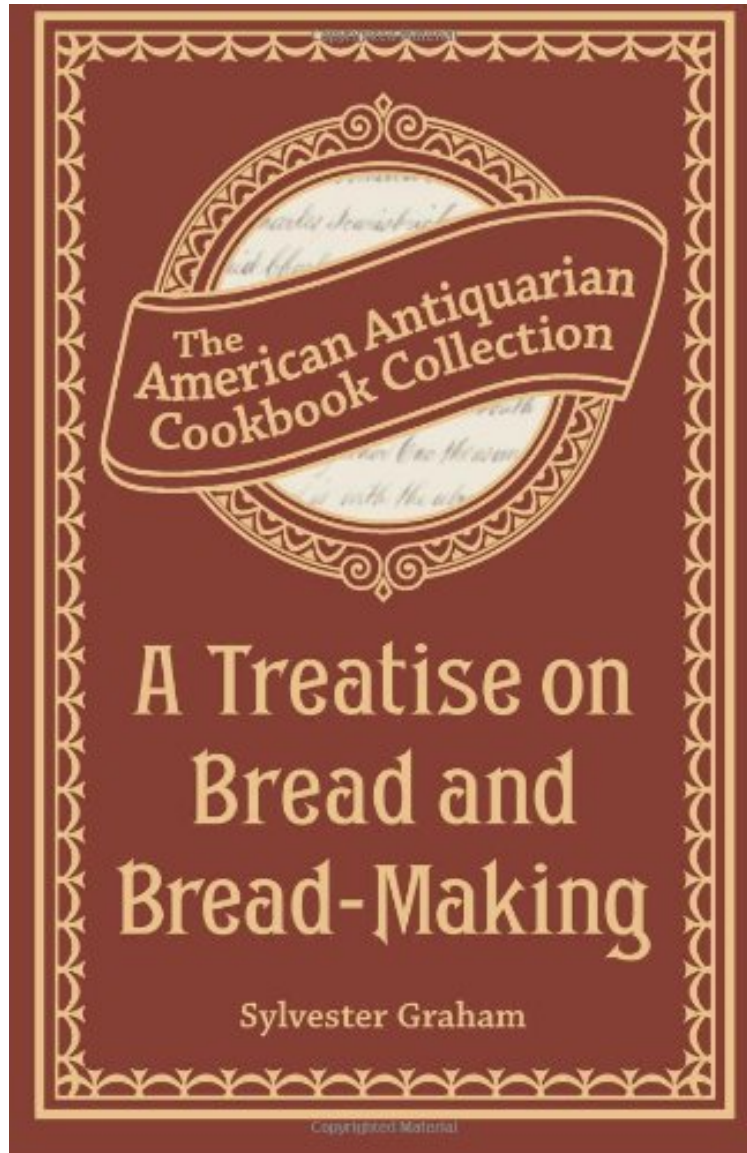


[Download free pdf] A Treatise on Bread and Bread-Making

A Treatise on Bread and Bread-Making

Sylvester Graham

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Sylvester Graham : A Treatise on Bread and Bread-Making before purchasing it in order to gage whether or not it would be worth my time, and all praised A Treatise on Bread and Bread-Making:

2 of 2 people found the following review helpful. Good readBy SwordmanIf you enjoy fine literature read this book for that aspect in itself. The entire book can be read in a few hours. Graham's ideas on whole grain are as relevant today as they were revolutionary in his time. Ignore the few passages suggesting the use of muriatic acid in some bread recipes, which is not his preferred method. The rest of the book contains excellent information for home bread making. Graham was a bit of a screwball, just enough to keep the reader's attention, not over the edge.

Graham's Treatise on Bread and Bread-Making includes a history of bread, discussion of various grains and which make the best breads, preparation of flour and other ingredients, the process of fermentation, how to prepare and bake bread dough, and discussion of bread varieties. The book describes Graham's preference for unadulterated flour that is free of chemical additives (used even in those early times to make bread whiter in color). He believed that firm bread made of coarsely ground whole-wheat flour was more nutritious and healthy. The treatise enthusiastically supports making bread in the home instead of buying commercial products, and the recipes were so popular that after publication, Graham was attacked by a mob of angry bakers in Boston. This edition of Treatise on Bread and Bread-Making was reproduced by permission from the volume in the collection of the American Antiquarian Society, Worcester, Massachusetts. Founded in 1812 by Isaiah Thomas, a Revolutionary War patriot and successful printer and publisher, the Society is a research library documenting the life of Americans from the colonial era through 1876. The Society collects, preserves, and makes available as complete a record as possible of the printed materials from the early American experience. The cookbook collection includes approximately 1,100 volumes.