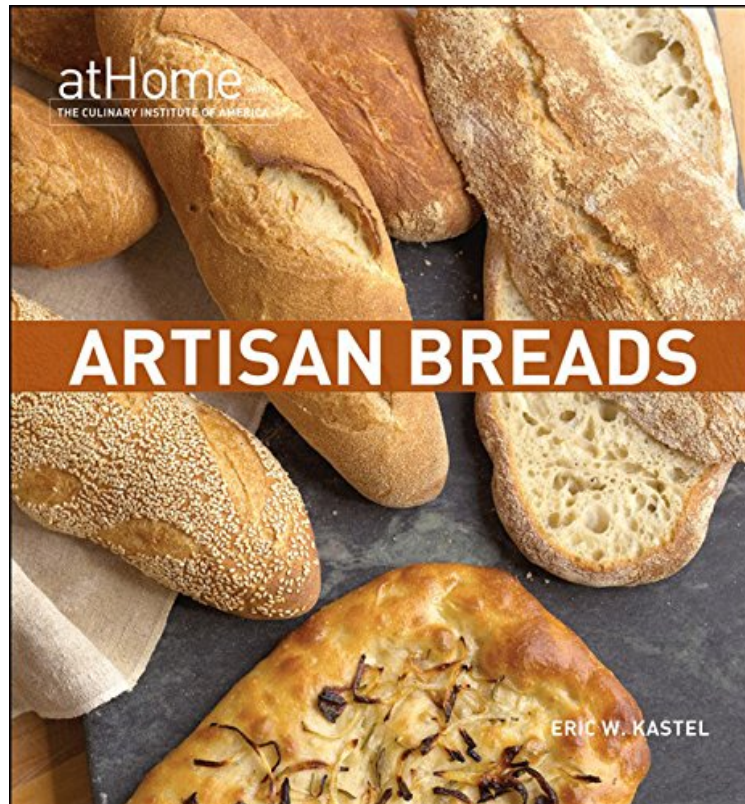


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## Artisan Breads at Home (at Home with The Culinary Institute of America)

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#174593 in Books Kastel Eric Charles Cathy 2009-12-23 2010-01-12Original language:EnglishPDF # 1  
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**The Culinary Institute of America : Artisan Breads at Home (at Home with The Culinary Institute of America)**  
before purchasing it in order to gage whether or not it would be worth my time, and all praised Artisan Breads at  
Home (at Home with The Culinary Institute of America):

1 of 1 people found the following review helpful. It's pretty clear in its instructionsBy Chitown HVBuy this book. I  
took a "test drive" by borrowing a copy from a library. It's pretty clear in its instructions, and ingredients are fairly  
easy to find. Made a couple of leaves of wheat bread and I was hooked. Today I baked Baguettes with pacirc;te  
fermenteacute;e and it was the most delicious bread I've even eaten. Excellent crust, nice chew, and so flavorful. I can't  
believe I made it in my own oven. Go out and buy this damn book!Oh, and always weigh your ingredients. Better  
accuracy equals better bread.0 of 0 people found the following review helpful. Very nicely illustrated. I refer to it  
oftenBy wandering 3A very essential book for a beginning baker. We used it for a bread class. All of the recipes  
turned out perfectly and the supplemental recipes which the chef provided did not. Very nicely illustrated. I refer to it  
often.0 of 0 people found the following review helpful. Five StarsBy Michael W. TullochGood all around book for the  
baking student / enthusiast.

An illustrated guide for anyone who wants to master the art of baking delicious artisan breads at home. This addition to The Culinary Institute of America's At Home series is perfect for home bakers who want to go beyond the basics to create delicious artisan breads. Backed by the CIA's expertise, Eric Kastel leads readers through simple and challenging recipes from Baguettes, Peasant Bread, and Ciabatta to Cheddar Onion Rye Rolls, Coffee Cake, and even Sourdough. In addition, Artisan Breads at Home provides thorough explanations of ingredients including flour breakdowns and chemical reactions, easy-to-understand terminology and definitions, and a detailed equipment guide. Includes tips, troubleshooting answers, and nearly 170 full-color photos of techniques and finished breads. Covers the basics of bread making as well as advanced techniques from lean dough breads and rolls to flat breads and enriched doughs. Author Eric Kastel, CMB, CHE is now Senior Manager of Bakery Projects at Panera Bread and a former associate professor of baking and pastry arts at The CIA. He has also been the head baker for Whole Foods and Bread Alone. Artisan Breads at Home is the ideal resource for home bakers who want to take their baking to the next level of complexity and taste. Artisan Breads at Home is the comprehensive bread baking resource for all home bakers. With extensive explanations of ingredients from flour breakdowns to chemical reactions and a thorough equipment guide, the first part of the book gives you all the information and guidance you need to get started making artisan breads. Subsequent chapters begin with lean doughs to create ryes, multigrains, white and wheat breads, and kaiser rolls. Basic Enriched Doughs and Rolls covers doughs incorporating eggs or dairy like Ham and Provolone Buns, coffee cakes, and sticky buns. Artisan Breads doesn't just mean leavened bread; the Flatbreads chapter includes recipes and step-by-step tips for naan, lavash, pizza dou

.com An illustrated guide for anyone who wants to master the art of baking delicious artisan breads at home. This addition to The Culinary Institute of America's "At Home" series is perfect for home bakers who want to go beyond the basics to create delicious artisan breads. Backed by the CIA's expertise, Eric Kastel leads readers through simple and challenging recipes from Baguettes, Peasant Bread, and Ciabatta to Cheddar Onion Rye Rolls, Coffee, Cake, and even Sourdough. In addition, Artisan Breads at Home provides thorough explanations of ingredients-including flour breakdowns and chemical reactions-easy-to-understand terminology and definitions, and a detailed equipment guide. Includes tips, troubleshooting answers, and nearly 170 full-color photos of techniques and finished breads. Covers the basics of bread making as well as advanced techniques-from lean dough breads and rolls to flat breads and enriched doughs. Author Eric Kastel, CMB, CHE is now Senior Manager of Bakery Projects at Panera Bread and a former associate professor of baking and pastry arts at The CIA. He has also been the head baker for Whole Foods and Bread Alone. Artisan Breads at Home is the ideal resource for home bakers who want to take their baking to the next level of complexity and taste. Recipe Excerpts from Artisan Breads at Home: Baguette with Poolish, Flatbread with Sun-Dried Tomato and Asiago Cheese, Rustic Rye Bread. From the Inside Flap: There are few joys in life as simple yet profound as taking that first bite from a lovingly baked loaf of bread, the crust crackling between your teeth. Maybe you've dreamed of baking a boule, a baguette, or a brioche yourself, but assumed it would be too difficult. Well, fear not. You do not need to be a baking expert to make fine artisan breads at home. All it takes is the knowledge of ingredients, equipment, and techniques found inside this book. Backed by The Culinary Institute of America's expertise, Certified Master Baker Eric Kastel takes you by the hand and gently guides you through the mysteries of bread baking. Beginning with a thorough discussion of ingredients and equipment, Chef Kastel explains everything from how to shop for flour to how to use a shower cap during the dough's rise. From there, he outlines the twelve steps of bread baking, describing each one in detail. With these steps in mind, you'll be set to mix, shape, and bake anything from ciabatta to rye bread, challah to pizza dough. And once you've mastered these basic breads and are inspired to try something more complex, Chef Kastel will demonstrate advanced techniques such as how to build a sourdough starter from scratch, which you can then use to create more than a dozen varieties of sourdough. Packed with tips, troubleshooting advice, and step-by-step photographs, the chapters include: Basic breads and rolls: Using little more than flour, water, yeast, and salt, you can bake Kaiser Rolls, Rustic Rye Bread, Whole Wheat Bread, and the most deliciously simple White Bread you'll ever taste. Enriched breads and rolls: Made with butter, eggs, sugar, or other additions for a softer crust and a more tender crumb, these recipes include Ham Provolone Rolls, Cinnamon Raisin Swirl Bread, Cottage Dill Buns, and even several coffee cakes. Flatbreads: Lightly leavened with yeast, puffed up with steam, or rolled as thin as parchment, these old-world favorites include Lavash, Paratha, Grissini Breadsticks, Pita, and Tortillas. Advanced artisanal breads: Learn to make and use starters like poolish, sponge, biga, poolish, and sours to bake Peasant Bread, Apple Cinnamon Epi, Fougasse, Bagels, and more than a dozen varieties of sourdough. Advanced enriched breads: These rich, complex breads include Panettone, Focaccia, Hot Cross Buns, Gugelhopf, and a spectacular six-braid Challah. Whether you're a beginner or already an accomplished baker, Artisan Breads at Home with The Culinary Institute of America provides everything you need to bake a perfect loaf of artisan bread. From the Back Cover: The ultimate guide to baking exquisite loaves, rolls, and flatbreads at home. "Most home bakers don't have a fancy brick oven, and many people stiffen up at the mere mention of the word 'yeast.' The words 'sourdough starter' can make the blood run cold. Maybe you are one of those people thinking, 'Who, me? I can't control yeast. And besides, who has time for that?' . . . Or maybe you used to bake bread and want to get back into it again and, say, try your hand at that elusive sourdough. You can do it! Have a good time. The last thing baking bread

should be is stressful or onerous. There are too many things in life that are not fun, and bread baking should not be one of them. Let the process of baking and breaking bread add enjoyment to your life."mdash;Eric W. Kastel