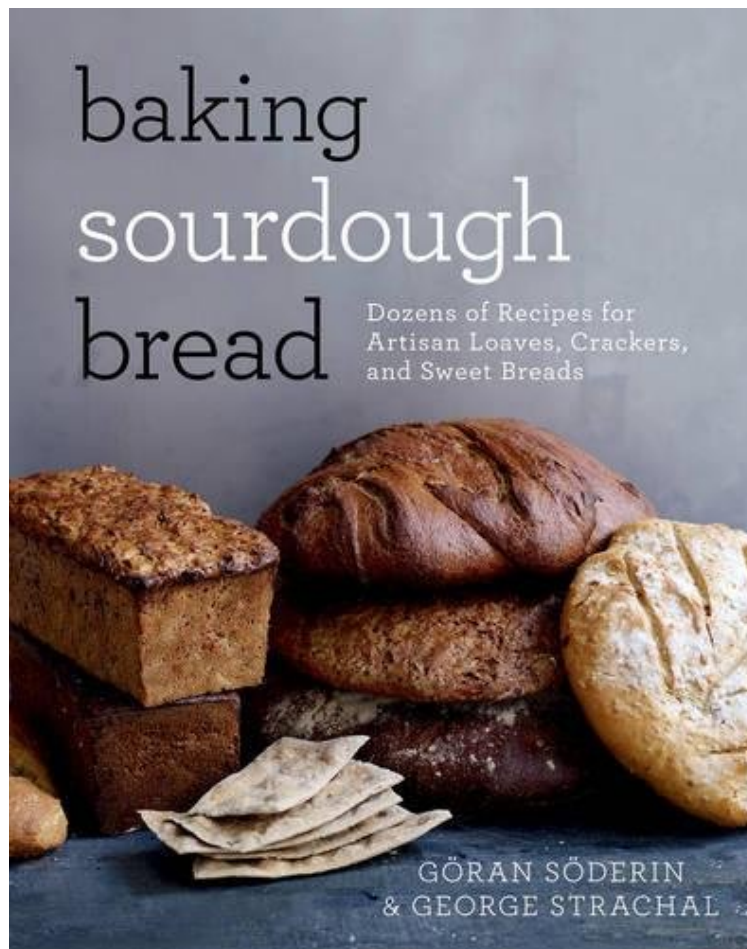


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Baking Sourdough Bread: Dozens of Recipes for Artisan Loaves, Crackers, and Sweet Breads

Göran Söderin, George Strachal
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Göran Söderin, George Strachal : Baking Sourdough Bread: Dozens of Recipes for Artisan Loaves, Crackers, and Sweet Breads before purchasing it in order to gauge whether or not it would be worth my time, and all praised Baking Sourdough Bread: Dozens of Recipes for Artisan Loaves, Crackers, and Sweet Breads:

24 of 26 people found the following review helpful. Uninformative and sometimes wrong
By EricI don't know who this book is for. The book is almost entirely recipes and little explanation. If you are an experienced baker, there are a few curiosities, such as "Sourdough Bread with Green Tea" or making cultures from ingredients other than wheat, such as potatoes or oats. If you are an inexperienced baker, there is literally no troubleshooting information, if something goes wrong you are on your own, and in my opinion something is almost certain to go wrong. If you are new to making sourdough breads and don't mind a "bake and pray" approach, I guess have at it. The information on how to make a

sourdough starter is brief and incomplete. For his starters you mix your flour, water, and grated peeled apple together, stir twice a day, and (he claims), you'll have a useable starter in 2-4 days. First, the apple is unnecessary. I get tired of baker's who apparently don't keep up with current information about their craft, but it's pretty much universally agreed now that putting apple, grapes, what-have-you in your starter doesn't do much. (There is an exception and that is using pineapple juice at the beginning, but the purpose there is not as an ostensible source of wild yeasts, but to lower the pH quickly to a level preferred by the wild yeasts you are trying to cultivate.) To be fair, he may be using the apple for extra sugar to feed the yeast, but still unnecessary. Second, there is no way your starter is going to be ready for use and refrigeration in 2 days and 4 is unlikely as well, especially with no refreshments in that time. You will frequently get false starts that early on from the wrong bacteria (*Leuconostoc*) that can mimic yeast activity, and 2 days is a good time frame to see that activity, but you'll be sorely disappointed if you try to bake with it. His maintenance routine is to feed the starter at room temperature once per day, 1 part flour and 1 part water, or once per week if kept refrigerated. He is silent as to the ratio of culture in this schedule. There is no mention that you may need to feed it more often in warm weather, indeed even during the winter kept on the counter my starter requires feeding twice a day at a ratio of 1 part starter, 2 parts flour and 2 parts water. Many of the recipes are supplemented with commercial yeast, which is fine, but he uses fresh yeast in all of them. It's not a big deal to convert to instant yeast or active dry yeast, but it's an odd omission that he doesn't mention how. The book was originally written for a European audience, and I understand fresh yeast is more common there, but as he already talks about translating measurements for an American audience, it's strange that he didn't convert the yeast in the process to something we actually have wide access to or, again, at least mention how to do it yourself. (Multiply the fresh yeast amount by 0.4 for active dry and 0.33 for instant yeast amounts.) All in all, if you are new to baking get "The Bread Baker's Apprentice" by Reinhart (quality method for cultivating a starter, uses Debra Wink's "Pineapple Solution"), or "Flour, Water, Salt, Yeast" by Forkish; if you are more ambitious and sourdough oriented "Tartine" by Robertson, or "Bread" by Hamelman if you are serious about learning. If you are an experienced baker, as I mentioned there are some unusual recipes, but by and large nothing you can't find elsewhere. 1 of 5 people found the following review helpful. very inspiring By NY Giants fan very inspiring with lots of recipes, tips and helps to help you be a success with sourdough. I recommend it.

Sourdough is magic. It's healthy, it's tasty, and it's alive. But that doesn't mean you have to be a magician to craft beautiful, tasty loaves from it. Baking sourdough bread is an art for everyone. Baking Sourdough Bread is the cookbook and guide into the delicious, healthy world of sourdough. Baking with sourdough isn't difficult; the biggest challenge is patience! But take it easy, and your taste buds will be rewarded with a crispy crust and rich, full flavor. Of course, it doesn't hurt to know a few tricks when mastering the art, and this book offers plenty. Learn to make a sourdough starter, and keep the leaven active with regular feeding. Try different flours and unique ingredients; did you know you can make delectable bread with apples and raisins, for example? The book contains recipes for classics like levain and Old English wheat-and-sourdough, unique twists like carrot bread and hazelnut, and sweet breads such as the German gugelhupf, among many others. But it's not just the recipes that make the book a treat. It's the creativity it cultivates. The book is a starter—and not just for sourdough.

About the Author Göran Söderin is a renowned Swedish baker and pastry chef. Captain of the Swedish national team in the World Pastry Team Championship and winner of the bronze medal in the Culinary Olympics in Erfurt, Germany, in 2004, he has authored several books on baking and pastry. He lives in Stockholm, Sweden.