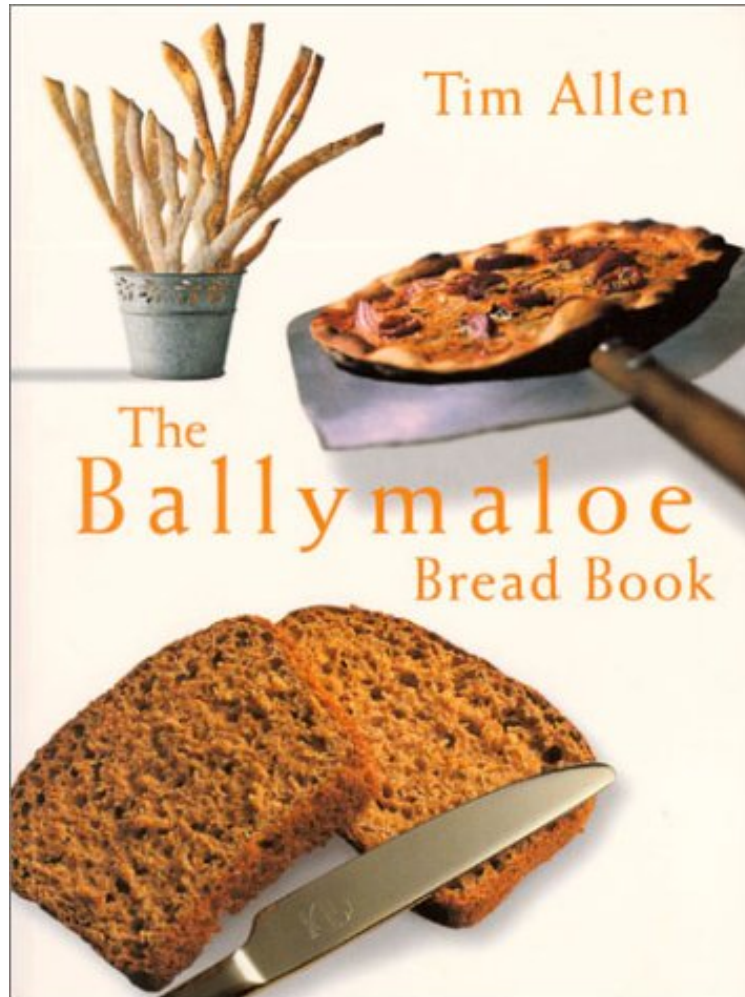


(Download) Ballymaloe Bread Book, The

## Ballymaloe Bread Book, The

*Chef Allen*

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**Chef Allen : Ballymaloe Bread Book, The** before purchasing it in order to gage whether or not it would be worth my time, and all praised Ballymaloe Bread Book, The:

17 of 17 people found the following review helpful. Great Source for quickbreads. Some measuring and naming issues..By B. Marold`The Ballymaloe Bread Book' by the husband of Darina Allen and co-founder of the Ballymaloe cooking school, Tim Allen (no connection to the `Home Improvement' comedian) is a very nice little introduction to bread baking of all types, although it does begin with and feature Irish favorites such as the Irish soda bread, spotted dog, and scones.The one statement made in this book which immediately gave me a favorable impression of the work was his claim that yeast bread making is actually easier than soda bread baking. It may not be simpler and it may not be faster, but soda bread and other `quick breads' with chemical leaveners are simply more tricky and more subject to environmental conditions than yeast breads. One can easily pound the dickens out of yeast bread dough and it will

reward you by an even better result. On the other hand, breads raised with baking soda and buttermilk or baking powder must be brought together very gingerly, very similar to the way one might do a pastry crust. On the other hand, the 'quick breads' do deserve their nickname, as they are certainly a lot faster to mix and bake than almost all yeast breads. What you lose with the speed is the great lightness and flavor that comes from yeast fermentation. While I like quick breads, I get tired of them a lot faster than I do of a good yeast white bread. But, if you are really fond of quick breads and want to make a splash at your next St. Patrick's day party, this is the book for you. As a bonus, you get an excellent introduction to virtually all different kinds of European breadmaking. The chapters in this book are: Soda Bread, An Old Friend including recipes with chocolate, savory seeds, treacle, and potato flour. Scones, including sultanas, chocolate, orange, walnut, crumpets, popovers, brownies, and balloons. Basic Yeast Bread, including brown bread, bread sticks, rye bread with caraway seeds and Carta Musica. Sweet Breads, including croissants, brioche, banana bread, stollen, shortbread, and cinnamon swirl. Pizza, including focaccia, gluten-free pizza base, calzone, Pizza Margherita, and garlic pizza bread. Sweet Buns, including doughnuts, biscotti, muffins, and 'London Buns'. Ethnic Breads including black bread, Chinese Wok bread, ciabatta, Pitta (sic) bread, and tortillas. Flavored and Specialty Breads, including stromboli, fig bread, walnut bread, and zucchini bread. Sourdough (natural yeasts), including bigas, potato starter, malted sourdough, and rye sourdough. Bread as the Base, including things made from bread such as French Toast and Chicken Casserole. Essential Extras such as jams, butters, marzipan, tomato sauce, Roux, and Ice Cream. This is an extraordinary range for such a small book. Needless to say, the author devotes almost all his space to the recipes and none to the kind of background information on flours and leavenings you may find in Rose Levy Beranbaum's books. I was especially happy and surprised to find so many French, Italian, and American specialties. It is the rare cookbook, even one specializing in breads, to include a recipe for the specialty, Carta Musica, or 'music paper', a Sardinian flatbread. There are at least two very important cautions I must give you before you rush out to get this book. First, there are many ingredients with unfamiliar names, and the substitutions for some of these are not entirely clear. Treacle, for example, is very close to our Black Strap molasses, but I had a little trouble finding good substitutions for kibbled wheat, castor sugar, muscovado sugar, bread soda, cream flour, strong flour (probably bread flour), and coffee essence (probably instant coffee). Neither David Joachim's 'The Food Substitutions Bible', Alan Davidson's 'The Oxford Companion to Food', nor the venerable 'Larousse Gastronomique' could help out on several of these words. The best source for many of these may be Elizabeth David's great 'English Bread and Yeast Cookery'. Second, all flour measurements are by weight in either grams or ounces and pounds. You must either invest in a good kitchen scale or arrive at some good equivalence between cups and pounds. I strongly vote for getting a good, reliable scale. Several other measurements may also be in not the most convenient units. One real puzzle was a measurement in 'dessert spoons'. I seem to recall from some other source that this is roughly equivalent to a teaspoon. While I strongly caution you away from this book if you are not serious about bread baking, I still recommend it highly to anyone who is especially interested in a broad sampling of good, traditional Irish recipes for bread which appear in the first two chapters. Therefore, while I really love this book, I must give it only four stars as a warning to the casual baker.

0 of 0 people found the following review helpful. Five Stars  
By G. G. great recipes in this book.  
6 of 9 people found the following review helpful. Measurement Conversion  
By km boise All measurements are all in grams or volume weight. I will have to convert to cup and teaspoon equivalents to use this cookbook. I wish this had been done by the publisher before releasing to an American audience.

In these pages is a lesson in baking from Ireland's renowned Ballymaloe Cookery School.

From the Back Cover The baking tradition is one of the richest and most varied aspects of Ireland's culinary heritage. From earliest times making bread has been an integral part of daily life in almost every home and it is still a living tradition. In The Ballymaloe Bread Book Tim Allen shares his enthusiasm for bread baking with more than a hundred recipes for every conceivable type of bread, from simple scones and soda bread (not forgetting the famous Ballymaloe Brown Yeast Bread!) to pizza and focaccia and some exotic ethnic breads. And being the good teacher that he is, everything is eminently practical with nothing left to chance or guesswork. No matter how slight or extensive your cooking experience, The Ballymaloe Bread Book will become your constant kitchen companion. Tim Allen, together with his wife Darina, owns, manages, and teaches at the famous Ballymaloe Cookery School in Shanagarry, County Cork, Ireland. Darina is the author of more than a dozen books and presenter of the Simply Delicious television series. Tim specializes in bread baking and this is his first book. About the Author Chef Tim Allen cofounded the Ballymaloe Cooking School in Cork, Ireland. Now retired, he was a teacher and manager of the school where he also received some of his training. He is considered an expert in the area of bread-making.