

Flour Water Salt Yeast The Fundamentals Of Artisan Bread And Pizza

What if everything you know about salt is wrong? A leading cardiovascular research scientist explains how this vital crystal got a negative reputation, and shows how to lower blood pressure and experience weight loss using salt. The Salt Fix is essential reading for everyone on the keto diet! We've all heard the recommendation: eat no more than a teaspoon of salt a day for a healthy heart. Health-conscious Americans have hewn to the conventional wisdom that your salt shaker can put you on the fast track to a heart attack, and have suffered through bland but "heart-healthy" dinners as a result. What if the low-salt dogma is wrong? Dr. James DiNicolantonio has reviewed more than five hundred publications to unravel the impact of salt on blood pressure and heart disease. He's reached a startling conclusion: The vast majority of us don't need to watch our salt intake. In fact, for most of us, more salt would be advantageous to our nutrition—especially for those of us on the keto diet, as keto depletes this important mineral from our bodies. The Salt Fix tells the remarkable story of how salt became unfairly demonized--a never-before-told drama of competing egos and interests--and took the fall for another white crystal: sugar. According to The Salt Fix, too little salt can:
* Make you crave sugar and refined carbs
* Send the body into semistarvation mode
* Lead to weight gain, insulin resistance, type 2 diabetes, cardiovascular disease, chronic kidney disease, and increased blood pressure and heart rate
But eating the salt you desire can improve everything, from your sleep, energy, and mental focus to your fitness, fertility, and sexual performance. It can even stave off common chronic illnesses, including heart disease. The Salt Fix shows the best ways to add salt back into your diet, offering his transformative five-step program for recalibrating your salt thermostat to achieve your unique, ideal salt intake. Science has moved on from the low-salt dogma, and so should you--your life may depend on it.

Never one to be content with yesterday's baking triumph, Peter Reinhart continues to refine his recipes and techniques in his never-ending quest for extraordinary bread. In this revised edition of his beloved and bestselling classic, he further perfects his recipes by adding metrics and conversion charts, incorporating baker's percentages into the recipes, and updating methods throughout. With an updated resource section, this will surely continue to be the go-to bread baking book for amateur and professional bakers across the country.

Aimée’s rural homesteader upbringing, years working as a professional chef, and everyday life as a busy mom led to the creation of the hugely popular blog Simple Bites. Raising three young children with husband Danny, Aimée traded her tongs and chef whites for a laptop and camera, married her two passions—mothering and cooking—and has since been creating recipes with an emphasis on whole foods for the family table, sharing stories, tips and inspiring readers to make the family-food connection on the Simple Bites blog. Brown Eggs and Jam Jars is Aimée’s long-awaited cookbook inspired by her urban homesteading through the seasons and the joyous events they bring. It embraces year-round simple food with fresh flavours from celebrating spring with a stack of Buttermilk Buckwheat Pancakes and pure maple syrup, to a simple late-summer harvest dinner with Chili-Basil Corn on the Cob and Lemon Oregano Roast Chicken. Autumn favourites include Apple Cinnamon Layer Cake with Apple Butter Cream Cheese Frosting and Make-Ahead Currant Scones that are delicious topped with homemade Strawberry-Honey Jam with Orange Zest. Comfort meals include Chicken Leek Shepherd’s Pie and Slow Cooker Cider Ham; homemade treats abound like Whole-What Chocolate Chunk Cookies with Orange Zest, Cinnamon Shortbread Bars with Dark Chocolate Ganache, Ice Cider Caramel Corn, and much more. Created for the family-minded home cook, Aimée shares over 100 recipes from melt-on-your-tongue maple butter tarts to tangy homemade yogurt that have a touch of nostalgia, feature natural ingredients, and boast plenty of love. Aimée’s heart-warming stories capture everyday life in a busy family. In addition, she shares tips and advice on how to get the whole family involved in cooking from the ground up and enjoying homemade food. Brown Eggs and Jam Jars will inspire you to connect your family and food right where you are in life—from growing your own tomatoes to making a batch of homemade cookies. Enjoy your urban homestead!

Provides guidance for making one’s own whole grain bread, covering topics such as the wheat kernel, enzymes, and the process of delayed fermentation, and presents fifty-five recipes for whole grain sandwich, hearth, and specialty breads as well as bagels, crackers, and other items.

King Arthur Flour Whole Grain Baking

Damn Delicious

Bread Book

Minimalist Baker’s Everyday Cooking

Peter Reinhart’s Whole Grain Breads

The Salt Fix

Fast and Easy Recipes for World-Class Breads

NEW YORK TIMES BESTSELLER • From Portland’s most acclaimed and beloved baker comes this must-have baking guide, featuring recipes for world-class breads and pizzas and a variety of schedules suited for the home baker. There are few things more satisfying than biting into a freshly made, crispy-on-the-outside, soft-and-supple-on-the-inside slice of perfectly baked bread. For Portland-based baker Ken Forkish, well-made bread is more than just a pleasure—it is a passion that has led him to create some of the best and most critically lauded breads and pizzas in the country. In Flour Water Salt Yeast, Forkish translates his obsessively honed craft into scores of recipes for rustic boules and Neapolitan-style pizzas, all suited for the home baker. Forkish developed and tested all of the recipes in his home oven, and his impeccable formulas and clear instructions result in top-quality artisan breads and pizzas that stand up against those sold in the best bakeries anywhere. Whether you ’ re a total beginner or a serious baker, Flour Water Salt Yeast has a recipe that suits your skill level and time constraints: Start with a straight dough and have fresh bread ready by supper time, or explore pre-ferments with a bread that uses biga or poolish. If you ’ re ready to take your baking to the next level, follow Forkish ’ s step-by-step guide to making a levain starter with only flour and water, and be amazed by the delicious complexity of your naturally leavened bread. Pizza lovers can experiment with a variety of doughs and sauces to create the perfect pie using either a pizza stone or a cast-iron skillet. Flour Water Salt Yeast is more than just a collection of recipes for amazing bread and pizza—it offers a complete baking education, with a thorough yet accessible explanation of the tools and techniques that set artisan bread apart. Featuring a tutorial on baker ’ s percentages, advice for manipulating ingredients ratios to create custom doughs, tips for adapting bread baking schedules to fit your day-to-day life, and an entire chapter that demystifies the levain-making process, Flour Water Salt Yeast is an indispensable resource for bakers who want to make their daily bread exceptional bread.

"Discover how anyone can combine flour, yeast, water, and salt to create hot and delicious bread in the comfort of your own kitchen. Filled with straightforward guidance, Bread Baking for Beginners is the ideal bread cookbook for new bakers. Complete with step-by-step photographs and instructions, this beautiful bread baking guide offers a tasty collection of recipes for kneaded, no-knead, and enriched breads. In addition to important info on everything from prep and proof times to key terminology and kitchen essentials, you'll also get must-have tips for troubleshooting bread baking issues." --Amazon.com

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:
• Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
• Delicious options for hearty entr é es, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
• Essential plant-based pantry and equipment tips
• Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements
Minimalist Baker ’ s Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

"Good bread is hard to find and easy to make," says Dan Leader as he draws you into the ancient world of traditional bread baking. Unlike any other bread book, Bread Alone will provide you with a comprehensive guide to creating—at home—the country-style breads that have consistently captured the imagination and the taste buds of the world. In a richly told tale, Leader chronicles his crossings of America and Europe to locate the most vital ingredients at the source, to learn from the methods of the world’s great bakers, and to perfect their traditional techniques. His recipes are ones that have been used for centuries: large sourdough ryes, rich and dark raisin pumpernickel loaves, real French pain au levain, big round wheats with walnuts, crusty baguettes, high and airy breads, and more. Made from organic, stone-ground grains, these breads are slow-leavened, hand-shaped, and baked to perfection on heated baking tiles. As you read through the recipes, you can almost smell the ancient aroma of baking bread. And as you begin to bake, you will learn the importance of the primary ingredient in great bread: your own observations. These are some of the breads and techniques you will master: In the chapter "Becoming Bread," you will learn to identify and shop for the highest quality flour available. And you will seek it out because you'll taste the difference. Making a poolish will become second nature to you as you master the Learning Recipe: Classic Country-Style Hearth Loaf and its delicious variations. Whatever your schedule, there is a bread for you. In the chapter "Straight-Dough Breads: Traditional Breads for a Modern Life-Style," you are shown how to start and finish a recipe in five hours, or morning-to-night, or night-to-night. You will bake sourdough bread in its many forms. By gently introducing the concept of sourdough—how it is made, how it is maintained, and how to get the best flavor from it—Leader demystifies it and makes it accessible to you. Discover the wonders of rye bread: From the dense and chewy Finnish Sour Rye to the fragrant Danish Light Rye, everyone’s tastes are served. The mystery of pain au levain, French for "bread from a sourdough or wild yeast," unfolds into an understandable, user-friendly process. From My Personal Favorite Pain au Levain, a typical large Parisian loaf, to Pain au Levain with Pecans and Dried Cherries, the "Family of Traditional Pain au Levain" includes some of the best loaves baked around the world. A perfect baguette is a beautiful thing. From shaping to scoring, you will learn how to make the authentic French baguette at home. The purpose of an organic certifier—find out how and why one farmer becomes dedicated to his role as land steward. Brioche, Chocolate-Apricot Kugelhopf, Panettone, and Semolina Sesame Rolls are a few recipes you will find in "A Family of Breads Inspired by Traditional French and Italian Breads." Finally, when a quick bread is all you have time to bake, you will find recipes for such delights as Vanilla Bean Butter Loaf, Dried Pear, Port, and Poppy Seed Loaf; and Provolone Sage Corn Loaf. Bread Alone is the bread book that cooks and bakers have been waiting for. From the wheat fields of the Midwest to the hot and steamy boulangeries of Paris, you will travel the long and delicious road to flawless bread baking. You will emerge a better baker and with a deeper understanding of what it takes to make perfect loaves. Bakers entertain you with stories of their love of baking (even in the most adverse situations). Bread Alone is the bible of bread books and a must-have for bread lovers everywhere.

Whole30 Endorsed, Recipes for Everyday Food Made Marvelous

Delicious Recipes Using Nutritious Whole Grains

Sourdough

Family Recipes from the Kitchen of Simple Bites

Mastering the Art of Extraordinary Bread

Bread Illustrated

A Culinary Coming-of-Age Story

The James Beard and IACP Award-winning author of Flour Water Salt Yeast and one of the most trusted baking authorities in the country proves that amazing pizza is within reach of any home cook. "If there were ever to be a bible for all things pizza—and I mean all things—Ken Forkish has just written it."—Marc Vetri, author of Mastering Pasta and owner of Vetri The Elements of Pizza breaks down each step of the pizza-making process, from choosing a dough to shaping your pie to selecting cheeses and toppings that will work for your home kitchen setup. Forkish offers more than a dozen different dough recipes—same-day "Saturday doughs" that you can make in the morning to bake pizza that night, levain doughs made from a naturally fermented yeast starter, and even gluten-free dough—each of which results in the best, most texturally sublime crust you’ve ever made at home. His clear, expert instructions will have you shaping pies and loading a pizza peel with the confidence of a professional pizzaiolo. And his innovative, seasonal topping ideas will surprise and delight any pizza lover—and inspire you to create your own signature pies, just the way you like them.

The Tartine Way — Not all bread is created equal The Bread Book "...the most beautiful bread book yet published..." -- The New York Times, December 7, 2010 Tartine — A bread bible for the home or professional bread-maker, this is the book! It comes from Chad Robertson, a man many consider to be the best bread baker in the United States, and co-owner of San Francisco’s Tartine Bakery. At 5 P.M., Chad Robertson’s rugged, magnificent Tartine loaves are drawn from the oven. The bread at San Francisco’s legendary Tartine Bakery sells out within an hour almost every day. Only a handful of bakers have learned the techniques Chad Robertson has developed: To Chad Robertson, bread is the foundation of a meal, the center of daily life, and each loaf tells the story of the baker who shaped it. Chad Robertson developed his unique bread over two decades of apprenticeship with the finest artisan bakers in France and the United States, as well as experimentation in his own ovens. Readers will be astonished at how elemental it is. Bread making the Tartine Way: Now it’s your turn to make this bread with your own hands. Clear instructions and hundreds of step-by-step photos put you by Chad’s side as he shows you how to make exceptional and elemental bread using just flour, water, and salt. If you liked Tartine All Day by Elisabeth Prueitt and Flour Water Salt Yeast by Ken Forkish, you’ll love Tartine Bread!

When Bread was first published in 2004, it received the Julia Child Award for best First Book from the International Association of Culinary Professionals and became an instant classic. Hailed as a “masterwork of bread baking literature,” Jeffrey Hamelman’s Bread features over 130 detailed, step-by-step formulas for dozens of versatile rye- and wheat-based sourdough breads, numerous breads made with yeasted pre-ferments, simple straight dough loaves, and dozens of variations. In addition, an International Contributors section is included, which highlights unique specialties by esteemed bakers from five continents. In this third edition of Bread, professional bakers, home bakers, and baking students will discover a diverse collection of flavors, tastes, and textures, hundreds of drawings that vividly illustrate techniques, and evocative photographs of finished and decorative breads.

From a master of the artisan bread movement comes a comprehensive guide to making incredible bread at home, featuring more than 70 delicious recipes NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY THE ATLANTA JOURNAL-CONSTITUTION "Here, finally, is the one bread book that every cook needs on their kitchen worktable."—Andrew Zimmern, host of Bizarre Foods The Vetri Cucina 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, Marc Vetri and his former head baker, Claire Kopp McWilliams, show home cooks how to create simple breads with unique flavors in a home oven. Included are more than seventy recipes for their bestselling sourdough and yeast loaves as well as accompaniments to serve with the breads. Their process of bread-making is broken down into three easy-to-digest chapters: Mix, Shape, and Bake. Another chapter includes recipes for enjoying breadin dishes such as Bruschetta, Panzanella, 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 and whole-grain flours 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 farmers, millers, and bread bakers 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.

The Fundamentals of Artisan Bread and Pizza

Tradition and Innovation in Artisan Bread Making

The book that started a baking revolution

Peter Reinhart’s Artisan Breads Every Day

Heritage Baking

Bread Alone: Bold Fresh

Tartine Bread

Scrumptious recipes that make everyday food marvelous by food blogger sensation Teri Turner of NoCrumbsLeft.net, fully endorsed by Whole30

"White Jacket Required is a coming of age story by one of the top young food bloggers, Jenna Weber. When Jenna finds herself out of college and trying to figure out what to do with her life, she turned to culinary school, not to become a chef, but to become a food writer instead. This is that story, with all the ups and downs of a young woman trying to get through the rigors of culinary school, her first job, a family crisis, and a love affair. It will appeal to young readers, anyone interested in food, and her loyal blog readers, all 30,000-a-day of them"--

An elevated guide to the craft of pasta-making by rising star chef Thomas McNaughton of San Francisco's hottest Italian restaurant, flour + water. Chef Thomas McNaughton shares his time-tested secrets to creating simple, delicious, and beautiful artisan pasta—from the best fresh doughs to shaping and cooking every type of pasta. A true celebration of Italy’s pasta traditions, flour + water includes fifty seasonally influenced recipes for home cooks of every skill level. The recipes cover the flavor spectrum from well-loved classics to inventive combinations, such as Tagliatelle Bolognese; Pumpkin Tortelloni with Sage and Pumpkin Seeds; Tomato Farfalle with Chicken Polpettine, Roasted Peppers, and Basil; and Asparagus Caramelle with Brown Butter. With guidance from McNaughton and the secrets of flour + water’s dough room, anyone can learn to make amazing pasta at home.

2016 James Beard Award Winner (Baking & Desserts) 101 recipes for baking with whole and sprouted grains, making the most of the seasonal harvest, and healing the body through naturally fermented food Sarah Owens spent years baking conventional baked goods, only to slowly realize she had developed a crippling inability to digest or tolerate their ingredients. Unable to enjoy many of her most favorite foods, she knew she must find a health-sustaining alternative. Thus Sarah started experimenting with sourdough leavening, which almost immediately began to heal her gut and inspire her anew in the kitchen. Soon after, her artisan small-batch bakery, BK17, was launched, and with that, a new way to savor and share nutritious sourdough breads and treats with her Brooklyn community. Sourdough and other fermented foods are making a comeback because of their rich depth of flavor and proven health benefits. In Sourdough, Sarah demystifies keeping a sourdough culture, which is an extended fermentation process that allows for maximum flavor and easy digestion, showing us just how simple it can be to create a healthy starter from scratch. Moreover, Sarah uses home-grown sourdough starter in dozens of baked goods, including cookies, cakes, scones, flatbreads, tarts, and more--well beyond bread. Sarah is a botanist and gardener as well as a baker--her original recipes are accented with brief natural history notes of the highlighted plants and ingredients used therein. Anecdotes from the garden will delight naturalists and baked-goods lovers among us. Laced with botanical and cultural notes on grains, fruits and vegetables, herbs, and even weeds, Sourdough celebrates seasonal abundance alongside the timeless craft of artisan baking.

Plant-Forward Recipes and Tips for a Sustainable Kitchen and Planet

Mastering Bread

Brown Eggs and Jam Jars

The New Sugar and Spice

The Bread Baker’s Apprentice

Flour Water Salt Yeast

Evolutions in Bread

Whether you've never picked up a knife or you're an accomplished chef, there are only four basic factors that determine how good your food will taste. Salt, Fat, Acid, and Heat are the four cardinal directions of cooking, and they will guide you as you choose which ingredients to use and how to cook them, and they will tell you why last minute adjustments will ensure that food tastes exactly as it should. This book will change the way you think about cooking and eating, and help you find your bearings in any kitchen, with any ingredients, while cooking any meal. --

Advanced Bread & Pastry has a unique approach to providing advanced level concepts, techniques and formulas to those aspiring to be professional bakers and professional pastry chefs. Exquisite photographs are throughout to further inspire learners and professionals of the unlimited potential of the craft. Advanced Bread and Pastry provides in depth information and troubleshooting strategies for addressing the complex techniques of the advanced level of bread and pastry arts. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Winner of the Guild of Food Writers' Award for Best First Book, the Julia Child Award, the IACP Best Cookbook of the Year Award and a James Beard Foundation Book Award 'Richard is a master of his craft...ultra user-friendly... it might change the way you look at bread forever' Sunday Telegraph 'Once you've mastered the technique, it's child's play' Tony Turnbull, The Times 'An essential tome' Tom Parker Bowles Richard Bertinet is renowned for his revolutionary and inspirational approach to breadmaking and Dough is an invaluable and beautiful guide to making simple, contemporary bread. Richard brings fun to breadmaking and with his easy approach, you will never want to buy a supermarket loaf again. Each of the five chapters begins with a slightly different dough - White, Olive, Brown, Rye and Sweet - and from this 'parent' dough you can bake a vast variety of breads really easily. Try making Fougasse for lunch, bake a Ciabatta to impress, create Tomato, Garlic & Basil Bread for a delicious canape or show off with homemade Doughnuts - each recipe is a delight.

'**Dan Lepard is to baking what Lewis Hamilton is to Formula One.' - Jay Rayner 'Simply the most beautiful, flour-dusted, crisp-crusted, heaven-scented, honey-coloured loaf I could ever have hoped for ... Mr Lepard, I love you.' - Nigel Slater 'Dan Lepard - one of the first bakers and writers in the UK to get people interested in honing their baking skills.' - Diana Henry 65,000 copies sold With more than 75 recipes, from dark crisp rye breads and ricotta breadsticks through to effortless multigrain sourdough, The Handmade Loaf guides you through the stress-free techniques you need to make and bake great breads at home. Made and photographed in kitchens and bakeries across Europe, from Russia through to the Scottish Highlands, Dan Lepard's ground-breaking methods show you how to get the most flavour and the best texture from sourdough and simple yeast breads with minimal kneading and gentle handling of the dough. Let this classic cookbook guide you to making superb bread at home.**

The Joy of Gluten-Free, Sugar-Free Baking

Recipes for Rustic Fermented Breads, Sweets, Savories, and More

The Elements of Pizza

In Search of the Perfect Loaf

Pasta [A Cookbook]

Slow Bread for Busy Lives

Bread Baking for Beginners

“[This] lavishly illustrated labor of love is a must-have for any baker who seeks to create honest, authentic and flavorful breads and pastries.” —Stanley Ginsberg, award-winning author of The Rye Baker Here is a go-to resource for bakers of all skill levels who love new information and techniques that lead to better loaves and more flavor. These forty-five foolproof recipes for delicious, nutritious, good-for-the-gut breads and pastries star a wide range of artisan flours that are now readily available to home bakers. These flours add layers of flavor and texture, and combined with a natural starter and long fermentation, make these baked goods enjoyable even by those who have difficulty with gluten. In-depth master tutorials to starter, country loaves, and adjusting recipes for different flours are paired with step-by-step photography sequences that help visual learners get these fundamentals just right. Including recipes for one-of-a-kind rolls, scones, muffins, coffee cake, cookies, brownies, and more, this is a new take on baking for the home baker’s cookbook canon. “Ellen King is one of my favorite bakers, and Hewn is a gem—there’s nowhere else you can get such good bread made with flour that been so thoughtfully sourced and handled. Here, Ellen shows you how to do it.” —Mark Bittman, #1 New York Times bestselling author “Why on earth pick up a bag of flour with strange sounding names such as Red Fife, Turkey Red, or Marquis? Allow Ellen King of renowned Hewn Bakery to explain how these heritage varieties add complexity and mesmerizing flavor to your baking.” —Maria Speck, award-winning author of Simply Ancient Grains

Covers the basics of artisan bread-making as well as advanced techniques--from lean-dough breads and rolls to flat breads and enriched doughs--in a guide that includes tips, troubleshooting answers and 168 full-color photos.

A sustainable lifestyle starts in the kitchen with these use-what-you-have, spend-less-money recipes and tips, and the friendly voice behind @ZeroWasteChef. In her decade of living with as little plastic, food waste, and stuff as possible, Anne-Marie Bonneau, who blogs under the moniker Zero-Waste Chef, has learned that "zero-waste" is above all an intention, not a hard-and-fast rule. Because, while one person eliminating all their waste is great, if thousands of people do 20 percent better it will have a much bigger impact on the planet. The good news is you likely already have all the tools you need to begin to create your own change at home, especially in the kitchen. In her debut book, Bonneau gives readers the facts to motivate them to do better, the simple (and usually free) fixes to ease them into wasting less--you can, for example, banish plastic wrap by simply inverting a plate over your leftovers--and, finally, the recipes and strategies to turn them into more sustainable, money-saving cooks. Rescue a loaf from the landfill by making Mexican Hot Chocolate Bread Pudding, or revive some sad greens to make a pesto. Save five bucks (and the plastic tub) at the supermarket with Yes Whey, You Can Make Ricotta Cheese, then use the cheese in a galette and the leftover whey to make sourdough tortillas. With 75 vegan and vegetarian recipes for cooking with scraps, creating fermented staples, and using up all your groceries before they become waste--including end-of-recipe tips on what to do with your ingredients next--Bonneau lays out an attainable vision of a zero-waste kitchen.

Visionary baker Chad Robertson unveils what’s next in bread, drawing on a decade of innovation in grain farming, flour milling, and fermentation with all-new ground-breaking formulas and techniques for making his most nutrient-rich and sublime loaves, rolls, and more—plus recipes for nourishing meals that showcase them. “The most rewarding thing about making bread is that the process of learning never ends. Every day is a new study . . . the possibilities are infinite.”—from the Introduction More than a decade ago, Chad Robertson’s country levain recipe taught a generation of bread bakers to replicate the creamy crumb, crackly crust, and unparalleled flavor of his world-famous Tartine bread. His was the recipe that launched hundreds of thousands of sourdough starters and attracted a stream of understudies to Tartine from across the globe. Now, in Bread Book, Robertson and Tartine’s director of bread, Jennifer Latham, explain how high-quality, sustainable, locally sourced grain and flours respond to hydration and fermentation to make great bread even better. Experienced bakers and novices will find Robertson’s and Latham’s primers on grain, flour, sourdough starter, leaven, discard starter, and factoring dough formulas refreshingly easy to understand and use. With sixteen brilliant formulas for naturally leavened doughs—including country bread (now reengineered), rustic baguettes, flatbreads, rolls, pizza, and vegan and gluten-free loaves, plus tortillas, crackers, and fermented pasta made with discarded sourdough starter—Bread Book is the wild-yeast baker’s flight plan for a voyage into the future of exceptional bread.

Ideas and Innovations from the Future of Grain, Flour, and Fermentation [A Cookbook]

The Art and Practice of Handmade Sourdough, Yeast Bread, and Pastry [A Baking Book]

Advanced Bread and Pastry

Artisan Breads at Home

Dough: Simple Contemporary Bread

80 Low-Carb Recipes that Offer Solutions for Celiac Disease, Diabetes, and Weight Loss

The Zero-Waste Chef

A wonderfully unique and unexpected collection of desserts that showcase spice over sugar, with 80 recipes that both reinvent classic sweets and introduce more unusual spice-infused desserts. In Sugar and Spice, veteran food editor and recipe developer Samantha Seneviratne invites readers to explore a bold new world of spice-centric desserts. Each chapter centers on a different spice--some familiar, like vanilla, cinnamon, and ginger; others less expected (especially in sweet preparations), such as peppercorns, chiles, and cardamom. With fascinating histories, origin stories, and innovative uses for each spice, this book will inspire readers to rediscover and re-stock their spice drawers, and raise their desserts up to a whole new level of flavor.

In this comprehensive cookbook, America’s Test Kitchen breaks down the often intimidating art and science of bread baking, making it easy for anyone to create foolproof, bakery-quality breads at home. Many home cooks find bread baking rewarding but intimidating. In Bread Illustrated, America’s Test Kitchen shows bakers of all levels how to make foolproof breads, rolls, flatbreads, and more at home. Each master recipe is presented as a hands-on and reassuring tutorial illustrated with six to 16 full-color step-by-step photos. Organized by level of difficulty to make bread baking less daunting, the book progresses from the simplest recipes for the novice baker to artisan-style loaves, breads that use starters, and more complex project recipes. The recipes cover a wide and exciting range of breads from basics and classics like Easy Sandwich Bread and Fluffy Dinner Rolls to interesting breads from around the world including Lahmacun, Panettone, and Fig and Fennel Bread.

The first gluten-free baking book from legendary bread maker and James Beard Award-winning author Peter Reinhart, with 80 world-class recipes suitable for wheat sensitive, diabetic, and low-carb/low-sugar dieters. The first gluten-free baking book from legendary bread maker and James Beard Award-winning author Peter Reinhart, with 80 world-class recipes suitable for wheat sensitive, diabetic, and low-carb/low-sugar dieters. Amazing, easy-to-make recipes that revolutionize baking for wheat sensitive, diabetic, and low-carb/low-sugar cooks. After more than two decades of research into gluten-free baking, bestselling author and legendary bread maker Peter Reinhart and his baking partner Denene Wallace deliver more than eighty world-class recipes for delicious breads, pastries, cookies, cakes, and more in The Joy of Gluten-Free, Sugar-Free Baking. Carefully crafted for anyone who is gluten sensitive, diabetic, or needs to reduce carbs to prevent illness or lose weight, these forgiving recipes taste just as good as the original wheat versions—and are easier to bake than traditional breads. By using readily available or home-ground nut and seed flours and alternative and natural sweeteners as the foundation for their groundbreaking style of baking, Reinhart and Wallace avoid the carb-heavy starch products commonly found in gluten-free baking. Additionally, each recipe can easily be made vegan by following the dairy and egg substitution guidelines. Bakers of all skill levels will have no trouble creating incredibly flavorful baked goods, such as: • Toasting Bread, Banana Bread, Nutty Zucchini Bread, and many styles of pizza and focaccia • Cheddar Cheese and Pecan Crackers, Herb Crackers, Garlic Breadsticks, and pretzels • Blueberry-Hazelnut Muffins, Lemon and Poppy Seed Scones, and pancakes and waffles • Coconut-Pecan Cookies, Lemon Drop Cookies, Biscotti, and Peanut Butter Cup Cookies • Brownies and Blondies, Cinnamon-Raisin Coffee Cake, Pound Cake with Crumb Topping, and Carrot Cake with Cream Cheese Frosting • Apple Crumble Pie, Pumpkin Pie, Berry Pie, and Vanilla, Chocolate, or Banana Cream Pie With Reinhart and Wallace’s careful attention to ingredients and balancing of flavors, these delicious gluten-free baked goods with a glycemic load of nearly zero will satisfy anyone’s craving for warm bread or decadent cake.

A guide to whole grain baking explains how to use a variety of whole grains to create flavorful, sweet, and savory breads, cakes, cookies, pastries, and other baked goods, and features more than four hundred foolproof recipes.

Mastering the Elements of Good Cooking

A Step-By-Step Guide to Achieving Bakery-Quality Results At Home

Summary of Flour Water Salt Yeast By Ken Forkish - The Fundamentals of Artisan Bread and Pizza

My Bread: The Revolutionary No-Work, No-Knead Method

The Fundamentals of Artisan Bread and Pizza [A Cookbook]

World Sourdoughs from Antiquity

Why the Experts Got It All Wrong--And How Eating More Might Save Your Life

Outlines the author's method for creating no-knead, slow-rising artisanal breads in heavy preheated pots, sharing a variety of step-by-step recipes for such classics as a rustic Italian baguettes, the stirato and pizza Bianca.

"Master baker and innovator Peter Reinhart's answer to the artisan-bread-in-no-time revolution, with time-saving techniques for making extraordinary loaves with speed and ease"--Provided by publisher.

DISCLAIMER: This is a book summary of Flour Water Salt Yeast - The Fundamentals of Artisan Bread and Pizza By Ken Forkish and is not the original book. This book is not meant to replace the original book but to serve as a companion to it.SYNOPSIS: Flour Water Salt Yeast (2012) by Ken Forkish is a guide to the principles underlying high-quality baking, that you can apply to your own baking at home. By learning the fundamentals and developing a good technique, you can master the art of home baking and develop your own individual baking style. ABOUT THE AUTHOR: Ken Forkish left the tech world behind after a 20-year career to retrain as a baker, and he now runs Ken's Artisan Bakery, as well as Ken's Artisan Pizza, in Portland, Oregon. Flour Water Salt Yeast was his award-winning first book, and he has since written The Elements of Pizza.

"An invaluable guide for beginning bakers."—The New York Times An irresistible account of bread, bread baking, and one home baker’s journey to master his craft In 2009, journalist Samuel Fromartz was offered the assignment of a lifetime: to travel to France to work in a boulangerie. So began his quest to hone not just his homemade baguette—which later beat out professional bakeries to win the “Best Baguette of D.C.”—but his knowledge of bread, from seed to table. For the next four years, Fromartz traveled across the United States and Europe, perfecting his sourdough in California, his whole grain rye in Berlin, and his country wheat in the South of France. Along the way, he met historians, millers, farmers, wheat geneticists, sourdough biochemists, and everyone in between, learning about the history of breadmaking, the science of fermentation, and more. The result is an informative yet personal account of bread and breadbaking, complete with detailed recipes, tips, and beautiful photographs. Entertaining and inspiring, this book will be a touchstone for a new generation of bakers and a must-read for anyone who wants to take a deeper look at this deceptively ordinary, exceptionally delicious staple: handmade bread.

Unlocking the Secrets to World-Class Pies at Home [A Cookbook]

Bread

Flour + Water

New Techniques, Extraordinary Flavor

The Handmade Loaf

White Jacket Required

A Baker's Book of Techniques and Recipes

The debut cookbook by the creator of the wildly popular blog Damn Delicious proves that quick and easy doesn't have to mean boring.Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In Damn Delicious, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time around the table.Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly 'damn delicious!' This updated and revised edition of the successful manual for sourdough-lovers traces the history of sourdough baking from ancient Egypt to modern times. Sourdough expert Ed Wood, a forensic pathologist who has been studying sourdough for over 50 years, explains what makes real sourdough starter and how baking enthusiasts can grow their own. 8 page full-color photo insert.

The New York Times bestselling author of Flour Water Salt Yeast teaches you how to elevate your sandwich bread, breakfast toast, and overall bread-baking game using everything he’s learned in the last decade to perfect his loaves. If you want to craft artisan pan breads and rustic Dutch oven loaves at home with professional, consistent results, this is the book for you. Think crispy, crackly crusts and soft, airy interiors, just like from your favorite artisan bakery--except it came from your own oven. Approachable to the home baker, while still being chock-full of expert knowledge and all-new recipes, Evolutions in Bread covers same-day loaves, overnight cold-proof doughs, and classic levains. Forkish shares the secrets he has learned for making sourdough starter that’s more flour efficient while also exploring classic breads and enriched doughs, such as Japanese Milk Bread and Brioche. Included with each recipe is a handy baking schedule, helping newbies navigate their first starters and loaves. The doughs are also versatile; most can be prepared as a lidded pan loaf, open pan loaf, or as a rustic country loaf. This book will improve anyone’s baking but also serves as a companion to Flour Water Salt Yeast, giving you everything you need to create any loaf imaginable.

2020 James Beard Award Winner The major new cookbook by the pioneer from Bread Alone, who revolutionized American artisan bread baking, with 60 recipes inspired by bakers around the world. At twenty-two, Daniel Leader stumbled across the intoxicating perfume of bread baking in the back room of a Parisian boulangerie, and he has loved and devoted himself to making quality bread ever since. He went on to create Bread Alone, the now-iconic bakery that has become one of the most beloved artisan bread companies in the country. Today, professional bakers and bread enthusiasts from all over the world flock to Bread Alone’s headquarters in the Catskills to learn Dan’s signature techniques and baking philosophy. But though Leader is a towering figure in bread baking, he still considers himself a student of the craft, and his curiosity is boundless. In this groundbreaking book, he offers a comprehensive picture of bread baking today for the enthusiastic home baker. With inspiration from a community of millers, farmers, bakers, and scientists, Living Bread provides a fascinating look into the way artisan bread baking has evolved and continues to change--from wheat farming practices and advances in milling, to sourdough starters and the mechanics of mixing dough. Influenced by art and science in equal measure, Leader presents exciting twists on classics such as Curry Tomato Ciabatta, Vegan Brioche, and Chocolate Sourdough Babka, as well as traditional recipes. Sprinkled with anecdotes and evocative photos from Leader’s own travels and encounters with artisans who have influenced him, Living Bread is a love letter, and a cutting-edge guide, to the practice of making “good bread.”

A Recipe for Bolder Baking

New Techniques, Extraordinary Flavor [A Baking Book]

Salt, Fat, Acid, Heat

100 Super Easy, Super Fast Recipes

Living Bread

A Home Baker's Odyssey

Do Sourdough

Struggling to give up with bread and carbs while on Keto? Want to enjoy a delicious loaf of bread that is Keto-Friendly? Or do you wish you had the time to bake your bread? Many people would love baking their bread at home if they had time and patience. The truth is, baking bread from scratch is a time consuming, messy and hard process. Also, if your goal is losing weight and you are following a ketogenic diet, then you should look for low-carb options to remain on your diet plan. The solution is a complete cookbook that will guide you through making the perfect loaves of ketogenic bread every time using your bread machine. You can be sure to have plenty of delicious Low Carb bread loaves, without the additional stress and pounds acquired by other types of bread. And that's what you will find in this cookbook. This cookbook also offers you a chance to peek into the health benefits of adapting to a Keto friendly diet as well as the consequences of consuming meals against the Keto diet. This cookbook will make you want to get into your kitchen right now and bake your own bread. Would You Like to Know More? Get this book now to start making your Keto Bread!

In this follow-up to his award-winning book The Bread Baker’s Apprentice, Peter Reinhart offers groundbreaking methods for baking whole grain breads that taste better than any you’ve ever had. We know whole grain breads are better for us, but will we actually eat them, much less take time to bake them? Yes, says beloved baking instructor Peter Reinhart, but only if they are very, very good. So Reinhart, with his decades of experience crafting amazing artisanal breads, has made it his mission to create whole grain breads that are nothing short of incredible. And because his approach is also simpler and less labor intensive than conventional techniques, you’ll choose to make and eat these breads. His fifty-five recipes for whole grain sandwich, hearth, and specialty breads, plus bagels, crackers, and more, incorporate widely available whole wheat flour as well as other flours and grains such as rye, barley, steel-cut oats, cornmeal, and quinoa. Each is so rich with flavor and satisfying texture that white-flour counterparts pale in comparison. Written in Reinhart’s famously clear style and accompanied by inspiring photographs, these recipes were perfected with the help of nearly 350 testers. Introductory chapters provide a tutorial, with step-by-step photographs, of the delayed fermentation method that is at the heart of these recipes, as well as crash course in baking science, discussions of grains other than wheat, and more. Advanced bakers will relish Reinhart’s innovative techniques and exacting scientific explanations, and beginning bakers will rejoice in the ease of baking wholesome breads with such extraordinary flavor.

A treasury of recipes for world-class breads and pizzas is complemented by schedules that can be adapted for busy home bakers, sharing instructions for preparing high-quality artisan recipes using basic straight dough, pre-ferment dough and complex levain. 12,000 first printing.

Do Sourdough is a guide to making your own sourdough bread written by the UK’s leading authority on real bread. One of the oldest yet perhaps the simplest and tastiest breads you can make, Sourdough needs only flour, water, salt -- and a little time. In Do Sourdough, Andrew Whitley -- a baker for over 30 years who has ‘changed the way we think about bread’ -- shares his simple method for making this deliciously nutritious bread at home. Having taught countless bread-making workshops, Andrew knows that we don’t all have the time and patience to bake our own. Now, with his tried-and-tested method and time-saving tips -- such as slotting the vital fermentation stage into periods when we’re asleep or at work, this is bread baking for Doers. Find out:
* the basic tools and ingredients you’ll need
* how to make your own sourdough starter
* a simple method for producing wonderful loaves time and again
* ideas and recipe suggestions for fresh and days-old bread
The result isn’t just fresh bread made with your own hands, it’s the chance to learn new skills, make something to share with family and friends, and to change the world -- one loaf at a time.

101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes

The Essential Guide to Baking Kneaded Breads, No-Knead Breads, and Enriched Breads

No Crumbs Left

Artisan Pan Breads and Dutch-Oven Loaves at Home [a Baking Book by the Author of Flour Water Salt Yeast]