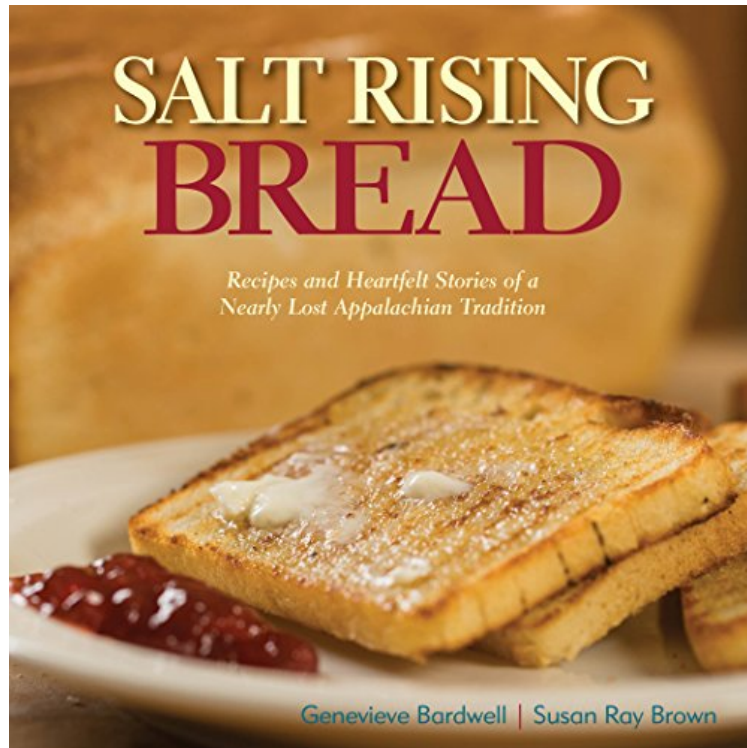


# Salt Rising Bread: Recipes and Heartfelt Stories of a Nearly Lost Appalachian Tradition

*Genevieve Bardwell, Susan Ray Brown*  
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**Genevieve Bardwell, Susan Ray Brown : Salt Rising Bread: Recipes and Heartfelt Stories of a Nearly Lost Appalachian Tradition** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Salt Rising Bread: Recipes and Heartfelt Stories of a Nearly Lost Appalachian Tradition:

4 of 4 people found the following review helpful. I have not ready read the book yet, but ...By Brenda Zellman I have not ready read the book yet, but have eaten Salt Rising Bread on several occasions from the bakery the Author owns, They have a mail order business as well !! The bread is outstanding !! Thank you for making it available to those of us who live too far away to come and purchase it at the bakery.....3 of 3 people found the following review helpful. Makes Me Hungry By kansasplains Reading this book just made me hungry. Why can't I find salt rising bread at my local bakery anymore? I can order some online, but shipping is expensive. Guess I'll just have to learn how to make it myself. Beautiful little book, beautifully designed, full of lore and history. Love the stories, love the recipes. Getting hungrier.3 of 3 people found the following review helpful. Salt Rising Bread - Loving Tribute to an Appalachian Tradition By Donna Weems I received my copy yesterday. What a lovely book. Beautifully written and illustrated. I think I am going to try to make some bread. There is enough information that I think I understand the process, but I also understand there are intangibles that can't be controlled. I especially love the stories and the history. Thanks for writing it. It was a project from the heart and it comes out in the pages of the book.

In the universe of breads, salt rising bread stands alone. There is nothing else remotely like it, in flavor, personality and technique. It was slow food before there was slow food -- a yeast-less bread with a colorful American past going back to early pioneer days in the hills of Appalachia. (It might be the first "mountain-to-table" bread.) Over time, the knowledge was nearly lost, but now a new generation of bakers is rescuing the tradition. For *Salt Rising Bread*, expert bakers Susan Brown and Jenny Bardwell set out to rediscover the secrets and the science behind the bread's "wild microbes," unique fermentation and memorable taste. Their search took them from the parlors of Appalachian bread-making elders to the laboratory of a renowned pathologist -- to the pages of rare cookbooks, bread museums and pioneer diaries. *Salt Rising Bread* is a richly illustrated, recipe-filled treasure of American culinary lore.

Authors Genevieve Bardwell and Susan Ray Brown posit in their excellent, small-but-jampacked book that salt rising bread has its roots in the hills and hollers of that storied mountain region. The book combines oral history from longtime salt rising bread bakers -- indeed, Bardwell's Rising Creek Bakery in Mount Morris, Pa., specializes in salt rising bread -- with tips for success and recipes for both the bread and dishes prepared with it. (Robin Mather Chicago Tribune) "I must admit that I have fallen under the spell of salt rising bread. It is the quirkiest of breads but, like an expensive white truffle, the earthy aroma and flavor are intoxicating; the more I eat the more I want." Peter Reinhart, baker, author Peter Reinhart's *Artisan Bread Every Day* "My friend Marion Cunningham first introduced me to salt-rising bread?she had been experimenting with baking it in her kitchen, perhaps for one of her cookbooks. She made me some toast at her house, and it was just unlike anything I'd had before--the taste was something really different and unique. It was absolutely perfect toast?it didn't need anything on it, not even butter. And it made great sandwiches, too!" ~ Alice Waters, chef, restaurateur, bestselling author, *The Art of Simple Food, 40 Years of Chez Panisse* About the Author Genevieve Bardwell and Susan Ray Brown live and work in the Appalachian communities where salt rising bread has been a part of life for nearly 300 years. To more deeply understand this beloved heritage bread, the authors have spent over 20 years extensively researching its history, lore and science. Their quest has taken them to archives, scientific labs, bakeries and bread museums across the United States and Europe -- and into the kitchens and living rooms of hundreds of expert salt rising bread bakers. Genevieve owns and operates Rising Creek Bakery, which specializes in salt rising bread and ships hundreds of loaves weekly throughout the U.S. She graduated from the Culinary Institute of America in Hyde Park, New York, then earned a Masters in Plant Pathology. Susan grew up in southern West Virginia. She learned to make salt rising bread from her grandmother, whose own mother and grandmother had passed on this time-honored family tradition. Together, the authors keep this nearly lost tradition alive through the bakery, classes, Susan's Salt Rising Bread Project website, and this book.