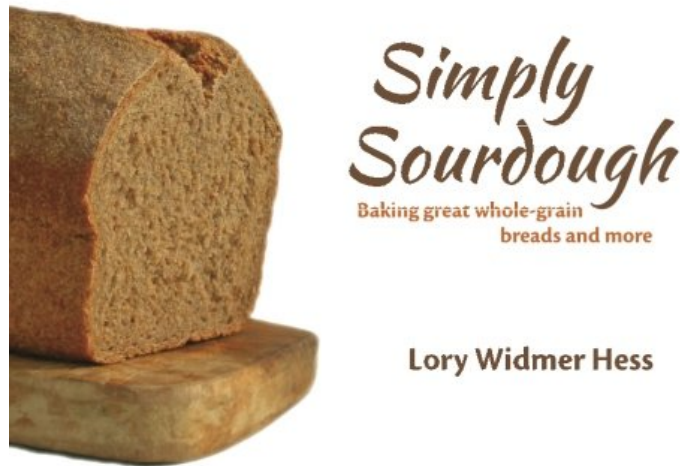


(Free) Simply Sourdough

## Simply Sourdough

Lory Widmer Hess

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**Lory Widmer Hess : Simply Sourdough** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Simply Sourdough:

0 of 1 people found the following review helpful. Informative, Easy-to-Follow Handbook for Baking Delicious Bread! By Nina Hess Most cookbooks make things seem way too overcomplicated. I've always wanted to try making sourdough but it seemed like something only master bakers with heirloom starters, should do. But this bread-making manual makes it seem easy. It packs in all the essentials, with simple-to-follow instructions that can be mastered by even a first-time baker, and includes some fun alternative breads like English muffins and crackers. The design of the book is pleasing and easy-to-read, with little side tips explaining the "whys" of what you're doing. Who knew, you didn't even need to buy yeast for sourdough? I always wondered what was in those dried up packets you buy at the store and that always seem like they're about to expire. With sourdough, you don't need those smelly packets. The magic of the rise comes right from your own air! You barely even need to go shopping to get started--the ingredients are likely right in your own cupboard. What could be easier? I can't wait to get started on making my own "daily" bread!

Do you want to make delicious, nutritious whole-grain sourdough bread but are confused or intimidated by all the different methods and advice out there? This booklet aims to keep it simple and give you the essential information you need to create your own rye starter, bake a great whole-grain loaf with it, and make other baked goods with the same starter including English muffins, pancakes, muffins, and crackers. "Simply sourdough" means that all the recipes in this book are made with sourdough; that each bread is made with sourdough alone, with no added commercial yeast; and that the goal is to demystify the process of making sourdough and help you to feel confident and successful, so that you too can say, "Sourdough is simple!" Visit [simplysourdoughbook.com](http://simplysourdoughbook.com) for news about the book and upcoming workshops, and a QA page.

About the AuthorLory Widmer Hess was inspired by the birth of her son in 2006 to start baking for her family, and taught herself to make whole-grain sourdough bread through much trial and many errors. After a few years she began teaching workshops to share with others what she had learned, and after a few more she created this book to share even further. A writer, editor, and graphic designer, she has served as Managing Editor for the Waldorf Early Childhood Association of North America since 2007.