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Slow Dough: Real Bread: Bakers' secrets for making amazing long-rise loaves at home

Chris Young

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Chris Young : Slow Dough: Real Bread: Bakers' secrets for making amazing long-rise loaves at home before purchasing it in order to gage whether or not it would be worth my time, and all praised Slow Dough: Real Bread: Bakers' secrets for making amazing long-rise loaves at home:

9 of 9 people found the following review helpful. not a stand-alone bread cookbookBy IMNSHOI have been baking bread for at least 30 years. Over the decades, I adopted new techniques, weighing ingredients instead of measuring by volume, using a high hydration, hot oven with plenty of steam. Along the way, my confidence grew, and I let the dough inform me regarding mixing and proofing and baking. I bake bread several times a week, and the night before bread day, I mix a preferment with very little yeast or activate my 20-year-old sourdough. Sometimes I enhance my daily dough with non-instant dry milk powder or olive oil; I incorporate grains for added texture.The basis for Slow

Dough is excellent, and whether you are a newbie or experienced bread baker, you would do well to heed the authors introductory advice. This British book reminds me of Maggie Glezer's artisan bread book, a compilation of some of the best bread Baker's across the United States. The photographs of the finished breads are exquisite and definitely showcase bread as an art form. How attainable that is for the home baker with a conventional oven, I question. However, even if it is not realistic for the average home oven, home bakers can be inspired by the craft. Why then four stars and not five? 1. The breadbook only contains a first level table of content with just the categories. There should be a listing of the individual bread recipes. 2. Too many of the recipes are more esoteric than "real bread". For example, the sourdough recipes include spelt sourdough, fig and fennel sourdough, seeded wholemeal sourdough (which requires kelp granules), roasted pumpkin sourdough (which requires a particular type of crown prince winter squash). All this to say, I think the book would be a good addition to your bread library, but as a standalone it doesn't quite measure up. 7 of 7 people found the following review helpful. Great for Anyone Wanting to Make Artisan Breads and More By Pamela J. Pearce Landers "Slow Dough Real Bread" is a product of Britain's Real Bread Campaign. It seems that the US is not alone in succumbing to production loaves full of sugar and preservatives. The Real Bread Campaign is trying to encourage home bakers to embrace real bread made slow. Author Chris Young has collected a number of eclectic, well-tested recipes from professional bakers and combined them with many of his own to inspire home bakers. In addition to bread, there are recipes for scones, pancakes, bread soup, pizza, etc. The main message is why rush it? Who cares if it takes say 18 hours between time you start and then time the loaf comes out of the oven? 90% of the time, the bread is doing the work and you are doing other things. So, why load up on yeast and sugar to reduce the total time to less than 2 hours? The bakers insist that slow fermentation makes for tastier loaves. While I would not dispute that, the real question is: how much tastier? I have been making bread once or twice a week for over 25 years. While the loaves I make today are better (more large, irregular holes, thicker crust, no sweeteners, less yeast), I still add yeast to my sourdough loaves. I just never believed my guys could do it on their own. I chose to make Ross Baxter's Multigrain Pain au Levain. This is a 2-day process, but the actual total hands-on time was less than an hour. First shocker: only 50 grams of starter for one loaf! I have been using 16 ounces or 454 grams for 3 loaves--about 3 times more plus 1 tsp. of yeast. Second, the pre-ferment seemed rather dry, but I resisted the temptation to add more water. The soaker was wetter--I thought my guys have a chance. Made up both and let them sit overnight, which worked out to be 12 hours. This morning, I made the dough (flour and water) and let it autolyse for an hour. Again, the dough seemed dry. This time, I could not resist adding a bit more water, reasoning that it is easier to incorporate more flour into wet dough later, then it is to incorporate water into a dry dough. An hour later, I mixed all three components together. I was heartened to see that the pre-ferment was not a rock and the soaker was wet. Maybe my 14-year old sourdough starter is up to the task! Three hours later, the dough had risen, but nothing like it would have had with a shot of yeast. I kept the faith, formed it into a ball and gave it another 30 minutes. Things were decidedly looking up now. I was encouraged. I reshaped the loaf, wet the top, rolled it in sunflower seeds and placed it seam-side up in a well-floured (the flour should fill all the seams) brotform (proving basket) per the recipe and let it rise for another 2 hours. Now the dicey part, getting the dough out of the basket and into my porcelain-clad cast iron casserole which was now very hot after being in the oven at 450 F. Decided to just dump it in my hand and into the casserole. It worked, but wasn't perfectly centered. Slashed the top and in it went. While I was concerned it might stick to the casserole, it slid right out. Here are pictures of the finished product: And how did it taste? Sweet, nutty, crunchy and totally satisfying. My best loaf ever. This is a superb book for anyone who wants to make great, to-die-for bread at home and improve their "flour arranging" skills, as the author says. One of its best features is that the recipes are well-tested, unlike some cookbooks. The recipes are based on metric weights, so for best results get a scale that reads in grams or tenths of an ounce (figure 28 grams to the ounce). While some recipes call for equipment not all home bakers have, like a proving basket, many do not, so don't be intimidated or discouraged. Pick a different recipe. 3 of 3 people found the following review helpful. Simply amazing! By Ira W. Due to food intolerances, I've been baking all our bread for quite some time now and I've read a fair number of books about bread and baking and everything around it as well. When I got the chance to read this book, I was really curious and eager to try new recipes. And I must say that this book is simply amazing! In here you will find everything you need to know about bread and the different kinds of bread whether it be pre-ferment, long-ferment or sourdough. You will learn how to make them from scratch, how to nurture your own sourdough and much more. Then you get the chance to use this new knowledge to bake a bunch of delicious breads, some simple but savory, some intriguing, some sweet, some tart, some...no matter what, they all look and sound delicious. I couldn't try all of them yet but up to now I was never disappointed. The recipes are easy to follow and the photos are just gorgeous. All recipes are donated by Real Bread bakers who are also part of the Real Bread Campaign. So...if you want to bake your own bread or want to try other recipes, other varieties of bread, this is the book to turn to. Oh, and don't worry if you tried too many recipes at once, there's a whole section with recipes for leftovers, be it leftover bread or leftover sourdough. I can wholeheartedly recommend this book and if you still wonder if it is worth all the work - yes, it is. My family loves the freshly baked bread and even the kids from the neighbourhood come in when I am baking, hoping to be in time for a slice of fresh bread.

Making bread is an ancient craft and a fulfilling experience, a skill that is learnt by touch and feel. There is nothing more satisfying than kneading, pulling, stretching and punching the dough, using a little yeast and sugar to transform its lumpen beginnings, as if by alchemy, into a loaf. But it's not all hard work. To get a truly wonderful bread, you can use a starter to do the work for you and it does wonders for the texture, flavours and aromas of the final bread. The Real Bread Campaign has been running since 2008, encouraging people to get baking and raising awareness of the additives that exist in most shop-bought loaves. In *Slow Dough: Real Bread*, learn secrets from the campaign's network of expert bakers to make a huge array of exciting slow-rise breads at home. Whether you want to make a Caraway Seed Rye Bread, a Fougasse Flatbread or an All-Butter Brioche, in these recipes you'll learn how to make different starters for different breads, as well as the fundamental processes (many of which you can just sit and wait for): fermenting, kneading, first proof, last rising, and baking. In a world of mass-production and redundant additives, bread being among the worst offenders, this book, about real craftsmanship, is like a breath of fresh air.

About the Author Chris Young is Campaign Co-ordinator for The Real Bread Campaign, a charity project with a mission to promote additive-free bread. In addition to compiling this book, Chris edits the quarterly magazine *True Loaf*, and wrote *Knead to Know*, the campaign's first book. His work has appeared in publications including *Spear's Magazine*, *The Real Food Cookbook* and the London ethical food magazine *The Jellied Eel*, which he also edits.