

[Download ebook] The Bread Book: A Natural, Whole Grain Seed-to-Loaf approach to Real Bread

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Thom Leonard

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Thom Leonard : The Bread Book: A Natural, Whole Grain Seed-to-Loaf approach to Real Bread before purchasing it in order to gage whether or not it would be worth my time, and all praised The Bread Book: A Natural, Whole Grain Seed-to-Loaf approach to Real Bread:

1 of 1 people found the following review helpful. simple and superbBy M. ElliottI've worked in an artisan bakery and started my own wood-fired shop. I've studied a lot of bread books through the years and this one is still my top recommendation. That loaf of bread on the cover represents the highest accomplishment any baker could aspire to -- it's 100% whole wheat after all which is no easy feat! As the other reviewer noted, this book covers all the steps; yet it is remarkably compact. No fluff here... just like the bread :)11 of 11 people found the following review helpful. A true pleasure to the eye and palate.By A CustomerThom Leonard has written a book that answers all the questions you may have about baking a truly fine sour dough bread. He has also added to this book a story of planting, harvesting and preparation of wheat. Having tasted the end result of his discoveries, I can say that Thom is not only a master baker, but also a master disciple of purity.

This is a fascinating and well-informed guide which takes readers through the entire process of bread making--from backyard wheat-raising through home-milling and baking. Thom Leonard, an expert on whole grains and natural bread baking, gives instructions on cultivation, harvesting, hulling, home grain mills--even building a wood-fired brick bake

oven. Photographs and illustrations.

Leonard takes an uncompromising seed-to-loaf approach to "growing" bread. Starting with a discussion of what variety of grain to plant (i.e., spring wheat or winter wheat, and then hard or soft, red or white) he proceeds to give detailed, practical advice on when and how to plant and harvest the grain, how to thresh, winnow, wash and store it, how to mill the wheat at home, make and maintain one's own natural sourdough starter, build a wood-fired brick oven and, finally, bake an honest loaf of whole grain bread. Leonard emphasizes the use of freshly ground flour and his chapter rating home mills, both hand and electric, will be extremely useful to anyone contemplating a purchase. Perhaps the most interesting sections of the book are those which discuss Chinese, Japanese and European agricultural traditions, comparing them to contemporary practices, and the workings of commercial water-powered mills past and present. Leonard's step-by-step instructions for every phase of the seed-to-loaf process are clear, and he makes the entire experience accessible by listing mail-order sources throughout. He does not, however, advise the reader who is unwilling to grow her own wheat how and where to purchase good quality grains, and his chapter on baking with natural leavening is somewhat confusing. Nonetheless, the unique depth and focus of this bread book make it a fine companion to any baker's favorite recipe book, whether or not one shares Leonard's commitment to starting from absolute scratch. Highly recommended. -- From Independent Publisher