

My Sourdough Journal

The Sourdough Baker's Logbook, 100 Loaves

Poil à ne

New Techniques, Extraordinary Flavor [A Baking Book]

Southern Ground

The Sourdough SchoolKyle Books

You don't need to depend on (or pay) a general contractor to manage your construction project. Whether you're building a new home or renovating an existing one, you can manage the job yourself. Carl Heldmann outlines how to purchase your own land, set a reasonable budget and schedule, describe your needs and vision to an architect, and hire subcontractors to do the actual building. Cut out the middleman and save as much as 25 percent on your beautiful new home!

Spontaneous parties, unstructured suppers, impromptu invitations, unexpected guests at any time of the day -- welcome to Prepped!, a new, time-saving, inspirational and delicious way of cooking.Vanessa Kimbell takes a selection of fabulous flavours and creates a basic 'wardrobe' of go-anywhere dishes.By linking your recipes you can produce delicious food in less time, and by layering a selection of signature flavours you can transform your everyday cooking into something special.Prepped! Stunning food that makes an enviable statement about your lifestyle.

'Fast to make, slow to ferment - how to fit baking nourishing, delicious and wholesome sourdough into everyday life' - Dr Michael Mosley 'Britain's queen of sourdough.' - Telegraph 'She's the real deal: a total inspiration.' - Diana Henry 'Vanessa's work on sourdough and the gut microbiome is changing the way we think of food, health and baking.' - Tim Spector, author of The Diet Myth Sourdough is one of the tastiest and most nutritious breads you can make, but it has a reputation for being both tricky and time-consuming. 10-Minute Sourdough is Vanessa Kimbell's foolproof guide to slow bread for those with busy lives. None of the fuss-free, no-knead recipes - which include everything from a basic sourdough boule to tomato focaccia and apple spelt sourdough with cinnamon butter - require more than 10 minutes' active work in total (not including fermentation time or time in the oven) and mean that anyone can turn their hand to sourdough baking, no matter how little time they have.

Twelve Months of Baking and Living the Simple Life at the Smoke Signals Bakery

Handbook on Sourdough Biotechnology

Aikido Basics

Track and Record Your Sourdough Baking Projects in this Handy Sourdough Baker's Journal. Track Your Sourdough Starter, Record Your Sourdough Leaven, Note the Loaf Recipe. A Great Gift for Breadmakers and Bakers.

Be Your Own House Contractor

Artisan Techniques for Creative Homemade Fermented Breads: With Recipes for Birote, Bagels, Pan de Coco, Beignets, and More

New World Sourdough

A groundbreaking tour of Southern craft bakeries featuring more than 75 rich, grain-forward recipes, from one of the leaders of the cold stone-milled flour movement in the South. NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY GARDEN & GUN • " I felt like I was there, on the journey with Jennifer Lapidus herself, as I read her beautifully written book. " —Peter Reinhart, author of The Bread Baker ' s Apprentice At Carolina Ground flour mill in Asheville, North Carolina. Jennifer Lapidus is transforming bakery offerings across the southern United States with intensely flavorful flour, made from grains grown and cold stone — milled in the heart of the South. While delivering extraordinary taste, texture, and story, cold stone-milled flour also allows bakers to move away from industrial commodity flours to create sustainable and artisanal products. In Southern Ground, Lapidus celebrates the incredible work of craft bakers from all over the South. With detailed profiles on top Southern bakers and more than seventy-five highly curated recipes arranged by grain, Southern Ground harnesses the wisdom and knowledge that the baking community has gained. Lapidus showcases superior cold stone-milled flour and highlights the importance of baking with locally farmed ingredients, while providing instruction and insight into how to use and enjoy these geographically distinct flavor-forward flours. Southern Ground is a love letter to Southern baking and a call for the home baker to understand the source and makeup of the most important of ingredients: flour.

Get your aikido training off to a great start—from basic footwork and throws to training and demonstrations. This martial arts guide is a perfect introduction to aikido for beginners. Are you ready to learn aikido, but don't know where to begin? Are you intimidated by the unfamiliar terms or the powerful aikido techniques? With Aikido Basics you'll become an expert in this Japanese martial art in no time! Whether you are considering taking up this martial art, or you've already started, this aikido book offers an easy, yet comprehensive introduction to everything you need to know to feel confident and be successful. You'll learn about: The origins of aikido—philosophy, history and different styles What really happens in an aikido class—invaluable tips on choosing the right school, getting ready for your first class, and basic training methods The essential elements—stances, strikes, grabs, throws, and pins How to complement your aikido training—ki exercises, multiple-person training, and freestyle exercises Effective ways to succeed in aikido—create a training program, test for belt promotion, and participate in competitions and tournaments Resources—help further develop your aikido training

'It is impossible to read this book without wanting to scuttle off into the kitchen.' Nigella Lawson Foreword by Tim Spector The benefits of sourdough are well known - the slow fermentation process creates a healthier and lighter dough that is easier to digest - but until now they have been mainly linked to bread. If it rises, however, it can be made with sourdough, and in this ground-breaking new book, Vanessa Kimbell focuses on sweet sourdough bakes that not only nourish the gut but also improve your mood. Using a variety of flours, including chestnut, spelt and einkorn, as well as blends you can make up yourself, the classic recipes and new ideas for flavour combinations cover everything from cakes, tarts and biscuits, to doughnuts, brioche and pretzels, and rely on natural sweetness wherever possible. Recipes include Morello Cherry Shortbread, Chocolate, Tangerine & Pistachio Cakes, Carrot & Walnut Cake, Doughnuts and Mille-feuille as well as vinegars, compotes, cultured creams, butters and ghee. There is even Chocolate, Almond & Hazelnut Spread and Sourdough Vanilla Ice Cream. Vanessa also explains how sourdough helps to maintain the health and diversity of your gut microbiome. From understanding the benefits of having diversity in your diet to the amazing work of enzymes, this book is about understanding the connection between our food, gut microbiome and the potential impact on our mental health. New studies are unveiling links between the microorganisms in our gut and our mood and behaviour, and Vanessa is at the forefront of this research. 'Britain's queen of sourdough.' - Telegraph 'Vanessa Kimbell wants to change the bread we eat, one loaf at a time. She's the real deal: a total inspiration.' - Diana Henry 'Just five years ago if someone said to you that they were writing a book about sourdough bread and mental health you would have thought they needed psychiatric help. Today nobody is laughing as the latest science tells us that microbes are the key link between food and the health of our mind and bodies.' - Tim Spector, author of The Diet Myth

The Sourdough School: Sweet Baking is an indispensable guide to exploring the techniques and ingredients involved in successful sweet sourdough baking. A companion to the bestselling The Sourdough School, it focuses on sweet recipes that are gut-friendly and rely on natural sweetness where possible. Classic recipes and new ideas for flavor combinations offer bakers an alternative method of baking cakes, tarts, pancakes, doughnuts, pannetones, pretzels - nothing is off limits. If it rises, it can be made with sourdough. Also featured are recipes for compotes and syrups to accompany your bakes. Vanessa also explains how sourdough helps to maintain the health and diversity of your gut microbiome, which in turn improves mental health. New studies are unveiling links between the microorganisms in our gut and our mood and behaviour, and Vanessa is at the forefront of this research.

Dough: Simple Contemporary Bread

Simple Recipes for Heritage Cooking in Any Kitchen

Tartine Book No. 3

Food for Thought: Changing the world one bite at a time

Do Sourdough

Peter Reinhart's Whole Grain Breads

Inspired by ethically sourced, sustainable ingredients available from your local suppliers, Vanessa shows how what you cook can make a real difference to those who produce it and to the environment. Recipes are simple, unfussy and easy to cook at home - making everyday classics ethical and sustainable - with chapters focusing on Basics, Getting Ahead in the Kitchen, Simple Suppers, Feeding Children, Leisurely Weekend Food and Special Occasions. Let Vanessa inspire you to adapt the way you cook and change the world one delicious bite at a time.

Making Super Sourdough is the true test of every aspiring bread-maker. Fickle and delicate, every loaf is unique. And there are a lot of pitfalls to be avoided. It's much more than a food: sourdough is a science. Who better than Dr James Morton, baking pedant and fermentation fanatic, to explain the basics for both the uninitiated, and more experienced bakers? James talks the home baker through everything from starters, flours and hydration, to kneading, shaping, rising, scoring and baking, explaining how to achieve the perfect crust and crumb. With more than 40 sourdough recipes including basic loaves and rolls, baguettes, bagels and buns, clear step-by-step instructions, troubleshooting tips and explanations of what works and why, Super Sourdough is the new, accessible guidebook that bakers everywhere have been waiting for.

It's a sleepy Saturday morning for most people, but not for Iris, who has to feed her many pets before Aunt Mary arrives. Iris likes to call Aunt Mary "Plant Mary" because she is a plant scientist. Today Aunt Mary wants to experiment with making whole wheat sourdough bread from scratch! As the family kitchen transforms into a bread lab, Iris is surprised that bread needs only four ingredients--flour, water, salt and starter. She also learns about the invisible microbes that make the dough rise, and how flour comes from wheat grown by farmers. It all seems magical, but it's really science. Kim Binczewski and Bethany Econopouly, plant researchers at The Bread Lab at Washington State University, Mount Vernon, make their picture-book debut with this mouth-watering story that captures the step-by-step process and delicious aromas, sensations, sights and sounds of bread-making. The playful art of Hayelin Choi, illustrator of Alice Waters and the Trip to Delicious, crackle and pop with fun, to inspire new bakers and young scientists alike! Published in Cooperation with The Bread Lab at Washington State University, Mount Vernon. Sponsored by the Bread Bakers Guild of America. Kim Binczewski is the managing director of the Bread Lab at Washington State University in Mount Vernon, where her work includes field research, community outreach, and connecting farmers with bakers, chefs and businesses. She grew up on a small farm in western New York and studied Environmental Science in college. She lives in Bellingham, Washington. This is her first picture book. Bethany Econopouly has a PhD from Washington State University and an MS from Colorado State University, both in agricultural sciences. She previously worked at the Bill & Melinda Gates Foundation in Seattle. She currently lives near Philadelphia. This is her first picture book. Hayelin Choi made her illustration debut with Alice Waters and the Trip to Delicious, which earned a starred review from School Library Journal. She was born and raised in Gwacheon, South Korea. A visual storyteller, she studied illustration at the School of Visual Arts in New York City and is pursuing a graduate degree in graphic design at Maryland Institute College of Art in Baltimore, where she lives.

Master the art of sourdough, from creating a starter to baking and serving delicious loaves in this full-color, step-by-step, illustrated guide that demystifies this traditional bread that has been enjoyed around the world for generations. For a growing number of people, eating hearty is more important than ever. We're rejecting processed, packaged foods filled with unpronounceable chemicals, and are embracing, organic whole foods, including whole grain and slow made breads like sourdough--the oldest method of bread baking. In this encompassing guide, a pair of bakers show you how to master this traditional style of bread which has never been more relevant or popular and is a favorite of artisan bakers. Sourdough features fifteen no-fail recipes with clear, step-by-step instructions and photographs to help you make your own artisanal loaves at home. The methods and recipes in Sourdough continue a tradition that is more than 5,000 years old: mix flour and water, then allow the dough to ferment and rise by itself. This extended fermentation process allows for maximum flavor--and easier digestion. With an emphasis on local, heirloom, and ancient grains, Sourdough introduces the natural ingredients used in artisan baking, teaches how to make a stable starter, and explains how to "set the leaven" to create perfect baked loaves. The book comes complete with cook's notes and a trouble-shooting section to help you to avoid soggy bottoms, over baking, and other common problems. Sourdough is an indispensable resource for bakers, and the perfect starter guide for the beginner bread baker.

The Tassajara Bread Book

Gorgeous Food without the Slog - a Multi-tasking Masterpiece for Time-short Foodies

The Zero-Waste Chef

Tartine Bread

63 Foolproof Recipes for Yeasted, Enriched & Naturally Leavened Breads

The #1 Sunday Times bestseller that shows why almost everything we've been told about food is wrong

Cravings

Renowned baking instructor, and author of The Bread Baker's Apprentice, Peter Reinhart explores the cutting-edge developments in bread baking, with fifty recipes and formulas that use sprouted flours, whole and ancient grains, nut and seed flours, alternative flours (such as teff and grape skin), and allergy-friendly and gluten-free approaches. A new generation of bakers and millers are developing innovative flours and baking techniques that are designed to extract the grain's full flavor potential—what Reinhart calls “the baker’s mission.” In this lushly photographed primer, Reinhart draws inspiration from these groundbreaking methods to create master recipes and formulas any home baker can follow, including Sprouted Sandwich Rye Bread, Gluten-Free Many-Seed Toasting Bread, and Sprouted Wheat Croissants. In many instances, such as with sprouted flours, preferments aren't necessary because so much of the flavor development occurs during the sprouting phase. For grains that benefit from soakers, bigas, and sourdough starters, Reinhart provides the precise guidance that has made him such a trusted expert in the field. Advanced bakers will relish Reinhart's inventive techniques and exacting scientific explanations, while beginning bakers will rejoice in his demystification of ingredients and methods—and all will come away thrilled by bread's new frontier. *Correction to the Sprouted Whole Wheat Bread recipe on page 63: The volume measure of water should be 1 ¾ cups plus 1 tablespoon, not 3 ¼ cups.

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!

"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.

A Baker's Year

Your Guide to Using Active and Discard Starter for Artisan Bread, Rolls, Pasta, Sweets and More

Reclaiming Flavor Through Stone-Milled Flour [A Baking Book]

Della Fattoria Bread

The Foolproof Guide to Making World-Class Bread at Home

Sourdough Every Day