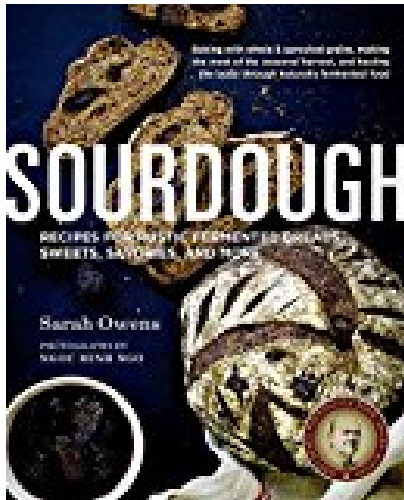


Sourdough Recipes for Rustic Fermented Breads Sweets Savories and More



BOOK DETAILS

- Author : Sarah Owens
- Pages : 320 Pages
- Publisher : Roost Books
- Language : English
- ISBN : 1611802385

[↓ DOWNLOAD](#)

BOOK SYNOPSIS

2016 James Beard Award Winner (Baking & Desserts) 101 recipes for baking with whole and sprouted grains, making the most of the seasonal harvest, and healing the body through naturally fermented food Sarah Owens spent years baking conventional baked goods, only to slowly realize she had developed a crippling inability to digest or tolerate their ingredients. Unable to enjoy many of her most favorite foods, she knew she must find a health-sustaining alternative. Thus Sarah started experimenting with sourdough leavening, which almost immediately began to heal her gut and inspire her anew in the kitchen. Soon after, her artisan small-batch bakery, BK17, was launched, and with that, a new way to savor and share nutritious sourdough breads and treats with her Brooklyn community. Sourdough and other fermented foods are making a comeback because of their rich depth of flavor and proven health benefits. In Sourdough, Sarah demystifies keeping a sourdough culture, which is an extended fermentation process that allows for maximum flavor and easy digestion, showing us just how simple it can be to create a healthy starter from scratch. Moreover, Sarah uses home-grown sourdough starter in dozens of baked goods, including cookies, cakes, scones, flatbreads, tarts, and more--well beyond bread. Sarah is a botanist and gardener as well as a baker--her original recipes are accented with brief natural history notes of the highlighted plants and ingredients used therein. Anecdotes from the garden will delight naturalists and baked-goods lovers among us. Laced with botanical and cultural notes on grains, fruits and vegetables, herbs, and even weeds, Sourdough celebrates seasonal abundance alongside the timeless craft of artisan baking.

SOURDOUGH RECIPES FOR RUSTIC FERMENTED BREADS SWEETS

SAVORIES AND MORE - Are you looking for Ebook Sourdough Recipes For Rustic Fermented Breads Sweets Savories And More? You will be glad to know that right now Sourdough Recipes For Rustic Fermented Breads Sweets Savories And More is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. Sourdough Recipes For Rustic Fermented Breads Sweets Savories And More may not make exciting reading, but Applied Numerical Methods With Matlab Solution Manual 3rd Edition is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with Sourdough Recipes For Rustic Fermented Breads Sweets Savories And More and many other ebooks.

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with Sourdough Recipes For Rustic Fermented Breads Sweets Savories And More. To get started finding Sourdough Recipes For Rustic Fermented Breads Sweets Savories And More, you are right to find our website which has a comprehensive collection of manuals listed.