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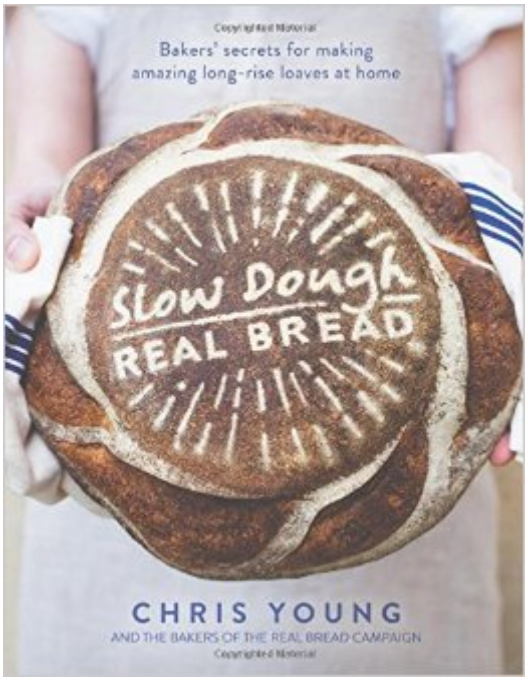
Slow Dough: Real Bread: Bakers' Secrets For Making Amazing Long-rise Loaves At Home



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Synopsis

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. InÂ 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.

Book Information

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Customer Reviews

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.

"Slow Dough" teaches how to make a variety of pre-ferment (2 stage), long ferment (1 stage), and sourdough breads. As in, most of the recipes leave the dough to ferment overnight. This book is intended for people who have some experience making their own bread or access to someone experienced who can help ("this is what the dough feels like when..."), though the author did include the information that a beginner needs to know.He started by talking about the Real Bread Campaign, then he defined the terms and described the techniques and ingredients used in the recipes. He described bread-making equipment you might want, though only very basic equipment and minimal ingredients are needed to start out. He also included tips from various bakers, a troubleshooting section, and ways to use leftover crumbs and stale bread.The recipes were from many different bakers. They covered basic loaves to fruit- or cheese-filled loaves, plus buns, sweet breads, shaped breads, and more. There were gluten-free breads and no-knead breads in addition to wheat breads and kneaded loaves. The author promoted the use of organic, whole grains, though many of the recipes used some white flour. The ingredient amounts were given by weight and volume in metric and USA systems. Overall, I’d recommend this as an informative book for people interested in baking these types of breads.I received an ebook review copy of this book from the publisher through NetGalley.

I was given a copy of Slow Dough: Real Bread by Chris Young in exchange for an honest review.I have been baking ever since I was old enough to stand on a chair and use a rolling pin. My mother has always made her own bread and I do whenever I’m able. Slow Dough is a fascinating bread book about using starter that usually need overnight to get going. Then you might need another 6 hours before fragrant bread comes out of your over.This system uses only the freshest and

heathyest of ingredients. No additives in this bread. And should you actually have bread left over, there are recipes for that too. I enjoyed the stories included with each of the recipes and the explanations on how these recipes work so well. A good addition for anyone who has the time to make their own bread.

Nourish and NetGalley provided me with an electronic copy of Slow Dough Real Bread, in exchange for an honest review.A coordinator of the Real Bread Campaign in the UK, author Chris Young stresses how doughs without extra additives to make them rise faster have more health benefits and are better tasting. This collection of recipes from the campaign's extensive list of bakers teaches readers of any skill level how to bake delicious slow-rise breads at home. As the author lists off the benefits of the Real Bread Campaign, the book feels a bit like a debate speech, expounding the reasons to follow these methods.With good explanations for the different types of bread, as well as a glossary of terms and techniques that may be unfamiliar to the home cook, Slow Dough Real Bread is a comprehensive look at breads from start to finish. My favorite section is titled Troubleshooting, which is actually the most valuable of the book. Common problems with bread baking are identified and explained, such as under-proofing and overbaking. Delicious recipes such as Stromboli (p. 41), a bread filled with parma ham, mozzarella, sundried tomatoes, and basil, Naan (p. 80), Cinnamon and Hazelnut Knots (p. 90), Rye Sourdough (p. 113), Crumpets (p. 144), and Panzanella (p. 157) are inspirational and so inviting with their accompanying photographs. Many of the recipes may be difficult to master, but the end results are worth the extra effort.

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