

Homemade Sourdough: Mastering the Art and Science of Baking with Starters and Wild Yeast



HOMEMADE SOURDOUGH

MASTERING THE ART AND SCIENCE OF BAKING WITH STARTERS AND WILD YEAST



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Start, grow, and bake your own delicious, homemade sourdough bread, with or without commercial yeast! Homemade Sourdough is the ultimate guide to creating your own sourdough bread. Learn sourdough formulas and recipes and follow along as the author explains the science behind sourdough and provides a guide to the world of starters, wild yeasts, proofing, pre-ferments, and motherdough. Homemade Sourdough provides dozens of recipes, not just for bread but for other baked goods, from muffins to pizza crust to chocolate cake. Sourdough is especially attractive to anyone who is aiming for a sustainable, self-sufficient lifestyle and also those who want the health benefits of bread made through fermentation. Sourdough rises through the action of lactic acid, so it doesn't require storebought yeast?"but the sourdough starter method works beautifully with either commercial yeast or wild yeast. For those interested in lowering their intake of gluten, sourdough preparations can produce lively, tasty loaves with lower amounts of gluten than other methods. There is no better way to embrace heritage flavors and time-tested bread-baking techniques than with sourdough. Foodies, farmers, DIYers, and locavores will want to devour this book.