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## Slow Dough: Real Bread: Bakers Secrets for Making Amazing Long-Rise Loaves at Home (Hardback)

By Chris Young

Watkins Media, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. Baking bread is an ancient craft; kneading the dough to produce a loaf is a fulfilling experience. But in industrial production, and even in the modern kitchen, one important ingredient is often left out of bread making - time. As the experienced bakers from the Real Bread Campaign will tell you, long and slow is far more satisfying than a quick finish. A long-proved loaf has more time to develop flavour, has a better texture and, in the case of genuine sourdough, might actually have health benefits. Slow Dough: Real Bread shares with you secrets from the experts on how to make a huge array of slow-rise breads at home - from basic brown, white and rye breads, to impressive loaves such as fig and fennel sourdough or goat s cheese and honey maslin, to a range tea breads, pizza doughs and classic international breads. You ll learn how to make different starters for different breads, as well as the fundamental processes: fermenting, kneading, proving, and baking. Treating Real Bread with the respect it deserves, there are also recipes - such as gingery treacle tart, breadcrumb...



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