

artisan sourdough made simple amazon

artisan sourdough made simple amazon has become a sought-after phrase for home bakers and enthusiasts eager to master the craft of sourdough bread baking with ease and confidence. This article explores how to simplify the artisan sourdough process while utilizing resources available on Amazon, including books, tools, and starter kits. With the surge in popularity of homemade sourdough, many are looking for accessible, straightforward ways to achieve bakery-quality results. By leveraging carefully selected products and expert guidance, artisan sourdough can be demystified and made approachable for beginners and experienced bakers alike. This comprehensive guide will cover essential techniques, recommended Amazon finds, and practical tips to help users create delicious, crusty sourdough breads effortlessly. The following content is structured to provide a clear path from understanding the basics to choosing the right tools and ingredients.

- Understanding Artisan Sourdough Bread
- Essential Tools and Ingredients Available on Amazon
- Step-by-Step Guide to Making Artisan Sourdough Simple
- Tips for Maintaining and Using a Sourdough Starter
- Recommended Books and Resources on Amazon

Understanding Artisan Sourdough Bread

Artisan sourdough bread is characterized by its natural fermentation process, resulting in a unique flavor profile, chewy crumb, and crisp crust. Unlike commercial bread, artisan sourdough relies on a wild yeast culture and lactic acid bacteria to leaven the dough. This slow fermentation process enhances digestibility and nutritional value, making it a preferred choice for health-conscious consumers. Understanding the science behind sourdough fermentation is crucial to mastering the craft and achieving consistent results in baking.

The Role of Wild Yeast and Bacteria

Wild yeast and lactic acid bacteria form the foundation of artisan sourdough. These microorganisms ferment the dough, producing carbon dioxide that causes the dough to rise and organic acids that develop flavor and texture. The balance between these elements influences the bread's taste, crust, and crumb structure.

Benefits of Artisan Sourdough Bread

Beyond its flavor, artisan sourdough offers several health benefits including improved digestion,

lower glycemic index, and enhanced nutrient absorption. The fermentation process breaks down gluten and phytic acid, making the bread easier to digest and more nutritious compared to conventional breads.

Essential Tools and Ingredients Available on Amazon

Amazon provides a vast selection of tools and ingredients to simplify the artisan sourdough baking process. From starter kits to specialized baking equipment, these resources help streamline preparation and improve the final product quality. Selecting the right tools eliminates guesswork and supports consistent baking outcomes.

Must-Have Baking Tools

Several essential tools are recommended for achieving perfect artisan sourdough:

- **Dutch Oven or Baking Stone:** Provides even heat distribution for a crisp crust and thorough bake.
- **Banneton Proofing Basket:** Helps shape dough and create attractive patterns.
- **Dough Scraper:** Assists in handling sticky dough and portioning.
- **Digital Kitchen Scale:** Ensures precise measurement of ingredients.
- **Bench Knife:** Useful for scoring and folding dough.

Ingredients and Starters

High-quality ingredients are vital in artisan sourdough baking. Amazon offers organic flours such as whole wheat, rye, and bread flour. Additionally, sourdough starter kits are available for those new to cultivating wild yeast, simplifying the initiation process. Purchasing a reliable starter or creating one with comprehensive guides helps maintain a healthy fermentation culture.

Step-by-Step Guide to Making Artisan Sourdough Simple

Breaking down the artisan sourdough process into manageable steps makes it accessible for all skill levels. This section outlines a streamlined approach to baking sourdough bread using resources found on Amazon, ensuring consistency and ease.

Preparing the Starter

Begin by feeding the sourdough starter with equal parts flour and water, allowing it to ferment until bubbly and active. This process generally takes several days if starting from scratch but can be expedited using a purchased starter.

Mixing and Autolyse

Combine the flour and water first and let it rest (autolyse) for 30-60 minutes. This step improves gluten development and dough extensibility essential for artisan bread texture.

Adding Starter and Salt

Incorporate the active starter and salt into the dough. Mix thoroughly to ensure even distribution of ingredients, which is critical for fermentation and flavor.

Bulk Fermentation and Folding

Allow the dough to ferment at room temperature for several hours, folding it periodically to strengthen gluten structure. This stage develops the dough's flavor and elasticity.

Shaping and Proofing

Shape the dough into a boule or batard using a banneton basket for support. Proof the shaped dough until it has risen adequately, usually 2-4 hours, or retard in the refrigerator overnight for enhanced flavor.

Baking

Preheat a Dutch oven or baking stone to a high temperature. Score the dough's surface to allow controlled expansion. Bake covered initially to trap steam, then uncover to develop a golden, crisp crust.

Tips for Maintaining and Using a Sourdough Starter

A healthy sourdough starter is the cornerstone of successful artisan bread baking. Proper maintenance and usage ensure longevity and consistent results. This section details best practices for caring for and utilizing starters effectively.

Feeding Schedule

Regular feeding of the starter with fresh flour and water is essential. For active use, feeding every 12-24 hours keeps the culture vigorous. For less frequent baking, refrigeration with weekly feedings is recommended.

Storage and Reviving

Store the starter in a loosely covered container to allow gas escape. If neglected, revive the starter by discarding most of it and feeding fresh flour and water until activity resumes.

Using Starter in Recipes

Measure starter activity by its rise and fall cycle for optimal results. Use the starter at peak fermentation, typically when it has doubled in size and is bubbly for best leavening power.

Recommended Books and Resources on Amazon

Several authoritative books and resources available on Amazon provide comprehensive information on artisan sourdough baking. These materials offer expert advice, recipes, and troubleshooting tips to enhance the baking experience.

Top Artisan Sourdough Books

- **"Artisan Sourdough Made Simple" by Emilie Raffa:** A detailed guide focused on simplifying sourdough techniques without compromising quality.
- **"Tartine Bread" by Chad Robertson:** An industry classic offering in-depth methods and philosophy behind artisan sourdough.
- **"Flour Water Salt Yeast" by Ken Forkish:** Step-by-step instructions paired with scientific explanations.

Additional Amazon Resources

Beyond books, Amazon offers starter kits, proofing baskets, digital scales, and specialty flours curated for artisan sourdough baking. These resources support both beginners and seasoned bakers in refining their craft and achieving consistent success.

Frequently Asked Questions

What is 'Artisan Sourdough Made Simple' available on Amazon?

'Artisan Sourdough Made Simple' is a popular cookbook available on Amazon that provides easy-to-follow recipes and techniques for baking traditional artisan sourdough bread at home.

Who is the author of 'Artisan Sourdough Made Simple'?

The book 'Artisan Sourdough Made Simple' is authored by Emilie Raffa, a well-known baker and food writer specializing in sourdough baking.

Does 'Artisan Sourdough Made Simple' on Amazon include beginner-friendly recipes?

Yes, the book is designed for beginners and includes simple, clear instructions to help novice bakers successfully make sourdough bread.

Are there customer reviews on Amazon for 'Artisan Sourdough Made Simple'?

Yes, Amazon features numerous customer reviews for 'Artisan Sourdough Made Simple', many praising its straightforward guidance and delicious recipes.

What formats of 'Artisan Sourdough Made Simple' are available on Amazon?

Amazon typically offers 'Artisan Sourdough Made Simple' in hardcover, paperback, and Kindle eBook formats for flexible reading options.

Can I find video tutorials or additional resources with 'Artisan Sourdough Made Simple' on Amazon?

While the book itself is primarily a cookbook, some editions or sellers may offer bundled resources or links to online tutorials, but these should be checked individually on Amazon.

Is 'Artisan Sourdough Made Simple' suitable for people with dietary restrictions?

The book focuses on traditional sourdough recipes, which are generally free from additives and preservatives, but individuals with specific dietary restrictions should review the ingredient lists carefully.

How long does it typically take to bake sourdough bread using recipes from 'Artisan Sourdough Made Simple'?

Baking sourdough bread typically requires several hours for fermentation and proofing; the book provides timelines and tips to manage these stages effectively.

Is 'Artisan Sourdough Made Simple' a good gift for someone interested in baking?

Yes, it is considered an excellent gift for baking enthusiasts, especially those interested in learning the art of sourdough bread making with clear, approachable instructions.

Additional Resources

1. *Artisan Sourdough Made Simple: A Beginner's Guide to Baking with Natural Starters*

This book offers an accessible introduction to sourdough baking, focusing on creating and maintaining natural starters. It breaks down the process into easy-to-follow steps, making it perfect for beginners. The author emphasizes simplicity without sacrificing the authentic flavors of artisan bread.

2. *The Sourdough Artisan: Mastering the Craft of Simple, Flavorful Bread*

A comprehensive guide that delves into the art and science of sourdough baking. It covers everything from starter cultivation to shaping and baking techniques. The book is praised for its clear instructions and beautiful photography that inspire home bakers.

3. *Simple Sourdough: From Starter to Loaf with Easy Recipes*

Designed for those new to sourdough, this book simplifies the baking process with straightforward recipes and tips. It encourages experimentation while maintaining consistent results. Readers will find practical advice on troubleshooting common issues.

4. *The Everyday Sourdough: Artisan Bread Baking Made Easy*

This title focuses on incorporating sourdough baking into daily life with quick and reliable recipes. It highlights the health benefits of natural fermentation and the joy of homemade bread. The author provides time-saving techniques suitable for busy bakers.

5. *Sourdough Made Simple: A Step-by-Step Guide to Artisan Bread at Home*

A stepwise approach to mastering sourdough, this book breaks down complex techniques into manageable tasks. It includes recipes for a variety of breads, from rustic loaves to soft buns. The guide is ideal for those seeking to deepen their baking skills.

6. *Artisan Bread with Sourdough Starters: Simple Recipes for Delicious Loaves*

This book explores the use of different sourdough starters to create a range of artisan breads. It emphasizes natural ingredients and traditional methods. The detailed instructions help bakers develop a strong foundation in sourdough techniques.

7. *Mastering Sourdough Made Simple: Artisan Baking for Beginners*

A beginner-friendly resource that demystifies sourdough baking through clear explanations and helpful tips. The book covers starter creation, fermentation times, and baking methods. It aims to

build confidence in home bakers seeking artisan-quality bread.

8. *The Simple Sourdough Cookbook: Artisan Breads and Beyond*

Beyond basic bread, this cookbook introduces sourdough in various forms, including pancakes, crackers, and pizza crusts. It provides simple recipes that highlight the versatility of sourdough culture. The approachable style makes sourdough accessible to all skill levels.

9. *Artisan Sourdough Simplified: A Practical Guide to Homemade Bread*

This practical guide focuses on making artisan sourdough bread achievable for everyday bakers. It balances technical details with easy-to-follow instructions and troubleshooting advice. The book encourages creativity while maintaining traditional baking values.

Artisan Sourdough Made Simple Amazon

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artisan sourdough made simple amazon: Artisan Sourdough Made Simple Emilie Raffa, 2017-10-24 Many bakers speak of their sourdough starter as if it has a magical life of its own, so it can be intimidating to those new to the sourdough world; fortunately with *Artisan Sourdough Made Simple*, Emilie Raffa removes the fear and proves that baking with sourdough is easy, and can fit into even a working parent's schedule Any new baker is inevitably hit with question after question. Emilie has the answers. As a professionally trained chef and avid home baker, she uses her experience to guide readers through the science and art of sourdough. With step-by-step master recipe guides, readers learn how to create and care for their own starters, plus they get more than 60 unique recipes to bake a variety of breads that suit their every need. Sample specialty recipes include Roasted Garlic and Rosemary Bread, Golden Sesame Semolina Bread, Blistered Asiago Rolls with Sweet Apples and Rosemary, No-Knead Tomato Basil Focaccia, Make-Ahead Stuffed Spinach and Artichoke Dip Braid and Raspberry Gingersnap Twist. With the continuing popularity of the whole foods movement, home cooks are returning to the ancient practice of bread baking, and sourdough is rising to the forefront. Through fermentation, sourdough bread is easier on digestion--often enough for people who are sensitive to gluten--and healthier. *Artisan Sourdough Made Simple* gives everyone the knowledge and confidence to join the fun, from their first rustic loaf to beyond. This book has 65 recipes and 65 photos.

artisan sourdough made simple amazon: Artisan Sourdough Made Simple Emilie Raffa, 2017-10-24

artisan sourdough made simple amazon: Whole-Grain Sourdough Made Simple Heather Perine, 2021-07-13 The simple starter guide for making whole-grain sourdough at home Sourdough bread is good—and whole-grain sourdough is even better. This sourdough cookbook helps bakers of all skill levels learn how to serve up warm and fresh loaves of this healthy and versatile variant. From sandwich loaves to sweet buns, find out how easy it is to bake perfect whole-grain breads every time. This whole-grain sourdough cookbook features: Step-by-step directions—Discover simple and straightforward instructions that cover growing and preparing the starter, making the dough, and baking it to perfection. Loaves and beyond—Expand baking repertoires with recipes for a variety of artisan loaves, sandwich breads, rolls, and more. Discard delicacies—Put an end to food waste

with a collection of sweet and savory recipes designed to use up starter discard in creative ways. Fill your kitchen with freshly baked whole-grain bread thanks to this easy sourdough cookbook.

artisan sourdough made simple amazon: Artisan Sourdough Made Simple Mia Harper, 2023-12-26 Introducing our exquisite culinary guide, the Artisan Sourdough Bread Book: Artisan Sourdough Made Simple. Immerse yourself in the world of artisan baking with this comprehensive cookbook, where the art of sourdough is demystified and made accessible for all. This meticulously crafted guide presents the essence of artisan sourdough baking in a straightforward manner, making it the perfect companion for both novices and seasoned bakers. Within the pages of the Artisan Sourdough Bread Book, you will discover a collection of 30 unique recipes designed to elevate your baking skills. Artisan Sourdough Made Simple is not just a title; it's a promise of an enriching journey into the heart of sourdough craftsmanship. Whether you're craving the simplicity of a Classic Country Loaf or the boldness of a Seeded Multigrain Boule, this cookbook offers a diverse range of recipes that cater to every palate. In Artisan Sourdough Made Simple, each page is a testament to the dedication and passion behind the art of artisan bread making. Learn to navigate the complexities of sourdough with ease, troubleshooting common issues as you embark on a delightful adventure. The Artisan Sourdough Bread Book invites you to explore the nuances of flavor and texture, guiding you through advanced techniques like Advanced Shaping and Scoring for Artistry. This cookbook is not just a compilation of recipes; it's a celebration of the joy derived from crafting the perfect loaf of bread. Artisan Sourdough Made Simple isn't just a book; it's a culinary companion that empowers you to personalize recipes, adapt to various dietary preferences, and optimize your baking environment. The narrative of Artisan Sourdough Made Simple is one of continuous learning and adaptation, fostering a community of passionate bakers who share the same enthusiasm for the art of sourdough mastery. So, whether you're a seasoned baker looking to refine your skills or a novice eager to embark on a sourdough journey, the Artisan Sourdough Bread Book: Artisan Sourdough Made Simple is your go-to guide. With each turn of the page, dive deeper into the world of artisan bread, where simplicity meets sophistication, and baking becomes an art form. Immerse yourself in the art of sourdough, and let the Artisan Sourdough Bread Book: Artisan Sourdough Made Simple be your companion on this delightful culinary expedition.

artisan sourdough made simple amazon: The Ultimate Sourdough Recipes Cookbook Lila Adams, 2023-12-13 The Ultimate Sourdough Recipes Cookbook: Artisan Sourdough Made Simple for Beginners Embark on a Journey to Master the Art of Sourdough with Ease! Are you ready to transform your kitchen into a sourdough haven? Look no further! The Ultimate Sourdough Recipes Cookbook is your definitive guide to creating mouthwatering artisanal bread from scratch, even if you're a baking beginner. Unlock the Secrets of Artisan Sourdough: This cookbook demystifies the sourdough process, making it accessible to all. From crafting the perfect sourdough starter to mastering the techniques that elevate your bread to artisanal heights, every step is laid out in simple, beginner-friendly language. Flavorful and Foolproof Recipes: Whether you're craving the classic taste of an everyday sourdough or itching to create high-hydration masterpieces, this cookbook has you covered. Dive into sweet and savory artisan loaves, pan loaves, specialty flours, and even explore the world of focaccia and bread art - all with easy-to-follow recipes tailored for beginners. Pairing Pleasures and Creative Solutions: But the adventure doesn't stop with the perfect loaf. Explore a world of pairing pleasures with delightful sides and accompaniments. From savory spreads to delectable dips, these recipes turn your sourdough into a culinary masterpiece. Discover creative solutions for leftover starter and elevate your meals with every slice. Why Choose The Ultimate Sourdough Recipes Cookbook? Designed for Beginners: No prior baking experience required - this cookbook walks you through every step. Casual and Approachable Tone: Learn the art of sourdough with a friendly guide by your side. Proven Recipes: Tried and tested recipes that ensure your success in the kitchen. SEO-Optimized: Perfect for those searching for sourdough cookbook, artisan sourdough made simple, and sourdough cookbook for beginners. Unlock the secrets, savor the flavors, and become the artisan baker you've always dreamed of. Join us on this delectable journey - your sourdough adventure awaits!

artisan sourdough made simple amazon: Making Artisan Breads in the Bread Machine

Michelle Anderson, 2021-06-08 Making Artisan Breads in the Bread Machine unlocks all the potential of your bread machine, revealing its surprising versatility and amazing breadth. Delicious, comforting, and authentic artisan breads are expensive to buy at your grocery store or local bakery. Now you can use your bread machine to make them at home for a fraction of what store-bought breads cost. Veteran chef, baker, and food writer Michelle Anderson has put dozens of models and sizes of bread machines through their paces and knows better than anyone what a bread machine can do. Would you like a boule or a baguette with your next picnic or brunch? Would the delectable aroma of a just-made ciabatta or focaccia create the perfect atmosphere for your next pasta supper? Michelle shows you the fastest and easiest ways to make these and many other rustic and comforting breads. Her recipes include breads made from start to finish in the bread machine and others that, because of their shape, are started in the bread machine and finished in a regular oven—the latter still a much easier method than starting from scratch on a counter-top. Rugbrod (Danish rye bread), Irish Soda Bread, San Francisco Sourdough, German Peasant Bread, Pane Siciliano...there's a wide and wondrous world of amazing breads to discover in the pages of this book. You'll even find chapters on cheese breads and herb breads, and an especially delicious one on sweet breads to have for dessert or with your morning coffee. Millions of people are rediscovering the simple, soul-warming pleasures of freshly made, home-cooked bread. It's not a lot of work at all—if you own a bread machine and have a copy of this incredibly inventive and eminently reliable cookbook.

artisan sourdough made simple amazon: Artisan Sourdough Bread Made Simple Christopher Pelz, 2020-06 Baking is a cakewalk with these beginner's tips, tricks, and techniques. For a beginner, baking might seem like magic: mix the right ingredients, add heat, and watch a transformation happen before your eyes. This book covers the following topics: + A great bread apprentice book. Even if you never cooked in your life, you can learn to bake bread. + Tasty recipes: baguette bread, gluten-free dough, cinnamon roll recipes, and much more. + Preparing to Bake + Tips and techniques for baking bread + Easy-To-Follow Recipes. Step-by-step instructions for bread-making for beginners. Why don't you make your own bread? Ready to get started? Click Buy Now!

artisan sourdough made simple amazon: Sourdough Made Simple Bonnie V Moos, 2025-06-06 Sourdough Made Simple From Starter to Loaf Master the Basics of Sourdough with Easy-to-Follow Instructions for a perfect Homemade Bread Unlock the art of baking perfect sourdough bread from the comfort of your kitchen with Sourdough Made Simple. This beginner-friendly guide takes you through every step, from creating your own starter to baking a beautifully tangy loaf with a crispy crust and soft, airy crumb. With easy-to-follow instructions and helpful tips, you'll quickly master the basics of sourdough baking, even if you've never baked bread before. Say goodbye to store-bought loaves and enjoy the satisfaction of creating authentic, homemade sourdough that's as delicious as it is rewarding. Whether you're a first-time baker or looking to refine your skills, this book makes sourdough accessible to everyone!

artisan sourdough made simple amazon: Sourdough Made Simple Elsa K Farms, 2024-10-20 Bake Perfect Sourdough Bread at Home - No Experience Needed! Dreaming of baking your own delicious, crusty sourdough but don't know where to start? Sourdough Made Simple breaks it down into easy, step-by-step instructions that anyone can follow. Whether you're new to baking or looking to expand your skills, this guide makes sourdough accessible and fun. From creating your starter in just a few days to troubleshooting common mistakes, you'll learn everything you need to bake your first perfect loaf. Here are some of the benefits: - Easy-to-follow steps to create your sourdough starter. - Simple tools and techniques—no fancy equipment required. - Solutions to common problems to ensure success every time. - Bonus recipes to use your sourdough discard, from pancakes to crackers. Worried sourdough is too hard or time-consuming? This book is designed for busy beginners, offering flexible schedules and straightforward methods that fit your lifestyle. Ready to bake? Grab Sourdough Made Simple today and start creating delicious, homemade sourdough bread with confidence!

artisan sourdough made simple amazon: The Art of Bread Baking Jenny Jones, 2021-05-13
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artisan sourdough made simple amazon: Artisan Sourdough Bread Making Made Easy Jessica R Castro, 2020-05-04 Supermarket bread is full of chemical and other additives, preservatives, and far too many salts and sugars. Good Traditional homemade artisan bread has sourdough riser, salt which will be regulated by the baker or consumer personally however this book teaches the procedures on how to make your artisan bread with ease in 5 minutes This book contains Artisan bread recipe How to make artisan bread Dissimilarities between artisan bread and the conventional bread

artisan sourdough made simple amazon: The Sourdough Cookbook for Beginners Grace Dough, 2021-03-06 Do you love Baking so much now that you want to make your very own signature Sourdough starter at the comfort of your home? Then, it's time for you to check out this Amazing Cookbook! THE COMPLETE SOURDOUGH COOKBOOK FOR BEGINNERS is the only book you'll need to start your Sourdough Journey! It's your ultimate step-by-step guide to Sourdough starter, baking loaves, baguettes, pancakes, and more! Sourdough Baking is the perfect way to treat your family to some delicious culinary goodness and acquire a new skill; and, it will only take a few minutes of your time each day during the first week! In essence, this project does not require too much care - and in any case, the attendant rewards will definitely make it worth your while. You can create your very own starter and watch it become a part of your family with this living ingredient that thrives on water, flour, and lots of love; no yeast required: With just water, flour, and a little of your time, you can create something unique and delicious. So, what's inside this book? Here's a little peek at what you can expect in this very informative and satisfying cookbook: The First Six Days Using Your Starter Artisan-Style Sourdough Bread Pan Loaves And... many more delicious bread recipes to help you get started on your sourdough journey! It is actually a fun process! Homemade sourdough bread also has some amazing health benefits: The process goes through before it ferments, making it perfect for maximum nutrient absorption. It also makes it easier for the body to digest bread: This explains why a lot of gluten-sensitive people can enjoy homemade (gluten) sourdough comfortably. Also, homemade sourdough is not as processed as store-bought bread, particularly gluten-free bread, because it has a list of additives: making your own homemade sourdough starter gives you ultimate control of the choice of ingredients as well as the quality of your bread. Apart from helping you save money, being able to bake bread from your kitchen's comfort, Sourdough will boost your confidence and give you the peace of mind that comes with having control over your ingredients and eventually what you consume... And the taste is DARN GOOD!!! There is no better time to tap into your inner baker (who knows; you might even discover that you have a knack for it and.... This could also become a paying career: with Baking, anything is possible!!!) Now is the time to make a difference. Will you rise like your sourdough to the challenge? If yes, then buy now! Sourdough is here to stay!

artisan sourdough made simple amazon: Whole-Grain Sourdough Made Simple Heather Perine, 2021-07-13 The simple starter guide for making whole-grain sourdough at home Sourdough bread is good—and whole-grain sourdough is even better. This sourdough cookbook helps bakers of all skill levels learn how to serve up warm and fresh loaves of this healthy and versatile variant. From sandwich loaves to sweet buns, find out how easy it is to bake perfect whole-grain breads every time. This whole-grain sourdough cookbook features: Step-by-step directions—Discover simple and straightforward instructions that cover growing and preparing the starter, making the dough, and baking it to perfection. Loaves and beyond—Expand baking repertoires with recipes for a variety of artisan loaves, sandwich breads, rolls, and more. Discard delicacies—Put an end to food waste with a collection of sweet and savory recipes designed to use up starter discard in creative ways. Fill

your kitchen with freshly baked whole-grain bread thanks to this easy sourdough cookbook.

artisan sourdough made simple amazon: Sourdough Bread Cookbook Kathryn Yates, 2023-03-19 With its distinctive tangy flavor, airy and springy crumb, and crispy crust, sourdough bread is a culinary classic. It all starts with a starter, a fermented, yeasty mixture. The Sourdough Bread Cookbook will demonstrate how simple it is to make a variety of excellent artisanal sourdough breads using only a few basic ingredients, straightforward tools, and a little bit of patience. This book's goal is to make it simple for you to make and bake great homemade sourdough bread using a tried-and-true, step-by-step procedure that has been refined over many years, if not decades. And yes, even if you've never made sourdough bread before, you'll be able to accomplish it with the help of this cookbook!

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artisan sourdough made simple amazon: The Gluten-Free Artisan Sourdough Bread Cookbook Angel Burns, 2020-10-02 Do you love sourdough bread? Freshly baked bread, your own preparation, you know what is in it and your own small craft to enjoy. More and more people dare to bake their own bread. Someone like it grainy but others prefer spicy and much more. Nowadays, you can find thousands of recipes as well as self-created instructions and ideas for baking bread yourself. Sourdough is the natural yeast Live yeast brings several health benefits that we cannot get from commercial yeast: Natural yeast breaks down harmful enzymes in the grain. Natural yeast makes the vitamins and minerals contained in the grain easily accessible to us. Natural yeast transforms dough into a digestible food source. It pre-digests sugars for diabetics and breaks down gluten for the intolerant. Useful bacteria in yeast are important for controlling candida Albicans, while commercial yeast is a pro-candida organism. Bacteria in yeast are slow but diligent and strong - eliminating the spores of harmful mushrooms and mildew that are commonly found in flour. People with commercial yeast bread allergies do not have the same sensitivity to whole grain bread with natural yeast. Bread made with natural yeast without chemical additives increases its nutritional value over the days. Interestingly, slightly longer-standing bread is more easily digestible than fresh

bread, up to ten days, after which a twist breaks. In this book, you will meet different sections including: - What sourdough is - The benefits of sourdough - Beer Bread recipe - Sourdough milk bread recipe - Gluten-free sourdough bread - And much more! Get a copy of this book to read more!

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