



How To Make Sourdough: 45 recipes for great-tasting sourdough breads that are good for you, too.

By Emmanuel Hadjiandreou

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How To Make Sourdough: 45 recipes for great-tasting sourdough breads that are good for you, too. By Emmanuel Hadjiandreou

The definitive book showcasing the variety of sourdough breads and pastries, from the author of the award-winning '*How to Make Bread*'.

Many people are turning their backs on mass-produced, homogenized and bland bread in favour of something natural and nourishing. And what can be more natural than the way bread used to be made—with flour, water and care. Once you've mastered the sourdough 'starter'—the vigorous little mixture of flour and water that helps leaven the bread and develop flavour—you just need to mix a small amount of it with your other ingredients and you're well on your way to a great-tasting fresh loaf. Top up the starter and you can keep it going for as long as you want.

It's no surprise then when people take in the wonderful aroma of their first homemade sourdough loaf, before breaking the firm, springy crust and savouring the delicious, light and flavoursome inside that they never look back. You'll be amazed not only by the flavour and variety of wonderful Sourdough recipes on offer in this book, but by their simplicity. There is a comprehensive step-by-step guide to making the dough, kneading the dough, and shaping, preparing and baking a basic sourdough loaf. From there, you'll discover exciting breads made with some of the hugely popular ancient grains, including kamut, spelt, einkorn and enner. If you like a rich, dark bread, then you'll be at home in the Rye chapter, with delicious recipes, such as New-York-style rye sourdough or Pumpernickel sourdoughs.

Try the Sweet & Savoury Sourdoughs in the Flavoured Sourdoughs section, including classic combinations such as Tomato & Olive, but also more unusual but equally delicious recipes such as Halloumi & Mint. If you have a sweeter tooth, you'll be delighted by the Apple or Date & Walnut. Discover the dedicated Gluten-free chapter, with the Chickpea Potato Focaccia, Sourdough Potato Pancakes and Teff & Apricot Sourdough.

Explore the diverse and divine creations in Snacks & Treats, such as Sourdough

Bagels, Sourdough Pretzels and Sourdough Brioche. Finally, a chapter on Speciality Sourdoughs will teach you how to make the perfect Sourdough Baguette and Ciabatta, as well as festive favourites, such as Panettone.

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Editorial Review

About the Author

Emmanuel Hadjiandreou is from South Africa but learned his craft in a German bakery. In the UK he has worked for chef Gordon Ramsay and Daylesford Organic, an award-winning organic farm shop in Oxfordshire. He currently teaches bread-making classes at The School Of Artisan Food in Nottinghamshire. His bread creations have won him several awards, such as the Soil Association Organic Food Award for his sourdough. This is his third book for RPS after 'How To Make Bread' and 'Making Bread Together'.

Users Review

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Mark Logan:

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