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What if everything you know about salt is wrong? A leading cardiovascular research scientist explains how this vital crystal got a negative reputation, and shows how to lower blood pressure and experience weight loss using salt. The Salt Fix is essential reading for everyone on the keto diet! We've all heard the recommendation: eat no more than a teaspoon of salt a day for a healthy heart. Health-conscious Americans have hewn to the conventional wisdom that your salt shaker can put you on the fast track to a heart attack, and have suffered through bland but "heart-healthy" dinners as a result. What if the low-salt dogma is wrong? Dr. James DiNicolantonio has reviewed more than five hundred publications to unravel the impact of salt on blood pressure and heart disease. He's reached a startling conclusion: The vast majority of us don't need to watch our salt intake. In fact, for most of us, more salt would be advantageous to our

nutrition--especially for those of us on the keto diet, as keto depletes this important mineral from our bodies. The Salt Fix tells the remarkable story of how salt became unfairly demonized--a never-before-told drama of competing egos and interests--and took the fall for another white crystal: sugar. According to The Salt Fix, too little salt can: * Make you crave sugar and refined carbs * Send the body into semistarvation mode * Lead to weight gain, insulin resistance, type 2 diabetes, cardiovascular disease, chronic kidney disease, and increased blood pressure and heart rate But eating the salt you desire can improve everything, from your sleep, energy, and mental focus to your fitness, fertility, and sexual performance. It can even stave off common chronic illnesses, including heart disease. The Salt Fix shows the best ways to add salt back into your diet, offering his transformative five-step program for recalibrating your salt thermostat to achieve your unique, ideal salt intake. Science has moved on from the low-salt

dogma, and so should you--your life may depend on it.

In this follow-up to his award-winning book *The Bread Baker's Apprentice*, Peter Reinhart offers groundbreaking methods for baking whole grain breads that taste better than any you've ever had. We know whole grain breads are better for us, but will we actually eat them, much less take time to bake them? Yes, says beloved baking instructor Peter Reinhart, but only if they are very, very good. So Reinhart, with his decades of experience crafting amazing artisanal breads, has made it his mission to create whole grain breads that are nothing short of incredible. And because his approach is also simpler and less labor intensive than conventional techniques, you'll choose to make and eat these breads. His fifty-five recipes for whole grain sandwich, hearth, and specialty breads, plus bagels, crackers, and more, incorporate widely available whole wheat flour as well as other flours and grains such as rye, barley, steel-cut oats, cornmeal, and quinoa. Each is so rich with flavor and satisfying texture that white-flour counterparts pale in comparison. Written in Reinhart's famously clear style and accompanied by inspiring photographs, these recipes were perfected with the help of nearly 350 testers. Introductory chapters provide a tutorial, with step-by-step photographs, of the delayed fermentation method that is at the heart of these recipes, as well as a crash course in baking science, discussions of grains other than wheat, and more. Advanced bakers will relish Reinhart's innovative techniques and exacting scientific explanations, and beginning bakers will rejoice in the ease of baking wholesome breads with such extraordinary flavor.

DISCLAIMER: This is a book summary of *Flour Water Salt Yeast - The Fundamen-*

tals of Artisan Bread and Pizza By Ken Forkish and is not the original book. This book is not meant to replace the original book but to serve as a companion to it. SYNOPSIS: *Flour Water Salt Yeast* (2012) by Ken Forkish is a guide to the principles underlying high-quality baking, that you can apply to your own baking at home. By learning the fundamentals and developing a good technique, you can master the art of home baking and develop your own individual baking style. ABOUT THE AUTHOR: Ken Forkish left the tech world behind after a 20-year career to retrain as a baker, and he now runs Ken's Artisan Bakery, as well as Ken's Artisan Pizzeria, in Portland, Oregon. *Flour Water Salt Yeast* was his award-winning first book, and he has since written *The Elements of Pizza*.

The third in a series of classic, collectible cookbooks from Tartine Bakery & Cafe, one of the great bakeries, *Tartine Book No. 3* is a revolutionary, and altogether timely, exploration of baking with whole grains. The narrative of Chad Robertson's search for ancient flavors in heirloom grains is interwoven with 85 recipes for whole-grain versions of Tartine favorites. Robertson shares his groundbreaking new methods of bread baking including new techniques for whole-grain loaves, as well as porridge breads and loaves made with sprouted grains. This book also revisits the iconic Tartine Bakery pastry recipes, reformulating them to include whole grains, nut milks, and alternative sweeteners. More than 100 photographs of the journey, the bread, the pastry and the people, make this a must-have reference for the modern baker.

Sous Vide for Everybody is an approachable cookbook that demystifies sous vide

cooking and demonstrates how it can make your life easier, while also giving you the tools to try exciting new dishes. Originally from the French for "under vacuum" because it often involves sealing food in plastic, sous vide allows you to cook food gently in an automatic water bath to the perfect temperature. That may sound intimidating, but the technique has trickled down from experimental fine-dining restaurant kitchens to the home kitchen precisely because it's an easy, convenient, and hands-off way to cook. Sous vide not only makes traditional cooking easier and more foolproof, it often can help to make food taste better, taking away all the guesswork and giving you back some free time. In this cookbook, you will find recipes that teach you how to cook sous vide, starting with basics like the perfect steak or soft-cooked egg. You will also find recipes that expand your knowledge and creativity in the kitchen using sous vide, from a holiday-worthy chuck roast that tastes like a prime rib at a fraction of the cost to eggs Benedict to fruit-on-the-bottom yogurt cups.

The highly anticipated cookbook by award-winning Simple Bites blogger and urban homesteader. Aimée's rural homesteader upbringing, years working as a professional chef, and everyday life as a busy mom led to the creation of the hugely popular blog Simple Bites. Raising three young children with husband Danny, Aimée traded her tongs and chef whites for a laptop and camera, married her two passions—mothering and cooking—and has since been creating recipes with an emphasis on whole foods for the family table, sharing stories and tips, and inspiring readers to make the family-food connection on the Simple Bites blog. *Brown Eggs and Jam Jars* is Aimée's long-awaited cookbook inspired by her

urban homesteading through the seasons and the joyous events they bring. Aimée shares more than one hundred recipes from melt-on-your-tongue maple butter tarts to tangy homemade yogurt that have a touch of nostalgia, feature natural ingredients, and boast plenty of love. *Brown Eggs and Jam Jars* will inspire you to connect your family and food right where you are in life—from growing your own tomatoes to making a batch of homemade cookies. Enjoy your urban homestead.

The James Beard and IACP Award-winning author of *Flour Water Salt Yeast* and one of the most trusted baking authorities in the country proves that amazing pizza is within reach of any home cook. "If there were ever to be a bible for all things pizza—and I mean all things—Ken Forkish has just written it."—Marc Vetri, author of *Mastering Pasta* and owner of Vetri *The Elements of Pizza* breaks down each step of the pizza-making process, from choosing a dough to shaping your pie to selecting cheeses and toppings that will work for your home kitchen setup. Forkish offers more than a dozen different dough recipes—same-day "Saturday doughs" that you can make in the morning to bake pizza that night, levain doughs made from a naturally fermented yeast starter, and even gluten-free dough—each of which results in the best, most texturally sublime crust you've ever made at home. His clear, expert instructions will have you shaping pies and loading a pizza peel with the confidence of a professional pizzaiolo. And his innovative, seasonal topping ideas will surprise and delight any pizza lover—and inspire you to create your own signature pies, just the way you like them.

Best-selling cookbook *New World Sourdough* is your go-to guide to baking delicious, inventive sourdough breads at

home. Learn how to make a sourdough starter, basic breads, as well as other innovative baked goods from start to finish with Instagram star Bryan Ford's (@artisanbryan) inviting, nontraditional approach to home baking. With less emphasis on perfecting crumb structure or obsessive temperature monitoring, Ford focuses on the tips and techniques he's developed in his own practice, inspired by his Honduran roots and New Orleans upbringing, to ensure your success and a good return on your time and effort. Ford's recipes include step-by-step instructions and photographs of all of the mixing, shaping, and baking techniques you'll need to know, with special attention paid to developing flavor as well as your own instincts. *New World Sourdough* offers practical, accessible techniques and enticing, creative recipes you'll want to return to again and again, like: Pan de Coco Pita Pizza dough Challah, Focaccia, and Pullman loaves. Straightforward and unintimidating, *New World Sourdough* will get you started with your starter and then inspire you to keep experimenting and expanding your repertoire.

Scrumptious recipes that make everyday food marvelous by food blogger sensation Teri Turner of NoCrumbsLeft.net, fully endorsed by Whole30

Today, people are rediscovering the joys of baking their own bread, not only as a cost-saving measure, but with the desire to go back to basics and enjoy making something rewarding. Emmanuel Hadjiandreou is passionate about bread and in this, his first book, he shows you how to make it, step by step. The book starts by explaining the key to good bread: why flour, yeast and temperature are important, and which kitchen equipment makes life easier. In *Basic Breads*, you'll

learn how to make a Basic White Loaf with clear, step-by-step photos. With this method, you'll have the base for a number of variations. The rest of the book covers Wheat- or Gluten-free Breads, Sourdoughs, Flavoured Yeasted Breads, and Pastries and Morning Bakes - in more than 60 easy-to-follow recipes. Emmanuel Hadjiandreou has worked for Gordon Ramsay, Flour Power City Bakery, Daylesford Organic and Judges Bakery in Hastings. He currently teaches at The School Of Artisan Food in Nottinghamshire. His sourdough bread, stollen and other bread creations have won him several awards.

Baking is a combination of art and science requiring precision and intuition. Benefit from the experience and expertise of master baker and owner of Orwasher's Bakery, Keith Cohen. In this book you'll learn professional baking methods including step-by-step directions for baking a variety of delicious breads and rolls your family and friends are sure to love. Enjoy a behind-the-scenes look at how an artisan baker works and creates new recipes as you hone your own baking skills so you can produce perfectly baked loaves time after time.

2016 James Beard Award Winner (Baking & Desserts) 101 recipes for baking with whole and sprouted grains, making the most of the seasonal harvest, and healing the body through naturally fermented food Sarah Owens spent years baking conventional baked goods, only to slowly realize she had developed a crippling inability to digest or tolerate their ingredients. Unable to enjoy many of her most favorite foods, she knew she must find a health-sustaining alternative. Thus Sarah started experimenting with sourdough leavening, which almost immediately began to heal her gut and inspire her anew

in the kitchen. Soon after, her artisan small-batch bakery, BK17, was launched, and with that, a new way to savor and share nutritious sourdough breads and treats with her Brooklyn community. Sourdough and other fermented foods are making a comeback because of their rich depth of flavor and proven health benefits. In *Sourdough*, Sarah demystifies keeping a sourdough culture, which is an extended fermentation process that allows for maximum flavor and easy digestion, showing us just how simple it can be to create a healthy starter from scratch. Moreover, Sarah uses home-grown sourdough starter in dozens of baked goods, including cookies, cakes, scones, flatbreads, tarts, and more—well beyond bread. Sarah is a botanist and gardener as well as a baker—her original recipes are accented with brief natural history notes of the highlighted plants and ingredients used therein. Anecdotes from the garden will delight naturalists and baked-goods lovers among us. Laced with botanical and cultural notes on grains, fruits and vegetables, herbs, and even weeds, *Sourdough* celebrates seasonal abundance alongside the timeless craft of artisan baking.

"An invaluable guide for beginning bakers."—The New York Times An irresistible account of bread, bread baking, and one home baker's journey to master his craft In 2009, journalist Samuel Fromartz was offered the assignment of a lifetime: to travel to France to work in a boulangerie. So began his quest to hone not just his homemade baguette—which later beat out professional bakeries to win the "Best Baguette of D.C."—but his knowledge of bread, from seed to table. For the next four years, Fromartz traveled across the United States and Europe, perfecting his sourdough in California, his

whole grain rye in Berlin, and his country wheat in the South of France. Along the way, he met historians, millers, farmers, wheat geneticists, sourdough biochemists, and everyone in between, learning about the history of breadmaking, the science of fermentation, and more. The result is an informative yet personal account of bread and breadbaking, complete with detailed recipes, tips, and beautiful photographs. Entertaining and inspiring, this book will be a touchstone for a new generation of bakers and a must-read for anyone who wants to take a deeper look at this deceptively ordinary, exceptionally delicious staple: handmade bread.

The debut cookbook by the creator of the wildly popular blog *Damn Delicious* proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'—each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In *Damn Delicious*, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time around the table. Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, home-made meals that are truly 'damn delicious!'

A treasury of recipes for world-class breads and pizzas is complemented by schedules that can be adapted for busy home bakers, sharing instructions for pre-

paring high-quality artisan recipes using basic straight dough, pre-ferment dough and complex levain. 12,000 first printing. The Tartine Way — Not all bread is created equal The Bread Book "...the most beautiful bread book yet published..." -- The New York Times, December 7, 2010 Tartine — A bread bible for the home or professional bread-maker, this is the book! It comes from Chad Robertson, a man many consider to be the best bread baker in the United States, and co-owner of San Francisco's Tartine Bakery. At 5 P.M., Chad Robertson's rugged, magnificent Tartine loaves are drawn from the oven. The bread at San Francisco's legendary Tartine Bakery sells out within an hour almost every day. Only a handful of bakers have learned the techniques Chad Robertson has developed: To Chad Robertson, bread is the foundation of a meal, the center of daily life, and each loaf tells the story of the baker who shaped it. Chad Robertson developed his unique bread over two decades of apprenticeship with the finest artisan bakers in France and the United States, as well as experimentation in his own ovens. Readers will be astonished at how elemental it is. Bread making the Tartine Way: Now it's your turn to make this bread with your own hands. Clear instructions and hundreds of step-by-step photos put you by Chad's side as he shows you how to make exceptional and elemental bread using just flour, water, and salt. If you liked Tartine All Day by Elisabeth Prueitt and Flour Water Salt Yeast by Ken Forkish, you'll love Tartine Bread!

"White Jacket Required is a coming of age story by one of the top young food bloggers, Jenna Weber. When Jenna finds herself out of college and trying to figure out what to do with her life, she turned to culinary school, not to become a chef,

but to become a food writer instead. This is that story, with all the ups and downs of a young woman trying to get through the rigors of culinary school, her first job, a family crisis, and a love affair. It will appeal to young readers, anyone interested in food, and her loyal blog readers, all 30,000-a-day of them"--

Provides guidance for making one's own whole grain bread, covering topics such as the wheat kernel, enzymes, and the process of delayed fermentation, and presents fifty-five recipes for whole grain sandwich, hearth, and specialty breads as well as bagels, crackers, and other items.

When Bread was first published in 2004, it received the Julia Child Award for best First Book from the International Association of Culinary Professionals and became an instant classic. Hailed as a "masterwork of bread baking literature," Jeffrey Hamelman's Bread features over 130 detailed, step-by-step formulas for dozens of versatile rye- and wheat-based sourdough breads, numerous breads made with yeasted pre-ferments, simple straight dough loaves, and dozens of variations. In addition, an International Contributors section is included, which highlights unique specialties by esteemed bakers from five continents. In this third edition of Bread, professional bakers, home bakers, and baking students will discover a diverse collection of flavors, tastes, and textures, hundreds of drawings that vividly illustrate techniques, and evocative photographs of finished and decorative breads.

The first gluten-free baking book from legendary bread maker and James Beard Award-winning author Peter Reinhart, with 80 world-class recipes suitable for wheat sensitive, diabetic, and low-carb/low-sugar dieters. The first gluten-free baking book from legendary bread mak-

er and James Beard Award-winning author Peter Reinhart, with 80 world-class recipes suitable for wheat sensitive, diabetic, and low-carb/low-sugar dieters. Amazing, easy-to-make recipes that revolutionize baking for wheat sensitive, diabetic, and low-carb/low-sugar cooks. After more than two decades of research into gluten-free baking, bestselling author and legendary bread maker Peter Reinhart and his baking partner Denene Wallace deliver more than eighty world-class recipes for delicious breads, pastries, cookies, cakes, and more in *The Joy of Gluten-Free, Sugar-Free Baking*. Carefully crafted for anyone who is gluten sensitive, diabetic, or needs to reduce carbs to prevent illness or lose weight, these forgiving recipes taste just as good as the original wheat versions—and are easier to bake than traditional breads. By using readily available or home-ground nut and seed flours and alternative and natural sweeteners as the foundation for their groundbreaking style of baking, Reinhart and Wallace avoid the carb-heavy starch products commonly found in gluten-free baking. Additionally, each recipe can easily be made vegan by following the dairy and egg substitution guidelines. Bakers of all skill levels will have no trouble creating incredibly flavorful baked goods, such as:

- Toasting Bread, Banana Bread, Nutty Zucchini Bread, and many styles of pizza and focaccia
- Cheddar Cheese and Pecan Crackers, Herb Crackers, Garlic Breadsticks, and pretzels
- Blueberry-Hazelnut Muffins, Lemon and Poppy Seed Scones, and pancakes and waffles
- Coconut-Pecan Cookies, Lemon Drop Cookies, Biscotti, and Peanut Butter Cup Cookies
- Brownies and Blondies, Cinnamon-Raisin Coffee Cake, Pound Cake with Crumb Topping, and Carrot Cake with Cream Cheese Frosting
- Apple Crumble Pie,

Pumpkin Pie, Berry Pie, and Vanilla, Chocolate, or Banana Cream Pie With Reinhart and Wallace's careful attention to ingredients and balancing of flavors, these delicious gluten-free baked goods with a glycemic load of nearly zero will satisfy anyone's craving for warm bread or decadent cake.

Outlines the author's method for creating no-knead, slow-rising artisanal breads in heavy preheated pots, sharing a variety of step-by-step recipes for such classics as a rustic Italian baguettes, the stirato and pizza Bianca.

"[This] lavishly illustrated labor of love is a must-have for any baker who seeks to create honest, authentic and flavorful breads and pastries." —Stanley Ginsberg, award-winning author of *The Rye Baker Here* is a go-to resource for bakers of all skill levels who love new information and techniques that lead to better loaves and more flavor. These forty-five foolproof recipes for delicious, nutritious, good-for-the-gut breads and pastries star a wide range of artisanal flours that are now readily available to home bakers. These flours add layers of flavor and texture, and combined with a natural starter and long fermentation, make these baked goods enjoyable even by those who have difficulty with gluten. In-depth master tutorials to starter, country loaves, and adjusting recipes for different flours are paired with step-by-step photography sequences that help visual learners get these fundamentals just right. Including recipes for one-of-a-kind rolls, scones, muffins, coffee cake, cookies, brownies, and more, this is a new take on baking for the home baker's cookbook canon. "Ellen King is one of my favorite bakers, and Hewn is a gem—there's nowhere else you can get such good bread made with flour that

been so thoughtfully sourced and handled. Here, Ellen shows you how to do it." —Mark Bittman, #1 New York Times bestselling author "Why on earth pick up a bag of flour with strange sounding names such as Red Fife, Turkey Red, or Marquis? Allow Ellen King of renowned Hewn Bakery to explain how these heritage varieties add complexity and mesmerizing flavor to your baking." —Maria Speck, award-winning author of *Simply Ancient Grains*

Advanced Bread & Pastry has a unique approach to providing advanced level concepts, techniques and formulas to those aspiring to be professional bakers and professional pastry chefs. Exquisite photographs are throughout to further inspire learners and professionals of the unlimited potential of the craft. *Advanced Bread and Pastry* provides in depth information and troubleshooting strategies for addressing the complex techniques of the advanced level of bread and pastry arts. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Struggling to give up with bread and carbs while on Keto? Want to enjoy a delicious loaf of bread that is Keto-Friendly? Or do you wish you had the time to bake your bread? Many people would love baking their bread at home if they had time and patience. The truth is, baking bread from scratch is a time consuming, messy and hard process. Also, if your goal is losing weight and you are following a ketogenic diet, then you should look for low-carb options to remain on your diet plan. The solution is a complete cookbook that will guide you through making the perfect loaves of ketogenic bread every time using your bread machine. You can be sure to have plenty of delicious Low-

carb bread loaves, without the additional stress and pounds acquired by other types of bread. And that's what you will find in this cookbook. This cookbook also offers you a chance to peek into the health benefits of adapting to a Keto friendly diet as well as the consequences of consuming meals against the Keto diet. This cookbook will make you want to get into your kitchen right now and bake your own bread. Would You Like to Know More? Get this book now to start making your Keto Bread!

Whether you've never picked up a knife or you're an accomplished chef, there are only four basic factors that determine how good your food will taste. Salt, Fat, Acid, and Heat are the four cardinal directions of cooking, and they will guide you as you choose which ingredients to use and how to cook them, and they will tell you why last minute adjustments will ensure that food tastes exactly as it should. This book will change the way you think about cooking and eating, and help you find your bearings in any kitchen, with any ingredients, while cooking any meal. --

"Master baker and innovator Peter Reinhart's answer to the artisan-bread-in-no-time revolution, with time-saving techniques for making extraordinary loaves with speed and ease"--Provided by publisher.

A wonderfully unique and unexpected collection of desserts that showcase spice over sugar, with 80 recipes that both reinvent classic sweets and introduce more unusual spice-infused desserts. In *Sugar and Spice*, veteran food editor and recipe developer Samantha Seneviratne invites readers to explore a bold new world of spice-centric desserts. Each chapter centers on a different spice--some familiar, like vanil-

la, cinnamon, and ginger; others less expected (especially in sweet preparations), such as peppercorns, chiles, and cardamom. With fascinating histories, origin stories, and innovative uses for each spice, this book will inspire readers to re-discover and re-stock their spice drawers, and raise their desserts up to a whole new level of flavor.

This updated and revised edition of the successful manual for sourdough-lovers traces the history of sourdough baking from ancient Egypt to modern times. Sourdough expert Ed Wood, a forensic pathologist who has been studying sourdough for over 50 years, explains what makes real sourdough starter and how baking enthusiasts can grow their own. 8 page full-color photo insert.

TAKING FLAVOUR FROM ORDINARY TO EXTRAORDINARY After 20 years of making award-winning Halen Môn sea salt, the Lea-Wilson family have put together a collection of recipes on how to showcase this often misunderstood and misused ingredient. Learning to season properly is what separates a good cook from a great one. It isn't a simple case of how much salt when these crystals are used: at the beginning of meal prep to help sunny tomatoes sing; coating your meat just before cooking to help the salty char form and the meat stay juicy; or right at the very end, scattered over a chocolate torte to make it all the more chocolate-y. Brine, cure and pickle your way through this book, learning to use salt in new ways to make everyday food more vibrant and flavourful. From a sophisticated fennel and almond lasagne to toasted milk cookies, delicate salt marsh lamb to juicy black pepper brined corn, this book brings new techniques and a breath of fresh inspiration to your plate. With every bit as much at-

tention paid to vegetables and sweet dishes, as well as meat and fish, and beautiful photography shot on location on the wild island of Anglesey throughout, this book celebrates the most important ingredient in your kitchen.

A guide to whole grain baking explains how to use a variety of whole grains to create flavorful, sweet, and savory breads, cakes, cookies, pastries, and other baked goods, and features more than four hundred foolproof recipes.

Never one to be content with yesterday's baking triumph, Peter Reinhart continues to refine his recipes and techniques in his never-ending quest for extraordinary bread. In this revised edition of his beloved and bestselling classic, he further perfects his recipes by adding metrics and conversion charts, incorporating baker's percentages into the recipes, and updating methods throughout. With an updated resource section, this will surely continue to be the go-to bread baking book for amateur and professional bakers across the country.

In this comprehensive cookbook, America's Test Kitchen breaks down the often intimidating art and science of bread baking, making it easy for anyone to create foolproof, bakery-quality breads at home. Many home cooks find bread baking rewarding but intimidating. In *Bread Illustrated*, America's Test Kitchen shows bakers of all levels how to make foolproof breads, rolls, flatbreads, and more at home. Each master recipe is presented as a hands-on and reassuring tutorial illustrated with six to 16 full-color step-by-step photos. Organized by level of difficulty to make bread baking less daunting, the book progresses from the simplest recipes for the novice baker to artisan-style loaves, breads that use starters, and more complex project recipes. The recipes cover a wide and

exciting range of breads from basics and classics like Easy Sandwich Bread and Fluffy Dinner Rolls to interesting breads from around the world including Lahmacun, Panettone, and Fig and Fennel Bread.

NEW YORK TIMES BESTSELLER • From Portland's most acclaimed and beloved baker comes this must-have baking guide, featuring recipes for world-class breads and pizzas and a variety of schedules suited for the home baker. There are few things more satisfying than biting into a freshly made, crispy-on-the-outside, soft-and-supple-on-the-inside slice of perfectly baked bread. For Portland-based baker Ken Forkish, well-made bread is more than just a pleasure—it is a passion that has led him to create some of the best and most critically lauded breads and pizzas in the country. In *Flour Water Salt Yeast*, Forkish translates his obsessively honed craft into scores of recipes for rustic boules and Neapolitan-style pizzas, all suited for the home baker. Forkish developed and tested all of the recipes in his home oven, and his impeccable formulas and clear instructions result in top-quality artisan breads and pizzas that stand up against those sold in the best bakeries anywhere. Whether you're a total beginner or a serious baker, *Flour Water Salt Yeast* has a recipe that suits your skill level and time constraints: Start with a straight dough and have fresh bread ready by supper time, or explore pre-ferments with a bread that uses biga or poolish. If you're ready to take your baking to the next level, follow Forkish's step-by-step guide to making a levain starter with only flour and water, and be amazed by the delicious complexity of your naturally leavened bread. Pizza lovers can experiment with a variety of doughs and sauces to

create the perfect pie using either a pizza stone or a cast-iron skillet. *Flour Water Salt Yeast* is more than just a collection of recipes for amazing bread and pizza—it offers a complete baking education, with a thorough yet accessible explanation of the tools and techniques that set artisan bread apart. Featuring a tutorial on baker's percentages, advice for manipulating ingredients ratios to create custom doughs, tips for adapting bread baking schedules to fit your day-to-day life, and an entire chapter that demystifies the levain-making process, *Flour Water Salt Yeast* is an indispensable resource for bakers who want to make their daily bread exceptional bread.

Do Sourdough is a guide to making your own sourdough bread written by the UK's leading authority on real bread. One of the oldest yet perhaps the simplest and tastiest breads you can make, Sourdough needs only flour, water, salt -- and a little time. In *Do Sourdough*, Andrew Whitley -- a baker for over 30 years who has 'changed the way we think about bread' -- shares his simple method for making this deliciously nutritious bread at home. Having taught countless bread-making workshops, Andrew knows that we don't all have the time and patience to bake our own. Now, with his tried-and-tested method and time-saving tips -- such as slotting the vital fermentation stage into periods when we're asleep or at work, this is bread baking for Doers. Find out: * the basic tools and ingredients you'll need * how to make your own sourdough starter * a simple method for producing wonderful loaves time and again * ideas and recipe suggestions for fresh and days-old bread The result isn't just fresh bread made with your own hands, it's the chance to learn new skills, make something to share with family

and friends, and to change the world – one loaf at a time.

From a master of the artisan bread movement comes a comprehensive guide to making incredible bread at home, featuring more than 70 delicious recipes NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY THE ATLANTA JOURNAL-CONSTITUTION “Here, finally, is the one bread book that every cook needs on their kitchen worktable.”—Andrew Zimmern, host of Bizarre Foods The Vetri Cucina Bread Program began over a decade ago and has been part of the American movement to reclaim high-quality bread as a cornerstone of our food culture. In *Mastering Bread*, Marc Vetri and his former head baker, Claire Kopp McWilliams, show home cooks how to create simple breads with unique flavors in a home oven. Included are more than seventy recipes for their bestselling sourdough and yeast loaves as well as accompaniments to serve with the breads. Their process of bread-making is broken down into three easy-to-digest chapters: Mix, Shape, and Bake. Another chapter includes recipes for enjoying bread in dishes such as Bruschetta, Panzanella, and Ribollita. There’s even a bonus chapter revealing the secrets of Vetri’s coveted Panettone. This book shares everything that Vetri and McWilliams have learned over the years about the art and science of making incredible bread. They explain how to use fresh milled and whole-grain flours as well as local and regional wheat varieties, with easy instructions for adapting bread recipes for success with whatever flour is available in your market. Included throughout are bios and interviews with grain farmers, millers, and bread bakers from around the nation. *Mastering Bread* is a master class from an award-winning chef who makes world-class artisan bread easy to

bake for both home cooks and professionals alike.

Updated with a brand-new selection of desserts and treats, the fully illustrated Sally's Baking Addiction cookbook offers more than 80 scrumptious recipes for indulging your sweet tooth—featuring a chapter of healthier dessert options, including some vegan and gluten-free recipes. It's no secret that Sally McKenney loves to bake. Her popular blog, Sally's Baking Addiction, has become a trusted source for fellow dessert lovers who are also eager to bake from scratch. Sally's famous recipes include award-winning Salted Caramel Dark Chocolate Cookies, No-Bake Peanut Butter Banana Pie, delectable Dark Chocolate Butterscotch Cupcakes, and yummy Marshmallow Swirl S'mores Fudge. Find tried-and-true sweet recipes for all kinds of delicious: Breads & Muffins Breakfasts Brownies & Bars Cakes, Pies & Crisps Candy & Sweet Snacks Cookies Cupcakes Healthier Choices With tons of simple, easy-to-follow recipes, you get all of the sweet with none of the fuss! Hungry for more? Learn to create even more irresistible sweets with Sally's Candy Addiction and Sally's Cookie Addiction.

Winner of the Guild of Food Writers' Award for Best First Book, the Julia Child Award, the IACP Best Cookbook of the Year Award and a James Beard Foundation Book Award 'Richard is a master of his craft...ultra user-friendly... it might change the way you look at bread forever' Sunday Telegraph 'Once you've mastered the technique, it's child's play' Tony Turnbull, The Times 'An essential tome' Tom Parker Bowles Richard Bertinet is renowned for his revolutionary and inspirational approach to bread-making and *Dough* is an invaluable and beautiful guide to making simple, con-

temporary bread. Richard brings fun to breadmaking and with his easy approach, you will never want to buy a supermarket loaf again. Each of the five chapters begins with a slightly different dough - White, Olive, Brown, Rye and Sweet - and from this 'parent' dough you can bake a vast variety of breads really easily. Try making Fougasse for lunch, bake a Ciabatta to impress, create Tomato, Garlic & Basil Bread for a delicious canape or show off with homemade Doughnuts - each recipe is a delight.

Visionary baker Chad Robertson unveils what's next in bread, drawing on a decade of innovation in grain farming, flour milling, and fermentation with all-new ground-breaking formulas and techniques for making his most nutrient-rich and sublime loaves, rolls, and more—plus recipes for nourishing meals that showcase them. “The most rewarding thing about making bread is that the process of learning never ends. Every day is a new study . . . the possibilities are infinite.”—from the Introduction More than a decade ago, Chad Robertson's country levain recipe taught a generation of bread bakers to replicate the creamy crumb, crackly crust, and unparalleled flavor of his world-famous Tartine bread. His was the recipe that launched hundreds of thousands of sourdough starters and attracted a stream of understudies to Tartine from across the globe. Now, in Bread Book, Robertson and Tartine's director of bread, Jennifer Latham, explain how high-quality, sustainable, locally sourced grain and flours respond to hydration and fermentation to make great bread even better. Experienced bakers and novices will find Robertson's and Latham's primers on grain, flour, sourdough starter, leaven, discard starter, and factoring dough formulas refreshingly easy to understand and use. With six-

teen brilliant formulas for naturally leavened doughs—including country bread (now reengineered), rustic baguettes, flatbreads, rolls, pizza, and vegan and gluten-free loaves, plus tortillas, crackers, and fermented pasta made with discarded sourdough starter—Bread Book is the wild-yeast baker's flight plan for a voyage into the future of exceptional bread.

An elevated guide to the craft of pasta-making by rising star chef Thomas McNaughton of San Francisco's hottest Italian restaurant, flour + water. Chef Thomas McNaughton shares his time-tested secrets to creating simple, delicious, and beautiful artisan pasta—from the best fresh doughs to shaping and cooking every type of pasta. A true celebration of Italy's pasta traditions, flour + water includes fifty seasonally influenced recipes for home cooks of every skill level. The recipes cover the flavor spectrum from well-loved classics to inventive combinations, such as Tagliatelle Bolognese; Pumpkin Tortelloni with Sage and Pumpkin Seeds; Tomato Farfalle with Chicken Polpettine, Roasted Peppers, and Basil; and Asparagus Caramelle with Brown Butter. With guidance from McNaughton and the secrets of flour + water's dough room, anyone can learn to make amazing pasta at home.

A sustainable lifestyle starts in the kitchen with these use-what-you-have, spend-less-money recipes and tips, from the friendly voice behind @ZeroWasteChef. In her decade of living with as little plastic, food waste, and stuff as possible, Anne-Marie Bonneau, who blogs under the moniker Zero-Waste Chef, has learned that "zero-waste" is above all an intention, not a hard-and-fast rule. Because, while one person eliminating all their waste is great, if thousands of people do 20 percent better it

will have a much bigger impact on the planet. The good news is you likely already have all the tools you need to begin to create your own change at home, especially in the kitchen. In her debut book, Bonneau gives readers the facts to motivate them to do better, the simple (and usually free) fixes to ease them into wasting less--you can, for example, banish plastic wrap by simply inverting a plate over your leftovers--and, finally, the recipes and strategies to turn them into more sustainable, money-saving cooks. Rescue a loaf from the landfill by

making Mexican Hot Chocolate Bread Pudding, or revive some sad greens to make a pesto. Save five bucks (and the plastic tub) at the supermarket with Yes Whey, You Can Make Ricotta Cheese, then use the cheese in a galette and the leftover whey to make sourdough tortillas. With 75 vegan and vegetarian recipes for cooking with scraps, creating fermented staples, and using up all your groceries before they become waste--including end-of-recipe tips on what to do with your ingredients next--Bonneau lays out an attainable vision of a zero-waste kitchen.