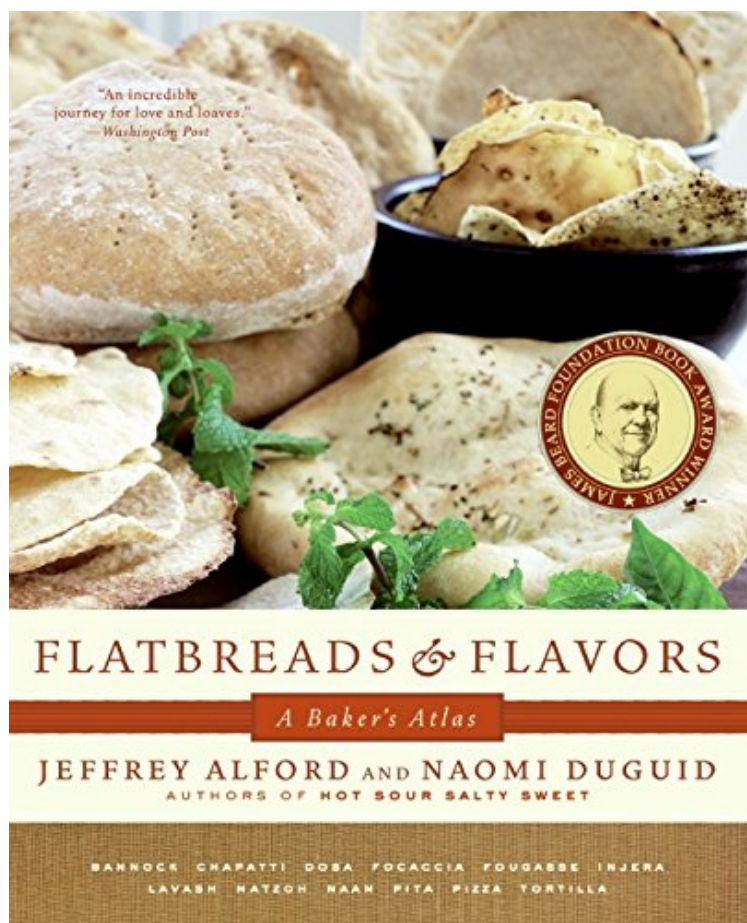


(Read free) Flatbreads Flavors: A Baker's Atlas

Flatbreads Flavors: A Baker's Atlas

Jeffrey Alford, Naomi Duguid
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#475373 in Books Alford, Jeffrey/ Duguid, Naomi 2008-08-26 2008-08-26 Original language: English PDF #1 10.00 x 1.16 x 8.00l, 2.16 #File Name: 0061673269464 pages William Morrow Company | File size: 43.Mb

Jeffrey Alford, Naomi Duguid : Flatbreads Flavors: A Baker's Atlas before purchasing it in order to gage whether or not it would be worth my time, and all praised Flatbreads Flavors: A Baker's Atlas:

2 of 2 people found the following review helpful. The cultural elements actually beat out the recipes. By Dale Let me say right away that as far as a bread baking book goes, this one is interesting, but somewhat limited in scope. The main reason I bought it was for the travelling aspect, with the authors talking about the people they meet all over the world, the locations, the things they see and then the bread they eat. With that said, there is nothing wrong with the recipes, nothing at all, but it's the varied cultural elements that make it worth buying. I've checked this book out many times from the library, but I'm glad I finally broke down and bought it. 0 of 0 people found the following review helpful. A simple list of recipes. Good. By Guillermo Olaiz Silva I wanted to start with the easiest breads but I was looking for insight on fermentation, yeasts and the science or technical part of breads; but is not here. This is a 1 inch thick book with a list of recipes with a few photos of the actual breads. I will keep it and visit it for reference but I wil buy another one that adresses fermentation. I wonder what is the criteria to win a James Beard award. 4 of 4 people found the

following review helpful. Already a classic By Froggy I first bought "Flatbreads Flavors" when I was a novice baker. It made me realize that what I most often thought of as bread only included a tiny portion of the spectrum of world breads. When I downsized for a move some years ago, I gave my copy to dear friend. Still, I have missed the book. For Alford and Duguid, in writing about breads and other foods served with them, open a window into the lives of other human beings. Cooking their recipes and reading their stories makes me want to break bread with them. I am glad to have this book back.

As they have pursued their passions for travel and exploring culture through food, Jeffrey Alford and Naomi Duguid have found an internationally shared and nourishing element of culture and cuisine: flatbreads, humankind's simplest, oldest, and most remarkably varied form of bread. In their James Beard Award-winning cookbook *Flatbreads and Flavors* Alford and Duguid share more than sixty recipes for flatbreads of every origin and description: tortillas from Mexico, pita from the Middle East, naan from Afghanistan, chapatti from India, pizza from Italy, and French fougasse. In addition, they provide 150 recipes for traditional accompaniments to the flatbreads, from chutneys and curries, salsas and stews, to such delectable pairings as Chinese Spicy Cumin Kebabs wrapped in Uighur nan or Lentils with Garlic, Onion, and Tomato spooned onto chapatti. Redolent with the tastes and aromas of the world's hearths, *Flatbreads and Flavors* maps a course through cultures old and intriguing, and, with clear and patient recipes, makes accessible to the novice and experienced baker alike the simple and satisfying bread baker's art.

.com An amazing cookbook that travels to the furthest reaches of the world to celebrate flatbreads with over the recipes for a myriad of breads, including Afghani naan, Mexican tortilla, French fougasse, Middle Eastern pita, and Armenian lavash. Hungry for something to go with all that bread? The authors include another 150 recipes for traditional accompaniments. How about a Scandinavian smorgasbord, tomatillo salsa with arbol chiles, Nepali green chile chutney, Ethiopian beef tartar, or Yemeni stew? More than sixty recipes for flatbreads of every kind range from Mexican tortillas to pizzas from Italy and chapatis from India. Splendid and unusual breads mark an exceptional cookbook which goes way beyond just placing recipes in logical format: explanations of recipe origins and cultural influences make for a detailed, in-depth guide. -- Midwest Book These people have really gone and done it! They've brought the real excitement of these flavors and textures back home. -- Nancy Harmon Jenkins, author of *The Mediterranean Diet Cookbook* From the Back Cover "Two people caught in the grip of wanderlust", as Alford and Duguid describe themselves, this Canadian pair has traveled for nearly two decades, singly and together, throughout Asia, Europe, the Mediterranean, North Africa, and North America. As they have pursued their passions for travel photography and culinary research, they have found around the world a shared and nourishing element of culture and cuisine: flatbreads, the simplest, oldest, and most marvelously varied form of bread known to humankind. Immersing themselves in local cultures - from the Malaysian island of Penang and the high Himalayan passes of Tibet to the market stalls of Provence and the pueblos of New Mexico - Alford and Duguid have studied bread baking and cooking with local bakers, in family kitchens, with street vendors, and at neighborhood restaurants and cafes. In *Flatbreads and Flavors* they share more than sixty recipes for flatbreads of every origin and description: tortillas from Mexico, pita from the Middle East, naan from Afghanistan, chapatti from India, pizza from Italy, and French fougasse. As well, within each of the eight regional chapters of the book, they provide 150 exuberant recipes for traditional accompaniments to the breads. These include chutneys and curries, salsas and stews, rich samplings of the Mediterranean meze table and the Scandinavian smorgasbord, and such delectable pairings as Chinese Spicy Cumin Kebabs wrapped in Uighur nan or Lentils with Garlic, Onion, and Tomato spooned onto chapatti. Oven-baked, grilled, fried, skillet-baked, steamed, or even baked beneath the desert sand, flatbreads are a fascinating, satisfying, and simple form that brings wholesome grains into our diet. They can be made from every grain imaginable: wheat, rye, corn, oats, millet, sorghum, teff, rice, buckwheat. They can be unleavened or leavened. They can be made so thin that they become transparent, or they can be two inches thick and sliceable. But *Flatbreads and Flavors* is not only a book about the original life-sustaining food served around the world since time began, it is also a book about people and places, with vivid images and shared experiences captured in brief prose essays and in Alford and Duguid's own acclaimed photographs. Redolent with the tastes and aromas of the world's hearths, it maps a course through cultures old and intriguing. With clear and patient recipes and special sections defining techniques, ingredients, and equipment, *Flatbreads and Flavors* makes accessible to the novice and experienced baker alike the simple and satisfying bread baker's art.