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HOMEMADE SOURDOUGH

MASTERING THE ART AND SCIENCE OF BAKING
WITH STARTERS AND WILD YEAST



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#544024 in Books Wood Ed 2015-05-01Original language:EnglishPDF # 1 9.75 x .50 x 9.00l, .0 Binding: Flexibound160 pagesHomemade Sourdough Mastering the Art and Science of Baking with Starters and Wild Yeast | File size: 76.Mb

Jane Mason : Homemade Sourdough: Mastering the Art and Science of Baking with Starters and Wild Yeast before purchasing it in order to gage whether or not it would be worth my time, and all praised *Homemade Sourdough: Mastering the Art and Science of Baking with Starters and Wild Yeast*:

60 of 61 people found the following review helpful. More than a typoBy pandajamaSomething went terribly wrong in the production of this book, and it needs to be pulled from the shelves. The recipes are so wildly, spectacularly wrong that it is not even possible to reconstruct them. I am a very experienced baker, extremely familiar with using wet or "slack" high-hydration doughs. This book's recipe's hydrations far exceed what is even theoretically possible in baking. Even accounting for the typo discussed in the review above (180g should be 150g, presumably in the initial stages of the rye starter build at page 40), these recipes are way, way outside the realm of the possible.A few examples. The rye starter, once alive, is to be sustained with feedings of 125g flour and 540ml water. Page 41. This is

a spectacularly wet starter (most bakers recommend equal amounts, by weight, of flour and water -- or something close-- and this is over four times as much water as that) but nevertheless it is on the far edge of possible: I successfully made this starter according to the instructions and I did achieve a live, albeit very weak, culture. But when you now attempt to use the recipes with this culture the problem is immediately apparent. The basic rye recipe (page 45), for example, asks you to use 130g of this extremely soupy culture along with 325g of rye flour and 360, yes *360*ml of water -- which even without the starter is a hydration exceeding 100 percent in baker's percent. A typical wet rye sourdough would be about 80-85 percent hydration, which is an enormous difference from this recipe, which is well over 100 percent hydration once you account for the starter. If you mix 130g of your soupy starter with this 325/360g mixture of flour and water you get a solution of flour and water that is nothing at all like a dough, and certainly nothing that can be "shaped into an oblong loaf" as she instructs you to do on page 45. You can stir this mixture with a tea spoon, as you might cool a hot pureed soup at the table. At best you are going to physically pour the mixture from mixing bowl into the loaf pan (you could even ladle it), and no, fermenting isn't going to help give it structure. You can no more "shape" this dough than you could shape a liter of yogurt -- they are approximately the same consistency. Perhaps the best example is her recipe for Ciabatta, which is famously made with very wet doughs. Most bakers would say a 90 percent hydration (that is, the amount by weight of water is ninety percent of the weight of the flour) is around the upper theoretical limit for a workable ciabatta dough. This author's ciabatta, however, has a hydration of 170 percent! Page 82. It calls for 560g flour and 960ml water, along with 65g of her already wildly wet starter. Reader, do this experiment: cut the recipe by ten and mix 56g of flour with 96ml of water. You get a solution of flour and water that is just wet enough to be sucked up with a straw. It freely pours out of a cup, and splashes when it hits a surface. Poured into your hands it would drain through tightly-cupped fingers. It in no way at all resembles the photos of the dough on page 84, which appear to show a normal wet dough of around 80 percent hydration. Somebody obviously made these doughs for the photo -- how did the author get the numbers so wrong in the book??? To illustrate how far off these recipes are, imagine picking up an Italian cookbook and reading that pasta is to be boiled overnight, or a Mexican cookbook that instructs you to put a pound and a half of jalapenos on every taco. That's about the order of error here -- it far exceeds what is possible. Nor are these mere miscellaneous typos that can be sorted out -- there is a structural problem with the entire book. Other than the pancake recipe, I cannot find a single recipe in the entire book that is even close to workable. I tried halving the water in every single recipe, but that doesn't quite work either -- sometimes you end up with a reasonable (60-83%) hydration, sometimes not. And a few recipes would just about work as-is if it weren't for the crazy wet starter. I cannot explain what went so wrong -- it is as if a gremlin got into the proofs and sometimes doubled, sometimes tripled the amount of liquids in each recipe. In any event, please do not use this book to learn to bake with natural levains--you will quickly give up, perplexed. There are many excellent other books on the subject. For the more challenging wet doughs (75-80 percent hydration), look into Chad Robertson's book, and others like it; for a slightly more traditional approach (60-70 percent hydration doughs, which are easier to handle) look at the King Arthur and Jeffrey Hamelman books. But there are many others, too. Proofreading is absolutely paramount in I want my money back. 6 of 6 people found the following review helpful. good and bad By chris I have mixed feelings about this book.... I bought it after being gluten free for 2 years and then reading about fermented sourdough bread and wanted to bring this back into my life. I was super excited when I got the book. I've made 4 recipes from the book : the english muffins and batter berry bread were fabulous. On the other hand, the pizza dough was an epic fail (glop) and the San Francisco Sourdough didn't cut it..... I weighed my ingredients but there was something wrong with these recipes. I am guessing there are errors in some of the recipes which is a bummer. Also , the authors were confusing in talking about flours: some called for "all purpose flour", some for bread flour and some for white wheat flour ... I get that bread flour is a different flour but not sure about the other two... I emailed for clarification as I was thinking white wheat flour was whole wheat white but was advised this was not the case. Anyway, its a good starting point for me in this journey but I'm bummed that there are errors in the recipes..... 1 of 1 people found the following review helpful. Great book. Enjoyed it however found a couple things ... By Erica Varholik Great book. Enjoyed it however found a couple things that I disagree with, at least where I live. learned a bunch though.

Start, grow, and bake your own delicious, homemade sourdough bread, with or without commercial yeast! Homemade Sourdough is the ultimate guide to creating your own sourdough bread. Learn sourdough formulas and recipes and follow along as the author explains the science behind sourdough and provides a guide to the world of starters, wild yeasts, proofing, pre-ferments, and motherdough. Homemade Sourdough provides dozens of recipes, not just for bread but for other baked goods, from muffins to pizza crust to chocolate cake. Sourdough is especially attractive to anyone who is aiming for a sustainable, self-sufficient lifestyle and also those who want the health benefits of bread made through fermentation. Sourdough rises through the action of lactic acid, so it doesn't require storebought yeast?" but the sourdough starter method works beautifully with either commercial yeast or wild yeast. For those interested in lowering their intake of gluten, sourdough preparations can produce lively, tasty loaves with lower amounts of gluten than other methods. There is no better way to embrace heritage flavors and time-tested bread-baking techniques than

with sourdough. Foodies, farmers, DIYers, and locavores will want to devour this book.