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Sangjin Ko


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자연 브레드 Jayeon Bread

A Step-by-step Guide to Making
No-knead Bread with Natural Starters



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Sangjin Ko : Jayeon Bread: A Step by Step Guide to Making No-Knead Bread with Natural Starters before purchasing it in order to gauge whether or not it would be worth my time, and all praised Jayeon Bread: A Step by Step Guide to Making No-Knead Bread with Natural Starters:

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approach to bread making that takes advantage of Asian ingredients. I've been a baker for years, and I've never been able to make a successful sourdough loaf following a conventional sourdough recipe. I just couldn't get the recipes to work in my hot, humid climate. With this book, I was finally able to do it. It does take a bit of patience, experimentation and careful reading to follow the recipes. The technique is unusual and it involves working with living organisms. It takes time to figure out how it works. However, the results have really been worth it. I've made several delicious loaves that are like nothing I've ever eaten, and once I figured out the basics, making bread couldn't be easier. This book has changed the way I bake and the way I think about bread.

Artisan baker Sangjin Ko shares his recipes from 12 years of research and shows that baking a perfect loaf of bread at home is within anyone's reach. No-knead breads made using natural starters require just stirring together basic ingredients such as wheat flour, salt, a starter and water, then leaving the natural processes to work. The resulting baked loaf will have a flavor that is both complex and unique, be more nutritious and keep better. With a brief but comprehensive introduction that explains the science behind naturally fermented breads, baking tips and 50 fully illustrated step-by-step recipes, *Jayeon Bread* will provide beginning bakers with confidence to bake artisan breads in their home kitchens, and experienced bakers with innovative recipes using ingredients from South Korea, Japan and South East Asia.

About the Author Sangjin Ko became the youngest person to receive a National Certificate of Baking and was featured in many TV shows and magazines in South Korea. He won many national science awards for his research on naturally fermented bread. Sangjin Ko is credited as the person who first introduced natural baking to South Korea and Indonesia through his publications, and he continues to contribute articles on naturally fermented foods and bread recipes to celebrated magazines in South Korea, Malaysia and Indonesia, including *Monthly Bakery Korea*, *Essen*, *Saji* and *Bakery Indonesia*. Sangjin Ko teaches natural bread baking in South Korea, Malaysia and Indonesia, and he is the author of seven baking books published in Korean and Bahasa Indonesia.