

[Download free pdf] The Laurel's Kitchen Bread Book

## The Laurel's Kitchen Bread Book

*Laurel Robertson, Carol Flinders, Bronwen Godfrey*  
*ePub | \*DOC | audiobook | ebooks | Download PDF*



#2687328 in Books 1984 #File Name: B0024BKWMY448 pages | File size: 38.Mb

**Laurel Robertson, Carol Flinders, Bronwen Godfrey : The Laurel's Kitchen Bread Book** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Laurel's Kitchen Bread Book:

0 of 0 people found the following review helpful. My introduction to whole-grain baking, and, 30 years later, still my favorite baking book. By David.G.Wonnacott This book, and some lessons from my mom, got me into baking whole-grain breads. You can just follow most of the recipes, or read through the detailed discussions in the "loaf for learning" section, to understand why things are done in certain ways. A friend who skipped steps of the recipe had poor results, so ... don't skip steps. The book also has a section about how to structure your baking around the rest of your life. Note that if you read many of the recipes, they are somewhat redundant, since each one can stand on its own and there are, of course, many steps that are the same for most breads. My younger son had the the protein-packed "featherpuff bread" rolls \_as\_ his lunch at pre-school for much of a year, and did fine on that (I added some powdered milk to push the protein content up even further, without significant loss to the flavor or texture.) Combining flavor and nutrition can be a challenge, and this book helped us do that. My wife's favorite is the Oatmeal Bread, and I'm a fan of the sourdough french bread and peasant's hearty rye. Overall, we've liked the yeasted breads much more than the quickbreads, and were not impressed by the breads of the original Laurel's Kitchen cookbook. One major challenge is finding whole-grain flours in good condition; I don't like to leave corn meal un-refrigerated for more than a few days, or whole-wheat/rye for more than a week or two, and stores will leave these out on the shelf for months as if they were not perishable. I've been ordering whole rye flour and whole corn meal from Wade's Mill in Raphine, Va., when the weather is cool. 0 of 0 people found the following review helpful. Huge variety of breads to bake and delicious

results  
By Amy Lamp  
After I bought a grain mill for my kitchen so I can grind my own fresh, whole grain flours, I searched for a book that would teach me how to make bread and other things with it. This book was recommended by people in baking forums and I'm so happy I bought it. It's a wonderful resource for learning about the nuances of baking with whole grain wheat flour, and the way the first recipe is written ("A Loaf for Learning") you're set up for success the way the instructions walk you through everything. One section I particularly love is the Quick Breads. The authors talk about how most quick bread recipes are loaded with fat and sugar, and they provide alternatives to the typical formulas that are just as tasty. The Small Wonders section is also great because there are so many different types of small breads to make from dinner rolls to pocket bread. This book is my go-to reference for baking with homemade flour, and has helped make a solid foundation for exploring and adapting these recipes and others. I like to experiment with different ingredients and combos, and The Laurel's Kitchen Bread Book is my trusty sidekick. It helped inspire me to write my own whole grain baking book (which is much more of a quick-start guide than an in-depth approach like this one) because I want everyone to enjoy the benefits of baking with whole grain flour! If you're getting started with baking with homemade wheat flour, or you want to try a bunch of new recipes for a whole variety of breads, this is a must-have. A note on the style/tone of the book: it's casual and loose - more like "Relax, everything is great! You're just baking bread, nothing to be too serious about. Don't worry, and enjoy the process." as opposed to a technical, strictly methodical approach. I appreciated this because it helped calm my fears about messing up with yeast and whole grain flour, but it might be too laid back for some.

1 of 1 people found the following review helpful. One of the Great Standards on Bread  
By Thomas L. McLean  
A great book very well written. The dessem is as good as she leads her readers to believe. I consider the term sourdough to describe a process and not a flavor. The best tasting bread I have ever made used a natural leaven, with all whole grain wheat and rye flour. This was not sour tasting. It had a very wholesome taste with clear wheat and rye flour flavors. I was very happy to find a detailed set of instructions for making and keeping this leaven.