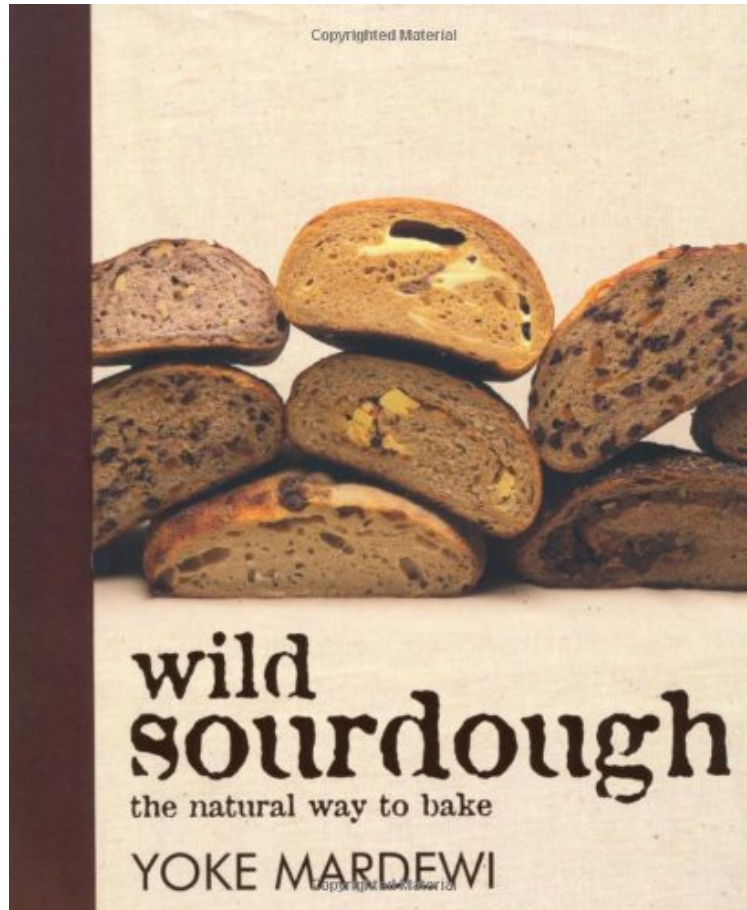


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## Wild Sourdough: The Natural Way to Bake

*Yoke Mardewi*

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**Yoke Mardewi : Wild Sourdough: The Natural Way to Bake** before purchasing it in order to gage whether or not it would be worth my time, and all praised Wild Sourdough: The Natural Way to Bake:

18 of 19 people found the following review helpful. not for beginners - great book, recipes that work and the author will mail you back if you ask her any questionsBy David T. BrownThe book gives only the briefest of details about creating a starter, so this isn't the best book for beginners. Dan leopard, the The Handmade Loaf, gives day by day photos, so I'd recommend you know how to make a starter before buying this book. She uses bakers percentage in creating the starter, which is easy to understand. Ingredients will need to be weighed, but this is the only way to make bread anyway, I use a Soehnle scale Soehnle Page Digital Kitchen Scale, White. I wouldn't let this put you off though, the recipes include a couple of cakes also. What I really like about this book though, is that it is made for the home baker. I can't wait to try the 'bitter chocolate, cranberry and pistachio spelt sourdough'I mailed the author with a couple of questions (her email address is in the back of the book), she got back within a few days and was helpful, so feel free to mail her.I've made a starter, and then used this to create the light rye bread, so I recommend this book, the recipes actually work, but remember that with bread, due to different flours and water absorption you need to have some idea

of what the dough should be like, and don't be afraid to fail, it's a learning curve. 9 of 14 people found the following review helpful. Excellent! Finally all natural sourdough breads with recipes you really want to eat! By AnCustomerFirst, a quick disclaimer...this book just arrived so I've not taken time to actually make any of the recipes yet however, the book itself is filled with beautiful full color photographs, easy to understand instructions and sour dough recipes that sound utterly delicious with very little enhancers, sugar or other additives. I've recently purchased about a dozen top ranked bread books but a few things set this apart...- All natural, organic recipes throughout. The author is very conscientious in using only all natural ingredients with very few sweeteners etc...-Easy to find ingredients. We enjoy baking bread so have nearly every ingredient in the pantry already.- Alternative flours especially for those with a gluten intolerance or allergy. Use of rye, spelt and other grains is well balanced.- Seeds, fruits and creative touches including mixed grain are used frequently. I love seed breads and multi-grains so was especially pleased to encounter numerous recipes using seeds and a variety of different grains. - Big beautiful photographs including pictures of a good starter versus a failed starter...I can't tell you how much that would have helped in the past!- Email the author! Still having trouble? The author welcomes your email. I've not actually done so but it is a nice gesture.- Flow chart - I really like this because it breaks down each step in the three different starters for quick comparison and reference.-Time. Another favorite...the author breaks down estimated time for each and every step along the way so you know in advance how long it will take you to "fit" the bread into your schedule. I will try to update once I've tried out several recipes but these look very promising indeed. 4 of 4 people found the following review helpful. Badly, written, lacks detail and the author has appalling customer service skills. By bakingstarter I have to agree with Rolanstein. The book is badly badly written, badly prepared and confusing. It is clear English is not the author's mother tongue so she should have taken the trouble to have it edited by a native speaker before she went to publication. The recipes are repetitive, (only the ingredients differ), and are merely a copy and paste of previous recipes. I used a few of the them which worked OK but with more complex ones, due to the author's poor attention to detail, some of the recipes are confusing and unclear. For example, she doesn't make it clear when adding ingredients such as barley, polenta and millet whether she is referring to dry or cooked weight and what type of grain she means (e.g. whole grains, coarse or fine, pearl barley or flakes, etc). She includes an email address in her book and I'm afraid I made the terrible mistake of emailing her for clarification. What an experience! Her first email was fairly dismissive which I initially put down to a possible language misunderstanding so I emailed again pointing out where it was unclear; I was wholly unprepared for the torrent of abuse I received in return! She accused me several times of "lying" (charitably I think this might be her way of saying she thought I was incorrect) and argued it was my stupidity - quote: "any person with common sense will guess" - rather than her poor description which was at fault. The author clearly has much work to do on her customer service skills and needs to understand that abusing her customers when they give feedback is hardly the best way to secure their loyalty and generate further sales. I will not be buying any more of her books or recommending them to anyone else.

We have to thank the ancient Egyptians for the sourdough bread we know today. Wild Sourdough is a hands-on and highly practical guide to sourdough bread-making at home. With more than 45 easy-to-follow sourdough recipes, written specifically for home-bakers, Wild Sourdough invites you to go back to basics, using flour, water and salt then add in feta, walnuts, dried fruit or figs to create your own unique loaf. It uses natural fermentation techniques to create simple, wholesome and preservative-free, sourdough bread.

From Publishers Weekly Beginning with an examination of sourdough breads and instructions on making one's own starter, home baker Mardewi gives readers two paths to follow: the lengthy Dough Retardation method, and the quicker Straight or Starter Method. Once they've got their starter ready to go, Mardewi opens the oven, showing readers how to make basic Pain Au Levain, Ciabatta, Lavash, and even chocolate and gingerbread cake varieties. Having been originally published in Australia, metric measurements are converted for U.S. audiences, but the recipes aren't fully "translated": rather than cups and teaspoons, readers will need a scale to measure ingredients; even more frustrating, virtually every recipe calls for odd and unobtainable oven temperatures (Roasted Vegetable Sourdough bakes at 435 degrees Fahrenheit, Sweet Potato and Cheddar at 437, and Light Rye Spelt at 410). Crucial tips for achieving a crusty, crunchy result, such as using a granite tile, aren't given enough emphasis, and will likely be missed by readers stressing over their starter. Veteran bakers will appreciate the collection of ideas and applications, but those new to breadmaking will likely wind up flustered and frustrated. END About the Author Yoke Mardewi's wish in writing Wild Sourdough is to inspire people to return to their kitchens with beautiful flours, and to start experimenting! Wild Sourdough is written from Yoke's point of view as a bread-making teacher and home-baker, and she measures her success by how many people she has 'infected' with her passion and knowledge of sourdough.