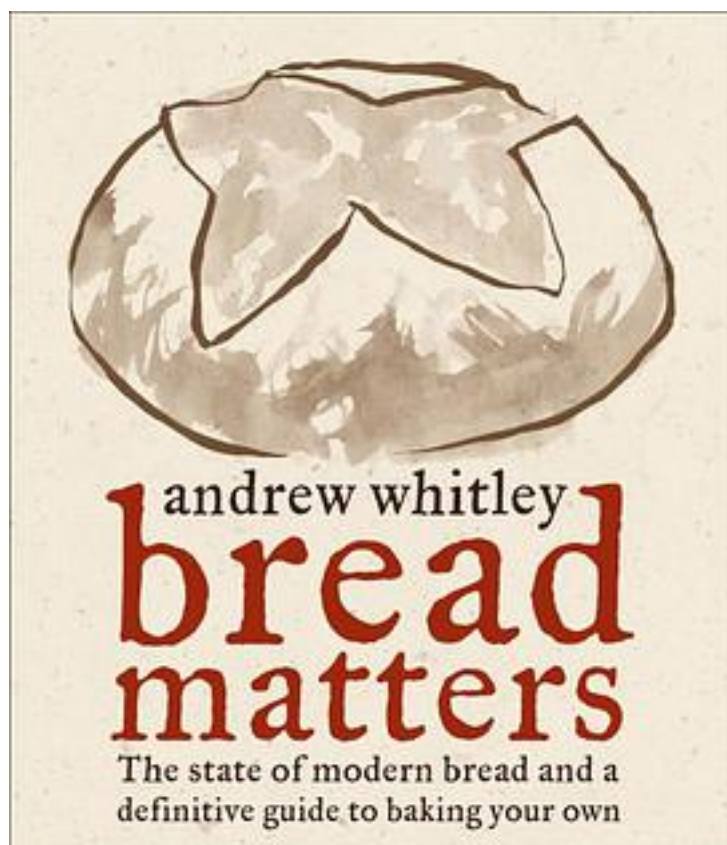


Bread Matters



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著者:Whitley, Andrew

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In "Bread Matters," Andrew Whitley, professional organic baker, founder of Bread Matters, and cofounder of the Real Bread Campaign, exposes the terrible state of modern commercial bread and shares his recipes for making great, nutritious bread at home. Using the skills he has amassed during more than 25 years as a professional bread baker, Whitley clearly explains the process in detailed discussions of the tools, ingredients, methods, and tricks of the breadmaking trade. He also offers more than 50

foolproof recipes for all types of bread, including yeast-free and gluten-free loaves, as well as uses for leftover crumbs once they've passed their prime."Bread Matters" is an essential bread book for beginning and seasoned bakers alike. Once you see how easy it is to make your own delicious bread at home, you may never buy commercial bread again."Anyone who understands bread as a transformational food the way Andrew Whitley does, is a friend of mine. In his wonderful book, "Bread Matters," he not only brings this powerful and ancient symbol down to earth and demystifies the process, but also communicates from his heart how anyone can easily participate in the joys and rewards of the bread baking craft." --Peter Reinhart, author of "Peter Reinhart's Whole Grain Breads: New Techniques, Extraordinary Flavor""Now and then, a book about food is so revelatory, so shocking, that it is likely to change the industry. Andrew Whitley's new book is such a work." --Rose Prince, "The Daily Telegraph""What an important book; passionate and polemical and full of truth. The chapter too on gluten-free baking is original and inspiring." --Bee Wilson, "Sunday Telegraph and New Statesman"

作者介绍:

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