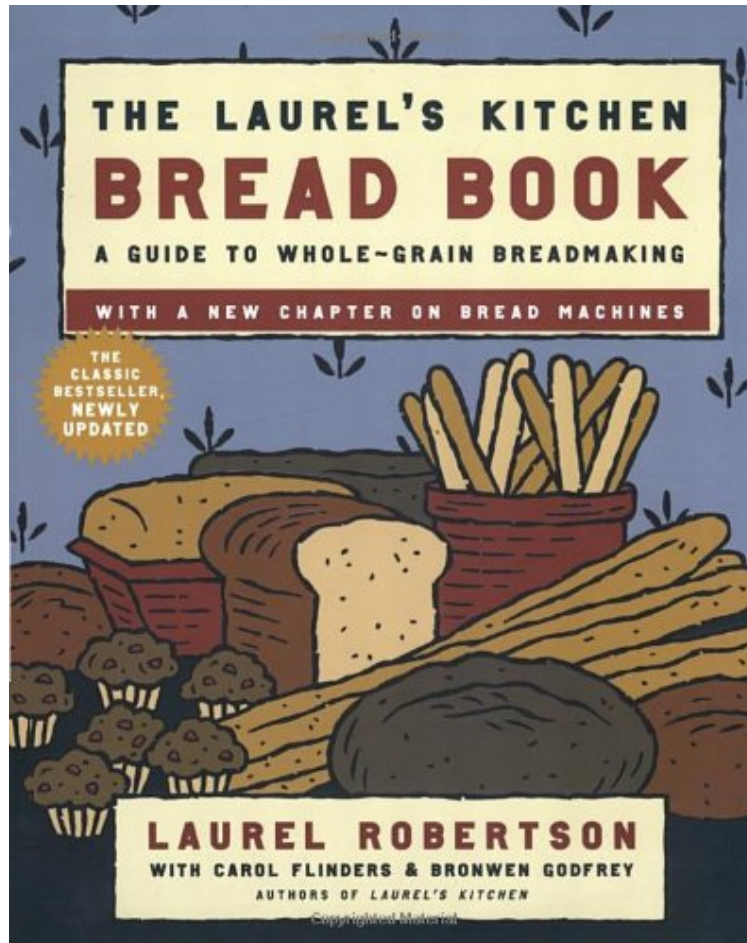


(Read and download) The Laurel's Kitchen Bread Book: A Guide to Whole-Grain Breadmaking

The Laurel's Kitchen Bread Book: A Guide to Whole-Grain Breadmaking

Laurel Robertson, Carol Flinders, Bronwen Godfrey
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Laurel Robertson, Carol Flinders, Bronwen Godfrey : The Laurel's Kitchen Bread Book: A Guide to Whole-Grain Breadmaking 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: A Guide to Whole-Grain Breadmaking:

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.

4 of 4 people found the following review helpful. I've been baking pretty good bread for a while just by following recipes ...

By M. Hogan

Aside from all of the 100% whole grain recipes in this book, what really makes it valuable is all of the information on technique. I've been baking pretty good bread for a while just by following recipes blindly, but it was really nice to have it spelled out EXACTLY what I was looking for to tell when it was done kneading, how to shape to get the highest-rising bread, etc. I've only baked one recipe out of it (the buttermilk bread) so far but it is definitely the best whole grain bread I have ever made, and still the troubleshooting section has given me some ideas on how to make it even better next time.

The Laurels Kitchen Bread Book is the classic bestselling cookbook devoted to baking light, healthful, delicious bread entirely from whole grains. This specially updated edition includes an entirely new chapter on making excellent whole-grain loaves in a bread machine. Now even the busiest among us can bake the delectable loaves for which Laurels Kitchen is famous. New research proves what we've known all along: Eating whole grains really is better for your health! Here, the switch from white is made fun and easy. Like a good friend, the Loaf for Learning tutorial guides you step-by-step through the baking process. You'll make perfect loaves every time, right from the start. Here you'll find recipes for everything from chewy Flemish Desem Bread and mouthwatering Hot Cross Buns to tender Buttermilk Rolls, foolproof Pita Pockets, tangy Cheese Muffins, and luscious Banana Bread all with clear explanations and helpful woodcut illustrations. The brand-new chapter on bread machines teaches you to make light electric loaves from whole-grain flour. No matter what your schedule, you can come home to the wonderful smell of baking bread, fresh, hot, and ready to enjoy.

Original, thorough and comprehensive... Should help to demystify the process of baking with whole grains. The New York Times Book Here at last is a readable source of information heretofore available only to professional bakers. East West Journal Sets a new standard with clear, easily followed recipes that not only tell you how, but why. Newsday We get lots of requests for 100 percent whole-grain bread machine recipes. Thanks to Laurel, we can fulfill these requests. What a wonderful, well-researched book! There are many delicious and varied recipes, and best of all some really innovative ideas on how to make whole-grain bread machine baking easy and successful. This will definitely be added to our baking library.

Linda Rehberg and Lois Conway, authors of Bread Machine Magic

From the Inside Flap

The Laurel's Kitchen Bread Book is the classic bestselling cookbook devoted to baking light, healthful, delicious bread entirely from whole grains. This specially updated edition includes an entirely new chapter on making excellent whole-grain loaves in a bread machine. Now even the busiest among us can bake the delectable loaves for which Laurel's Kitchen is famous. New research proves what we've known all along: Eating whole grains really is better for your health! Here, the switch from "white" is made fun and easy. Like a good friend, the "Loaf for Learning" tutorial guides you step-by-step through the baking process. You'll make perfect loaves every time, right from the start. Here you'll

find recipes for everything--from chewy Flemish Desem Bread and mouthwatering Hot Cross Buns to tender Buttermilk Rolls, foolproof Pita Pockets, tangy Cheese Muffins, and luscious Banana Bread--all with clear explanations and helpful woodcut illustrations. The brand-new chapter on bread machines teaches you to make light "electric" loaves from whole-grain flour. No matter what your schedule, you can come home to the wonderful smell of baking bread, fresh, hot, and ready to enjoy. From the Back Cover Original, thorough and comprehensive... Should help to demystify the process of baking with whole grains. The New York Times Book Here at last is a readable source of information heretofore available only to professional bakers. East West Journal Sets a new standard with clear, easily followed recipes that not only tell you how, but why. Newsday We get lots of requests for 100 percent whole-grain bread machine recipes. Thanks to Laurel, we can fulfill these requests. What a wonderful, well-researched book! There are many delicious and varied recipes, and best of all some really innovative ideas on how to make whole-grain bread machine baking easy and successful. This will definitely be added to our baking library. Linda Rehberg and Lois Conway, authors of Bread Machine Magic