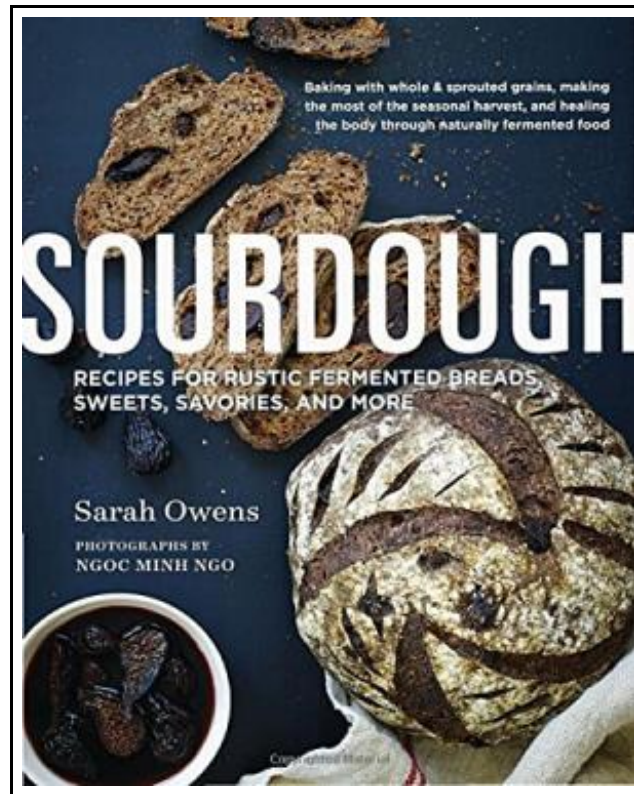


## Sourdough: 108 Recipes for Rustic Fermented Breads, Sweets, Savories, and More (Hardback)



Filesize: 8.7 MB

### ***Reviews***

*The ebook is not difficult in study preferable to understand. it was writtern quite flawlessly and beneficial. You are going to like just how the author compose this book.*

*(Leola Smith)*

## SOURDOUGH: 108 RECIPES FOR RUSTIC FERMENTED BREADS, SWEETS, SAVORIES, AND MORE (HARDBACK)

[DOWNLOAD](#)

Shambhala Publications Inc, United States, 2015. Hardback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book. 101 recipes for baking with whole and sprouted grains, making the most of the seasonal harvest, and healing the body through naturally fermented food Sarah Owens spent years baking conventional baked goods, only to slowly realize she had developed a crippling inability to digest or tolerate their ingredients. Unable to enjoy many of her most favorite foods, she knew she must find a health-sustaining alternative. Thus Sarah started experimenting with sourdough leavening, which almost immediately began to heal her gut and inspire her anew in the kitchen. Soon after, her artisan small-batch bakery, BK17, was launched, and with that, a new way to savor and share nutritious sourdough breads and treats with her Brooklyn community. Sourdough and other fermented foods are making a comeback because of their rich depth of flavor and proven health benefits. In Sourdough, Sarah demystifies keeping a sourdough culture, which is an extended fermentation process that allows for maximum flavor and easy digestion, showing us just how simple it can be to create a healthy starter from scratch. Moreover, Sarah uses home-grown sourdough starter in dozens of baked goods, including cookies, cakes, scones, flatbreads, tarts, and more--well beyond bread. Sarah is a botanist and gardener as well as a baker--her original recipes are accented with brief natural history notes of the highlighted plants and ingredients used therein. Anecdotes from the garden will delight naturalists and baked-goods lovers among us. Laced with botanical and cultural notes on grains, fruits and vegetables, herbs, and even weeds, Sourdough Baking celebrates seasonal abundance alongside the timeless craft of artisan baking.



[Read Sourdough: 108 Recipes for Rustic Fermented Breads, Sweets, Savories, and More \(Hardback\) Online](#)



[Download PDF Sourdough: 108 Recipes for Rustic Fermented Breads, Sweets, Savories, and More \(Hardback\)](#)

## See Also



### **Half-A-Dozen Housekeepers(1903) a Story for Girls by Kate Douglas Smith Wiggin (Paperback)**

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Kate Douglas Wiggin (September 28, 1856 August 24, 1923) was...

[Save ePub »](#)



### **The Birds Christmas Carol.by Kate Douglas Wiggin (Illustrated) (Paperback)**

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Illustrated. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.books give you the best possible editions of novels,...

[Save ePub »](#)



### **The Old Peabody Pew. by Kate Douglas Wiggin (Children s Classics) (Paperback)**

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Kate Douglas Wiggin (September 28, 1856 August 24, 1923) was...

[Save ePub »](#)



### **Alphabet Tracing (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Alphabet Tracing, Letters A-Z, provides extensive focus on alphabet tracing and printed letter...

[Save ePub »](#)



### **Trace and Write Alphabets and Sentences for Beginning Writers (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Trace and Write Alphabets and Sentences for Beginning Writers workbook, provides extensive...

[Save ePub »](#)



**Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English] (Paperback)**

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to

[Save PDF »](#)



**The Mystery of God s Evidence They Don t Want You to Know of (Paperback)**

Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Save children s lives learn the discovery of God Can we discover God?

[Save PDF »](#)



**Mass Media Law: The Printing Press to the Internet (Paperback)**

Peter Lang Publishing Inc, United States, 2013. Paperback. Book Condition: New. New.. 251 x 175 mm. Language: English . Brand New Book. Digital media law is now the dynamic legal territory. Mass Media Law: The

[Save PDF »](#)



**Hope for Autism: 10 Practical Solutions to Everyday Challenges (Paperback)**

Seaborough Enterprises Publishing, United States, 2015. Paperback. Book Condition: New. Initial ed.. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Hope for Autism: 10 Practical Solutions to Everyday

[Save PDF »](#)



**Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)**

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents

[Save PDF »](#)