



Slow Dough: Real Bread: Bakers' secrets for making amazing long-rise loaves at home

Chris Young

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Making bread is an ancient craft and a fulfilling experience, a skill that is learnt by touch and feel. There is nothing more satisfying than kneading, pulling, stretching and punching the dough, using a little yeast and sugar to transform its lumpen beginnings, as if by alchemy, into a loaf. But it's not all hard work. To get a truly wonderful bread, you can use a starter to do the work for you and it does wonders for the texture, flavours and aromas of the final bread. The Real Bread Campaign has been running since 2008, encouraging people to get baking and raising awareness of the additives that exist in most shop-bought loaves. In *Slow Dough: Real Bread*, learn secrets from the campaign's network of expert bakers to make a huge array of exciting slow-rise breads at home. Whether you want to make a Caraway Seed Rye Bread, a Fougasse Flatbread or an All-Butter Brioche, in these recipes you'll learn how to make different starters for different breads, as well as the fundamental processes (many of which you can just sit and wait for): fermenting, kneading, first proof, last rising, and baking. In a world of mass-production and redundant additives, bread being among the worst offenders, this book, about real craftsmanship, is like a breath of fresh air.

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