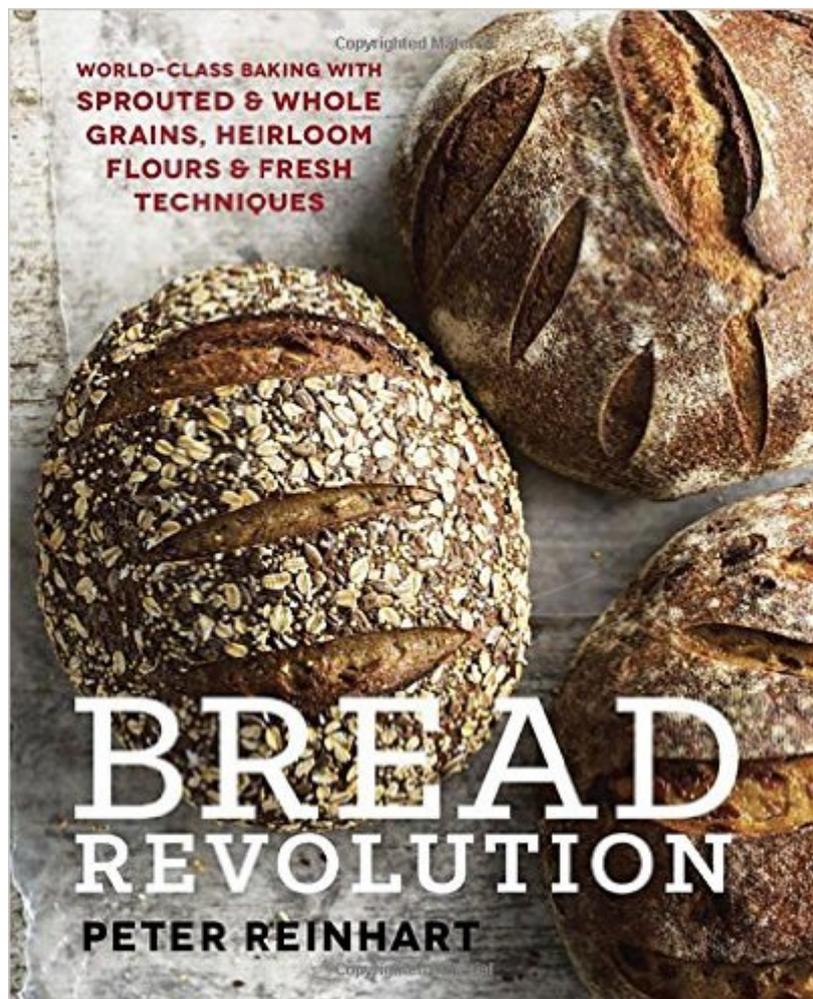


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# Bread Revolution: World-Class Baking With Sprouted And Whole Grains, Heirloom Flours, And Fresh Techniques



## Synopsis

Renowned baking author and instructor Peter Reinhart has always been on the forefront of the bread movement—from his seminal work, *The Bread Baker's Apprentice*, to today. In *Bread Revolution*, he explores the cutting-edge developments in bread baking, with fifty recipes and formulas that use sprouted flours, whole and ancient grains, nut and seed flours, alternative flours (such as teff and grape skin), and allergy-friendly and gluten-free approaches. A new generation of bakers and millers are developing innovative flours and baking techniques that are designed to extract the grain's full flavor potential—what Reinhart calls "the baker's mission." In this lushly photographed primer, Reinhart draws inspiration from these groundbreaking methods to create master recipes and formulas any home baker can follow, including Sprouted Sandwich Rye Bread, Gluten-Free Many-Seed Toasting Bread, and Sprouted Wheat Croissants. In many instances, such as with sprouted flours, preferments aren't necessary because so much of the flavor development occurs during the sprouting phase. For grains that benefit from soakers, bigas, and sourdough starters, Reinhart provides the precise guidance that has made him such a trusted expert in the field. Advanced bakers will relish Reinhart's inventive techniques and exacting scientific explanations, while beginning bakers will rejoice in his demystification of ingredients and methods—and all will come away thrilled by bread's new frontier.

\*Correction to the Sprouted Whole Wheat Bread recipe on page 63: The volume measure of water should be 1 1/4 cups plus 1 tablespoon, not 3 1/4 cups.

## Book Information

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## Customer Reviews

I preordered this book a couple of months ago, then totally forgot about it until I stumbled upon it in my kindle library. The very same day I grabbed some sprouted wheat flour and some sprouted spelt flour from Whole Foods (they had the One Degree brand from Canada, one that is recommended in the book). Reinhart starts with very easy recipes to let you get a feel for this new kind of flour, and I followed his lead, whipping together the pancake dough the very next morning. The recipe called for buttermilk, but I only had plain yoghurt and milk, so I mixed equal parts of that to substitute. Within 5 minutes I had the first batch in the pan, and my 12 year old son declared them the best pancakes he ever had. They were moist and chewy, slightly sweet despite having only 1 tsp of sugar in them, and crispy outside. And they are healthy and nutritious - perfect score in my book! Next stop was the muffin recipe. This one came together within minutes too, and I opted for the banana walnut option. They turned out fantastic, without any of the dreaded bitter whole wheat under notes whatsoever. By now I was really excited and decided to go for the sprouted whole wheat bread next. That recipe left me a little frustrated. I am not new to baking bread, and my home grown sourdough starter has been a permanent resident in my fridge for over two years now. I usually prefer baking with that, because with commercial yeast I tend to end up with over proofed yet under fermented dough. But Reinhart recommends to try the commercial yeast version first, so I did. The project reminded me of my early bread days with the 'Artisan breads in 5 minutes a day' formula I started out with years ago.

The Bread Revolution is a difficult book to review simply because it is definitely something intended for the very serious cook/chef (which I am not). You'll need to have a good cooking/culinary background and be willing to spend a lot of money and time to find the ingredients/materials/tools and then make the distinct breads. For some, it is a labor of love. For others, it is a profession. But for the casual hobbyist, this book could be very daunting. Contents: A large chunk of the recipes are for sprouted flours. Then there are sections on whole grains/whole milling and 'new bread frontiers' including grape skin flour and probiotic lean bread. Recipes include: sprouted whole wheat muffins, whole wheat currant pretzels, high extraction pain au levain, grape skin flour crackers, sprouted wheat croissants, and many more. There are quite a few recipes with many different types of bread items - from bagels to crackers to muffins. There is a very academic discussion about grains in the beginning and then resources on where to get the specialty items at the end. A lot of the book is a discussion about where artisan breads are going and the author's thoughts about the 'gluten free' and Wheat Belly phenomenons. He discusses the health benefits and problems with the various bread products and why the recipes in this book are different. Those looking to really

understand grains will find this book very informative. The author treats bread making as a never ending educational endeavor of continuous improvement and reinvention. And as fascinated by the whole world of breadmaking as he is, it may not necessarily translate to the readers as a similar fascination.

I grew up near Brother Juniper's bakery, and have been somewhat obsessed with his Struan bread ever since. I probably own 15 books specifically devoted to bread, and Bread Revolution adds something completely new to my collection. There is an abundance of widely varied recipes in this book, including at least six gluten-free recipes, none of which overlap with his previous recipes in "The Joy of Gluten-Free, Sugar-Free Baking". The recipes for sprouted grain breads highlight how making a simple change, from whole wheat to sprouted whole wheat, can completely change the other ingredients necessary for a successful loaf. Tartine Book no 3 did discuss bread baking with sprouted grains, but did not offer as many recipes nor as many different applications (here Peter discusses english muffins, pancakes, bread, croissants, Struan bread, just to name a few out of the 29 sprouted goodies). The methods the two books list for sprouting grain at home differ somewhat, so I will be curious to discover whether there is any difference in the final product. It certainly requires some time and work to make flour from sprouted grains at home, but if that's not for you, Peter points out the vendors that offer them and their increasing availability in regular supermarkets. Assuming you buy your sprouted flour, in many cases these breads can be made quickly and will be ready in only a few hours. Or if sprouted flour doesn't interest you, there are also 13 recipes for starter-based baking (most of which are a two-day affair). As far as the grape-skin breads go, I was a bit dubious about what the price would be - most recipes call for 1/4-1/2 cup of grape skin flour, which seem to all go for \$6.50 per 1/2 lb on the listed resource.

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