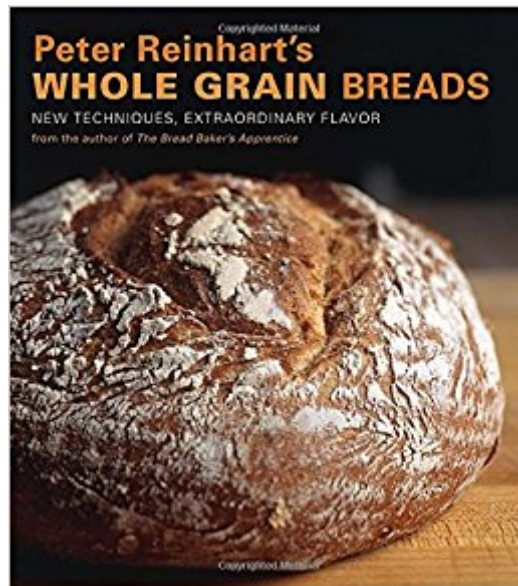


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# Peter Reinhart's Whole Grain Breads: New Techniques, Extraordinary Flavor



## Synopsis

In this follow-up to his award-winning book *The Bread Baker's Apprentice*, Peter Reinhart offers groundbreaking methods for baking whole grain breads that taste better than any you've ever had. We know whole grain breads are better for us, but will we actually eat them, much less take time to bake them? Yes, says beloved baking instructor Peter Reinhart, but only if they are very, very good. So Reinhart, with his decades of experience crafting amazing artisanal breads, has made it his mission to create whole grain breads that are nothing short of incredible. And because his approach is also simpler and less labor intensive than conventional techniques, you'll choose to make and eat these breads. His fifty-five recipes for whole grain sandwich, hearth, and specialty breads, plus bagels, crackers, and more, incorporate widely available whole wheat flour as well as other flours and grains such as rye, barley, steel-cut oats, cornmeal, and quinoa. Each is so rich with flavor and satisfying texture that white-flour counterparts pale in comparison. Written in Reinhart's famously clear style and accompanied by inspiring photographs, these recipes were perfected with the help of nearly 350 testers. Introductory chapters provide a tutorial, with step-by-step photographs, of the delayed fermentation method that is at the heart of these recipes, as well as a crash course in baking science, discussions of grains other than wheat, and more. Advanced bakers will relish Reinhart's innovative techniques and exacting scientific explanations, and beginning bakers will rejoice in the ease of baking wholesome breads with such extraordinary flavor. Â Â Â Â Â

## Book Information

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## Customer Reviews

Let me make a couple of things clear up front. First, this book is not for the casual baker who likes to toss a recipe together on short notice, throw it in the oven, and be done with it; Reinhart goes the extra mile of effort to extract every last ounce of perfection from whole grain breads. Second, it is entirely possible to make delicious whole grain breads without using his complex methods. I've done it using the recipes in both the King Arthur Flour Company's "Whole Grain Baking", and "Secrets of a Jewish Baker". If you are the aforementioned casual baker then I highly recommend picking up one (or preferably both) of those books instead. However, this is the perfect book for the cook who's always fiddling with their recipes trying to make them Just Right. It's the ideal companion for the home baker who's willing to go the extra distance to get not just delicious and enjoyable whole grain bread, but perfect whole grain bread. It isn't the right book for everyone, but for the right audience I can't imagine a better read. Do be sure to read the first few chapters, which explain the history and science behind Reinhart's methods. Not only is it fascinating stuff, but it's necessary to give you the understanding you'll need to make the most of the recipes. Unlike simple recipes where you can just follow a few steps and be done with it, these methods require you to have a feel for the doughs. The amount of kneading required, for example, can vary so much depending on which grains you've used, how you've kneaded them, and so on.

As others have said before, this may not be the right book for beginners. As most regular home bakers know, practice is the best teacher; no one book has taught any of us how to get the best oven spring, to know when the bread is finished rising, etc. Great bread books only serve as great "Teaching Assistants" to our own paths towards learning how to make great bread at home. And Reinhart's earlier books were some of the best TA's I had. But this book is really something different. My family consumes a lot of bread, and I prefer to make sure that it's whole grain, organic and healthful. So while I still turn to a variety of bread recipe books for making authentic-ish French baguette, or an Italian corn/rye bread, this is the one I've turned to week after week to make the staple bread on our table. The formula used in the book really creates an outstanding, high-quality loaf of bread - in texture, taste and beauty - while capitalizing on the hard work of enzymes and the natural yeast, and yes instant yeast, and minimizing my time in the kitchen. Here's how it works for me. Before and after work on Thursday and Friday, I refresh my starter (5 min each time). On Saturday, I mix the soaker and the wild yeast starter (15 minutes). On Sunday afternoon I assemble the bread (15 min), do the usual two risings and bake. I never feel like I have to hover over the bread. So other than needing to be around the house (happily doing other things) on Sunday afternoon, the only real time commitment is the actual baking. This book is not without some

problems (like somewhat strange measurements (5/8 teaspoon, 501 grams, etc.

This book is not for anyone and unless you appreciate the art and the science of baking, you might find this book too complicated. This book would be the right one if you:-are a whole grain lover, or thinking of exploring whole grain baking-loves artisan baking and not satisfied with "quick-and-easy" bread machine bread recipes-have tried wholegrain baking before but failed miserably because you weren't sure what you were doing-don't mind going extra mile for the greatest tasting whole grain bread you ever had-loves to tweak and make your own recipesJust as the title says, it is "Whole Grain Bread" book. You will not see any recipe with less than 50% whole wheat in it. If you are not sure how you would like whole grain breads, you should try another Peter Reinhart's book "The Bread Baker's Apprentice" and try his whole grain bread recipe first. "The Bread Baker's Apprentice" book will provide you with great artisan bread recipes around the world and most of his recipes are not whole grain, so it will give you a good place to get started with the art of bread baking.I got this book just a week ago and as a serious bread baker who likes to bake more whole grain, I just LOVE this book. I tried out a couple of recipes, and it is AMAZING how great the bread taste. It is worth your effort and this book will make you not want to go back to your regular loaf of bread at supermarket.Some people wrote his recipes are too long and tedious in their reviews, but this is what makes his recipes fool-proof. If you follow his recipes, it is very hard to mess up your bread. Again, this is not a casual bread cook book. You should consider this more like a text book.

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