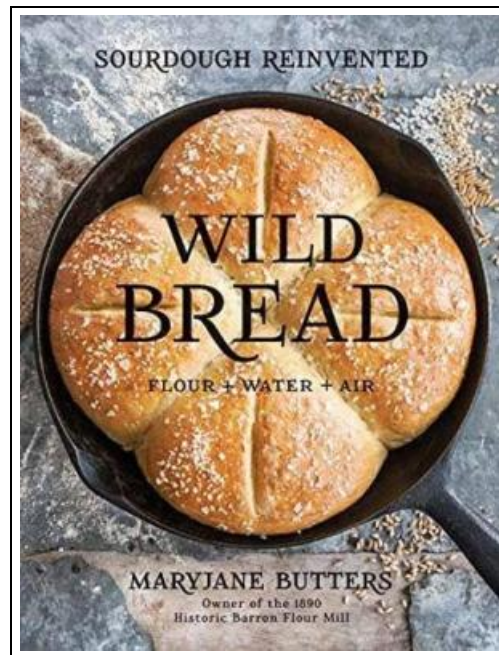


## Wild Bread: Sourdough Reinvented



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### ***Reviews***

*Complete guide for publication fanatics. It is full of knowledge and wisdom You will not really feel monotony at at any time of your respective time (that's what catalogues are for about should you question me).*

***(Arelly Dare)***

WILD BREAD: SOURDOUGH REINVENTED



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Gibbs Smith. Hardcover. Condition: New. 224 pages. Dimensions: 8.0in. x 0.0in. x 10.9in. Is the world ready to rethink bread making MaryJane Butters thinks so. Wild Bread completely reinvents the concept of healthier-for-you, naturally fermented sourdough. Until now, sourdough was perceived as too much work and sour-tasting, artisan-style-only loaves. In Wild Bread, MaryJanes breakthrough, quick and easy, 1 minute 2xday technique demonstrates step-by-step the use of eight different types of flours for each bread featured everything from gluten-free brown-rice flour to quinoa to common white to heirloom whole wheat. Using her method, every style of bread imaginable, including gluten free, will loft with wild abandon without the purchase of a single packet of not-so-healthy, store-bought yeast. In MaryJanes world, theres no such thing as too much bread. Once you convert to slow-rise, nutritionally superior, wild-yeast bread, that bagel youve been thinking about is more like a vitamin pill than a source of guilt. Lessons gleaned from MaryJane Butters diverse pioneering background, from carpenter to dairy owner to former wilderness ranger turned organic farmer, led her eventually to stewardship of the 4-story, historic Barron Flour Mill. It was only natural that her years spent living on remote Forest Service fire-watch towers with only a living, breathing sourdough mother for companionship would lead her to write a pioneering wild-yeast bread book. She is the author of eight books; editor of MaryJanesFarm magazine, now in its 18th year of publication; and lives on an organic farm in Idaho. Two of her grown children and their spouses are employed full-time at her farm and she is Nanny to half a dozen grandchildren. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.



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