



Artisan Bread in Five Minutes a Day: A Complete Guide in Making Easy and Delicious Sourdough Bread (Artisan Bread Recipes, No Knead Artisan Bread)

By Annie Ramsey

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Artisan Bread in Five Minutes a Day: A Complete Guide in Making Easy and Delicious Sourdough Bread (Artisan Bread Recipes, No Knead Artisan Bread) By Annie Ramsey

Sourdough bread (also known as artisan bread) is made by a long fermentation process of dough that uses naturally occurring or "wild" yeasts and Lactobacilli. Recent studies have shown that sourdough fermentation can also encourage digestive healing in people with Celiac disease when eaten as part of a Gluten-Free diet. For several years researchers have been experimenting with sourdough as a way to make bread made with wheat safe for people with Celiac disease. To make Sourdough goods baked with wheat flour safe for Celiac's, Candida Sufferers and anyone following a Gluten-Free diet, all of the flour used in a recipe must ferment with the Sourdough Starter for at least 7 hours. It is this process that "kills" or renders the gluten harmless. Most store-bought "Sourdough" breads are not baked using this method nor a traditional starter and thus, despite being "Sourdough", are not safely gluten-free. Artisan bread uses shorter proofing times (it's ready to bake in 2-1/2 hours) and was designed to be baked in both the Dutch oven and traditional bake ware (bread pan, etc.)... It's more versatile. It well suited for those who want to make no-knead bread, but... don't want to wait 8 to 24 hours. Those who want bread machine bread, but... don't want to buy and store a bread machine. It's for those of you who want a fast reliable way to make fresh from the oven bread without the hustle of kneading, expensive machines, or requiring a Dutch oven. It is indeed a very easy way to make a bread without any expertise needed. This book will enhance your knowledge and skills to create a wonderful and delicious artisan bread of your own.

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Helen Sullivan:

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