

Chapter 1 : Classic Sourdoughs, Revised: A Home Baker's Handbook by Ed Wood

*Classic Sourdoughs, Revised: A Home Baker's Handbook [Ed Wood, Jean Wood] on racedaydvl.com *FREE* shipping on qualifying offers. Sourdough: The Gold Standard of Bread More and more home bakers are replacing mass-produced breads and commercial yeasts in favor of artisan breads made with wild cultures and natural fermentation.*

Due to publisher restrictions the library cannot purchase additional copies of this title, and we apologize if there is a long waiting list. Be sure to check for other copies, because there may be other editions available. If you are an experienced sourdough baker, it will guide you to the sourdoughs you seek. We know the sourdough process results from the fermentation reactions of two quite different classes of microorganisms: For well over five thousand years, all breads were produced by the fermentation of these two essential microorganisms acting together. The yeasts are primarily responsible for leavening and bread texture, the bacteria for the sourdough flavor. Thus the definition of "traditional" sourdough requires a "culture," or "starter," containing both of these organisms. Delicious, nutritious breads of various kinds were produced for centuries by a process no one understood. Bakers believed there was "something" in dough that made it rise. They knew if they saved some old dough and added it to a new batch, the new dough would also rise. For eons, all new doughs required a bit of old dough to "start" the rising process. In villages and towns around the world, bread was the staff of life--it literally supported life. When people emigrated to the United States, they brought their dough starters with them. The California forty-niners and the Yukon and Alaskan miners get credit for the term "sourdoughs," probably due to the extreme flavor of their breads the crusty miners themselves subsequently became known as "sourdoughs". Thus our definition of "traditional" sourdough also requires a culture with organisms that, with proper care, will survive and replicate themselves forever. In the s, Louis Pasteur looked into a microscope and saw what we now call wild yeast, discovering for the first time what really made bread dough rise. Within the next hundred years, researchers learned how to select, isolate, and grow single strains of yeast in pure cultures. Then industry took bread out of the home and put it in factories that manufacture something labeled "bread," which neither looks nor tastes like the staff of life. Breads began to be produced by mammoth machines. Sourdough starters were no longer used, small-town bakeries disappeared, people stopped baking in their homes, and the staff of life became neither delicious nor nutritious. Bakers thought the need for sourdough cultures was gone forever, but they were wrong. Within just the last hundred years, there have been monumental changes to what we call bread, and these changes are mostly for the worse. Not only do huge baking machines now dominate the production of bread, the baking industry adds a plethora of chemicals to flour and dough to change their physical characteristics and improve their "machinability. All of these additives have one thing in common: He returned to the United States with a bevy of sourdough cultures and began blending the art of baking with the rigor of science.

Chapter 2 : sugar - Sourdough

Revised Classic Sourdoughs by Ed and Jean Wood is an entirely different book. Different in many ways but especially in describing how the baker uses changes in temperature and proofing times to influence the flavor and quality of the crumb.

Jul 01, Becky R. Sure enough, my mother has ZERO issues with anything made from sourdough starter. This book is a great handbook, just as it says. It gives a great history and really nice, basic recipes that you can use with your starter. It also tells you how you can make your own although there are recipes and communities online that can also help you. This cookbook is not picture-laden, which I actually usually like to have go along with the recipes, but I still find the simplicity in this book really excellent. I give it high marks for anyone wanting to start a sourdough habit! I learned a lot about sourdough and sourdough starters. How the time it takes to make sourdough bread can depend on how "sour" you want it to taste, the time of year, and your location in the world. Some things I did not like: The author gets too technical with bread making. I make bread to go back to basics, relax, and make simple, but great quality bread the way it has been made for centuries all around the world. Why not proof the dough the way people have been doing it for centuries? If I wanted to get so technical about bread making, I would just go buy some bread at the grocery store pre-made. He is taking the beautiful simplicity of bread-making out of it. Also, his recipes are ALL the same. He has a basic form for all of his recipes, and he will maybe change up the flour he is using and add some sugar, milk or seeds. Not sure how I feel about that. Makes me feel like he did not make all of these recipes. I will keep this book, and use it for reference, but I will use other references with it. I think some of the recommended times must be off, though. Most recipes call for a bulk rise at room temperature of hours. If I try that, my dough collapses and will not rise again. The book recommends hours for the second rise. My breads top after hours in the second rise. One possible cause of the difference is that I use Good book, good ideas, good recipes. Another possibility is, of course, that my sourdough just is a fast riser. I am still skeptical about the effect of the "sourdough proof" as well as the effect of the 30 minute "rest" before shaping. I intend to experiment, to see if I can sense a difference.

Chapter 3 : Classic Sourdoughs, Revised - Libraries on the Go

Classic Sourdoughs: A Home Baker's Handbook by Ed Wood Bread lovers and baking enthusiasts who covet the mouthwatering aroma and tantalizing taste of the most esteemed of breads, sourdough, will delight in CLASSIC SOURDOUGHS, an updated version of our essential baker's companion, WORLD SOURDOUGHS FROM ANTIQUITY.

Different in many ways but especially in describing how the baker uses changes in temperature and proofing times to influence the flavor and quality of the crumb. They advocate three entirely different proofs: The time and temperature of each gives the baker three opportunities to change the final result as desired. The revised book shows how to make a proofing box from a Styrofoam cooler with a light bulb equipped with an ordinary dimmer switch for accurately regulated temperatures to produce sharper flavors and better texture when the right temperature is used at the right time. They will lead you into a better understanding of the fermentation process in which higher temperatures increase the activity of the bacteria but inhibit the wild yeast which allows the baker to closely control flavor and leavening. You will become convinced that 1 quart glass canning jars are by far the best containers to house your cultures since each time you feed them the lactobacilli make them slightly more acidic. In time this makes the cultures too acidic and inhibits both organisms. The 1 quart jars require discarding some of the mixture each time they are fed or the jars will overflow. This helps to keep the cultures from becoming too acidic. Larger containers do quite the opposite, discarding is not required and the cultures become too acidic. The Woods use unbleached all-purpose flours which they think produce equal or better sourdough breads than flours from hard red winter or spring wheat. The page book has more than 90 recipes using ingredients and directions for flax, soy flours, kamut, spelt, organic flours and others. These grains all produce fabulously different sourdoughs. He received a Ph. Clive McCay one of the foremost pioneers in early nutrition research. Knowing that the Middle East was the historic birthplace of bread he and Jean began a quest for sourdough cultures passed through generations of bakers from the beginning of civilization that had never used commercial yeast. Their adventures, ranging from the humorous to the serious produced a collection of sourdough cultures and recipes from around the world dating back to antiquity. Four years and hundreds of experiments later he and Jean with her degree in Pharmacy produced the first book on the science and art of sourdough baking. In they collaborated with Egyptologist, Dr. Mark Lehner, to determine how man made his first leavened bread. National Geographic Magazine, January, In the process they captured a wild culture which Ed says dates straight back to antiquity. On the night of October 12, , Jean lost a contest with a cerebral aneurism and died instantly. Ed and Ten Speed Press chose to dedicate this revised edition of Classic Sourdoughs to the one person most responsible for its production. Also, includes instructions for making your own starter and many recipes. I whole heartily recommend this book for those folks interested in making sourdough products my favorite is sourdough and cheese biscuits. This is the only book I have found that really tells how to make sourdough bread the right way without having to use yeast. The book gives explicit instructions from the moment the starter comes from the refrigerator until the finished loaf leaves the pan. The step by step methods tell how to produce an active starter every time so the bread always rises well. Each recipe gives different options for length of proofing cycles using different proofing temperatures. I was never able to control the temperature during proofing until I read the description for making an inexpensive proofing box described in the book. It made all the difference between success and failure. Nor was I able to find a decent book entirely dedicated to sourdoughs. On the contrary I appreciate that the book is easy to read, concise and straight to the point giving me the information I am looking for. The recipes are very easy to follow with the described result. I am fully satisfied with the book and would definitely recommend to anyone interested in sourdough bread making.

Chapter 4 : Classic Sourdoughs by Ed & Jean Wood | The Fresh Loaf

"[The] new edition of Wood's classic global explorations of wild yeast is a big event in the baking world and a must for sourdough fans." – "The Arizona Republic "Brings the tradition of sourdough cooking into focus.

Now I know what Norm is writing about. Norm, when I first read your response, I got a little "ticked". Thanks Mini - I hardly know what youtube is! I laughed after seeing some of those Hollywood Ed Wood films -- and yes, stupid, but, maybe, just a little cute? So, I still want to know has anyone read this book, what do you think, have you tried anything? I am trying the basic sourdough batter bread Bride of Dracula? Im glad you finally got it. Log in or register to post comments gavin I have the book - but I have the book and read it when I was just getting into sourdoughs a few years ago. I found that within the book I got confused as some sections give different instructions about starter maintenance from other sections and they were also different from the instructions that came with the starters. I just wrote about a multigrain bread on my TFL blog about a recipe from it with using my usual whole wheat sourdough starter. And to just experiment with sourdough more. I think I will try some of the "Classic Sourdough" recipes to get them "under my belt" and then apply them to my usual breads. I also want to try making my own pita so thanks for the idea of that recipe. His procedures seem awfully elaborate to me.. I have both of his books, as well as other books on sourdough breads.. My first sourdough culture, which I used to bake my first ever two loaves of bread at the age of 14, came from putting flour and water into a stoneware crock, stirring it with a wooden spoon, and covering the mouth of the crock with a cotton tea towel held in place with a big rubber band.. After each use it was replenished with more flour and water.. Simple is as simple does. I would suggest Peter that science and not marketing is what makes great bread. The absolute worst loaf of sourdough I have ever gagged on came from one of the largest bakeries in the Bay area. Woods is selling something that is freely available in your local grocery store. That is, a natural bacteria that comes in the bag of whole grain flour. The location of the culture has little to do with the flavor of the bread as has been shown repeatedly. One has available the components to feed the culture a number of things that will change the population and thus the flavor of the bread. Also, the general environment or temperature of the living population will affect which bacteria thrive and which do not. Starting up a starter is NOT the hard part. Nurturing it every day as the living thing it is, feeding it to encourage the lactic acid producing life forms, now THAT is the hard and time consuming part. Eric Log in or register to post comments mlgriego Classic Sourdough - my experience Ok, well this is a lively thread. I have baked yeast breads since middle school and wanted to get away from commercial yeast. I admit I have purchased many of his cultures which have performed differently and the flavor of some is markedly stronger, more tangy. I baked some really nice breads during this time in Tucson which my co-workers ate as fast as I could bake. I used many of the recipes in this book with my own twist since I am partial to whole grain breads. His durum sunflower bread is one of my all time favorites. Eric, thanks for the nudge to try it on my own because that is really what I wanted to begin with and did not find this wonderful resource back then. I will keep my SF culture going because it has always performed beautifully. I do want to capture my own wild yeast and see how I do with that. I have found the cultures I purchased from sourdo to hold up very well even after very extended periods of neglect using his method of "cleaning" the culture. What I am looking for from this group is how to move beyond this and be able to utilize the formulas many of you have shared. Thanks for all the great information on this forum. Woods name and book mentioned several times on the Fresh Loaf site, I decided to order his Sourdough book, along with some of his starters. Have not activated them yet, so my comments here are about his book and methods. After a brief review, what is clearly different are his methods. Almost degrees different. And this he says can be kept for months in the fridge. Woods, sour comes from a high proofing temperature. The bacteria responsible for acid and "sour" grow at the higher temps, to the detriment of the yeasts. The yeasts do better at lower temps to the detriment of the bacteria. A compromise being 12 to 18 hour ferments at room temps. He mentions long, low temp proofs as used by commercial bakers for convenience and this technique as been picked up on by artisan bakers as an unnecessary technique to promote "sour". Thought a bunch of you would find this amusing They wil travel with no harm.

Beyond that, I notice his techniques use large quantities cups vs. His techniques are going to generate whopping amounts of starter. In short, there are a lot of variables and moving parts that come together to make a good loaf of sourdough bread, including, but not limited to: Having said all that, his processes are simple. I figure anyone who has written books, sells starters and maintains a website for this sole purpose must know something of value. Log in or register to post comments HMerlitti.

Chapter 5 : Classic Sourdoughs, Revised: A Home Baker's Handbook () by Ed Wood; Jean Wood

Classic Sourdoughs, Revised has ratings and 17 reviews. Becky said: I've recently become a sourdough enthusiast, having made my first starter three m.

Classic Sourdoughs At Fermentools, we want you to have the best knowledge about fermenting foods as possible. That is why we like to share different resources with you. Posted by Chris So many people have given up on bread. Bread has been blamed for everything from indigestion, diarrhea, constipation, brain fog, fatigue, joint pain, and diabetes. But people who argue against bread in our diets, forget one important fact. People have had a relationship with bread for 6, years. Bread is interwoven into our religious observance, into our family traditions, and into our cultural heritage. However, modern bread, made with commercially-prepared yeast and modern hybrid wheat, is not the same bread that our ancestors ate. Commercial bread yeast, a single strain of yeast adapted to neutral or mildly alkaline pH batters, has been around for a mere or so years. Before there was commercial yeast there was sourdough. In the process of fermentation, health giving lactobacillus bacteria digest the phytic acid in the grain, leaving the bread easier to assimilate and full of amazing flavor. Sourdough leavens bread through a symbiotic relationship between wild yeast, which produces carbon dioxide in the dough, and lactobacillus bacteria, which develops the sourdough flavor. In the high-acid environment of sourdough fermentation, contamination is inhibited, so the sourdough starter can be kept and reused into perpetuity, as long as it is fed regularly. Jean, a pharmacist and biochemist, assisted in both their research and their hobby of bread baking. They captured the wild yeasts of Egypt, near the Giza pyramids, for a National Geographic documentary in which they reproduced the leavened breads of ancient Egypt. They also gathered wild sourdough cultures from small artisan bakeries near the Red Sea, which had never used commercial yeast. The Stages of Sourdough The authors bring sourdough from the commercial bakery down to quantities home bakers can work with. The book teaches their specialized method of sourdough baking that ensures consistent results. In their method there are three stages to sourdough baking. The first stage is activating and proofing the culture, where the starter is fed and left to rest until it is frothy and bubbling. In the second stage, the dough is proofed by taking the culture and kneading it together with the other ingredients in the recipe. The whole process can take 12 to 20 hours depending on how active the culture is, as well as the ambient temperature. During this simple but exact process the mixture of culture, flour, and water is transformed into light, fragrant, flavorful loaves with chewy crust and spongy interior – the hallmark of sourdough artisan bread. This full revision of the book that the authors wrote in includes such modern adaptations as no-knead sourdough techniques, bread machine recipes, and a catalog of their unique sourdough cultures with a little history of their provenance, and the type of bread they are best suited for. While the Yukon sourdough culture is perfect for pancakes and waffles with that distinctive gold rush, sourdough flavor. The authors explain that San Francisco sourdough is a unique symbiotic combination of a single yeast micro-organism and a single lacto-bacillus organism. This is what gives San Francisco sourdough its unique texture and flavor. I loved this book that combines science, with bread recipes, and stories about sourdough. But the book also holds the key to conservation. You see, sourdough cultures are not standardized like commercial yeast. Different areas of the world were gifted with different sourdough cultures. However, once an area has been contaminated with commercial yeast, these wild cultures disappear. Imagine making authentic San Francisco Sourdough French Bread, bagels with a culture from the Red Sea, or German black rye bread with the sourdough culture from Austria. She teaches workshops and writes extensively about gardening, crafts, scratch cooking, fermentation, medicinal herbs, and traditional skills on her blog at JoybileeFarm. Her books are available on Amazon. Chris lives with her husband Robin in the mountains of British Columbia on a acre ranch where they raise lamb. They have 3 adult children and 3 grand daughters.

Chapter 6 : Revised Classic Sourdoughs book | Sourdoughs International

ED WOOD, MD, PhD, is a physician and research scientist whose quest for ancient sourdough cultures began in Saudi

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Arabia, where he served as a chairman of pathology at a Riyadh hospital.

Chapter 7 : recipe to try in Ed Wood's "Classic Sourdoughs" | The Fresh Loaf

In this updated edition of Classic Sourdoughs, the Woods reveal their newly discovered secret to crafting the perfect loaf: by introducing a unique culture-proofing step and adjusting the temperature of the proofs, home bakers can control the sourness and leavening like never before.

Chapter 8 : Classic Sourdoughs, Revised: A Home Baker's Handbook - PDF Free Download - Fox eBook

Sourdoughs International is a family business dedicated to the resurgence of authentic sourdoughs. Authentic? Commercial yeast produces something that looks like sourdough but is completely bland and tasteless.

Chapter 9 : Classic Sourdoughs, Revised by Ed Wood, Jean Wood | racedaydvl.com

Revised classic sourdoughs book sourdoughs international, revised classic sourdoughs by ed and jean wood is an entirely different book different in many ways but especially in describing how the baker uses changes in temperature and.