

SOUR-DOUGH BREAD



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Surdegsbröd

Martin Johansson

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“I love bread. For the last few years, I have baked all my own bread too. Often with sour dough. I bake classic rye bread, but even lighter breads. A lot of people think that sour-dough bread is always dark, hard and bitter. But that isn’t the case. Some of my best breads are high, airy loaves that I bake with sour dough of wheat.”

Baking bread using sour dough is as easy as anything – and yet one of the mysteries of the world. *Sour-dough Bread* is a useful and practical cookbook for anyone who wants to bake their own bread using sour dough. It sorts out the various definitions around sour dough, deals with different types of dough, shows how you start and feed a sour dough, and gives you advice on how to bake for the best results.

Here are recipes for light, medium-dark, and dark breads and for some special breads. Besides well-proven recipes, entertaining texts and tips, there is a list of useful baking terms.



About the author:

Martin Johansson is the home-baker behind the prize-winning blog ‘Pain de Martin’. In 2009, he published his *Surdegsbröd* – a book which got sour doughs bubbling in the Swedish kitchens. When he isn’t baking at home, he works as a graphic designer.



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