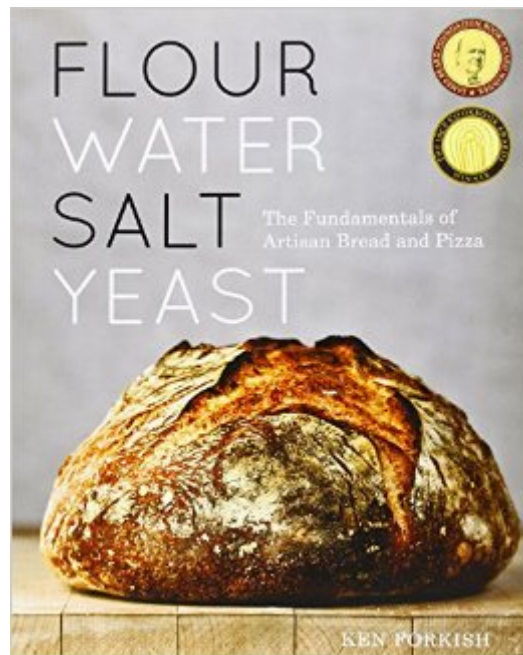


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# Flour Water Salt Yeast: The Fundamentals Of Artisan Bread And Pizza



## Synopsis

From Portland's most acclaimed and beloved baker comes this must-have baking guide, featuring recipes for world-class breads and pizzas and a variety of schedules suited for the home baker. There are few things more satisfying than biting into a freshly made, crispy-on-the-outside, soft-and-supple-on-the-inside slice of perfectly baked bread. For Portland-based baker Ken Forkish, well-made bread is more than just a pleasure—it is a passion that has led him to create some of the best and most critically lauded breads and pizzas in the country. In *Flour Water Salt Yeast*, Forkish translates his obsessively honed craft into scores of recipes for rustic boules and Neapolitan-style pizzas, all suited for the home baker. Forkish developed and tested all of the recipes in his home oven, and his impeccable formulas and clear instructions result in top-quality artisan breads and pizzas that stand up against those sold in the best bakeries anywhere. Whether you're a total beginner or a serious baker, *Flour Water Salt Yeast* has a recipe that suits your skill level and time constraints: Start with a straight dough and have fresh bread ready by supper time, or explore pre-ferments with a bread that uses biga or poolish. If you're ready to take your baking to the next level, follow Forkish's step-by-step guide to making a levain starter with only flour and water, and be amazed by the delicious complexity of your naturally leavened bread. Pizza lovers can experiment with a variety of doughs and sauces to create the perfect pie using either a pizza stone or a cast-iron skillet. *Flour Water Salt Yeast* is more than just a collection of recipes for amazing bread and pizza—it offers a complete baking education, with a thorough yet accessible explanation of the tools and techniques that set artisan bread apart. Featuring a tutorial on baker's percentages, advice for manipulating ingredients ratios to create custom doughs, tips for adapting bread baking schedules to fit your day-to-day life, and an entire chapter that demystifies the levain-making process, *Flour Water Salt Yeast* is an indispensable resource for bakers who want to make their daily bread exceptional bread.

## Book Information

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## Customer Reviews

I've read many of the usual suspects of this genre: Jim Lahey, Chad Robertson, Amy's Bread, Peter Reinhart. You would think that there wasn't that much room for improvement based on what those fine books have taught. But what Ken Forkish has done here is not simply to give you recipes, but to teach you to think with the flexibility that bread baking demands, and to also demand creativity out of you to go past what's in the book. One of the very best things about Ken's book is that he doesn't just throw recipes out there, then try to explain with a little blurb above them, or even, as Robertson did, to give an in-depth explanation after you've tried your hand at it. Instead, Ken goes and teaches you the concepts first, then goes and gives you a structure of recipe writing that helps you identify the concepts taught within the context of the recipe. You're going to feel more comfortable making the bread from the first attempt. There's a lot here for the experienced bread baker here. Different mixes of flours, double fed levains, hybrid levain-commercial yeast solutions. There's a fantastic section on how to make recipes your own, whether it be about flour choices (and the different hydration requirements that some flours require), rearranging schedules to make your bread revolve around your life, the various options you have with levains, how to document your experimentation so that you can reproduce the results the next time. Like Robertson and Lahey, he's baking in cast iron pots-- he prefers the smaller (and harder to find) 4 quart models, which contribute to higher rises in his opinion.

This book could easily receive one or five stars, depending on what you are looking for. It was perfect for me, but I would like to clarify exactly what it is you would get out of this book, and what you would not. First off, if you are looking for a book of great, simple recipes that you can throw in the breadmaker real quick once you get home, this is NOT the book for you. If you're looking more for a diverse bread recipe book vs bread knowledge, this is not the book for you. This is a very good equivalent of a breadcrafting 101 textbook. Now, I say 'breadcrafting' vs just 'baking' because this book takes you far beyond "mix X and Y, bake at Z, eat." Using the same very simple ingredients (see title), you will make a variety of different flavors, based on times, ferments, etc. You will learn how to literally use temperature and times as ingredients and how these can make bread made with

the very same ingredients VERY different. You will truly learn the basics of making great bread. I would note that this book also calls for a covered dutch oven to finally bake these loaves in, which will replace much in the way of expensive baking equipment and give a lovely crust. For the book itself: There are literally over a hundred favored methods of breadmaking all over the world. This book contains a much smaller focused area than, say, Peter Reinhart's "Bread Baker's Apprentice". The recipes are for lean dough, non-enriched breads, made straight, with delayed fermentation, and finally as pure sourdough. The doughs he uses are very wet (usually well in excess of 70% hydration), and his preference to hand-forming everything in the bowl vs using a mixer, etc, will actually give some excellent groundwork in learning dough handling.

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