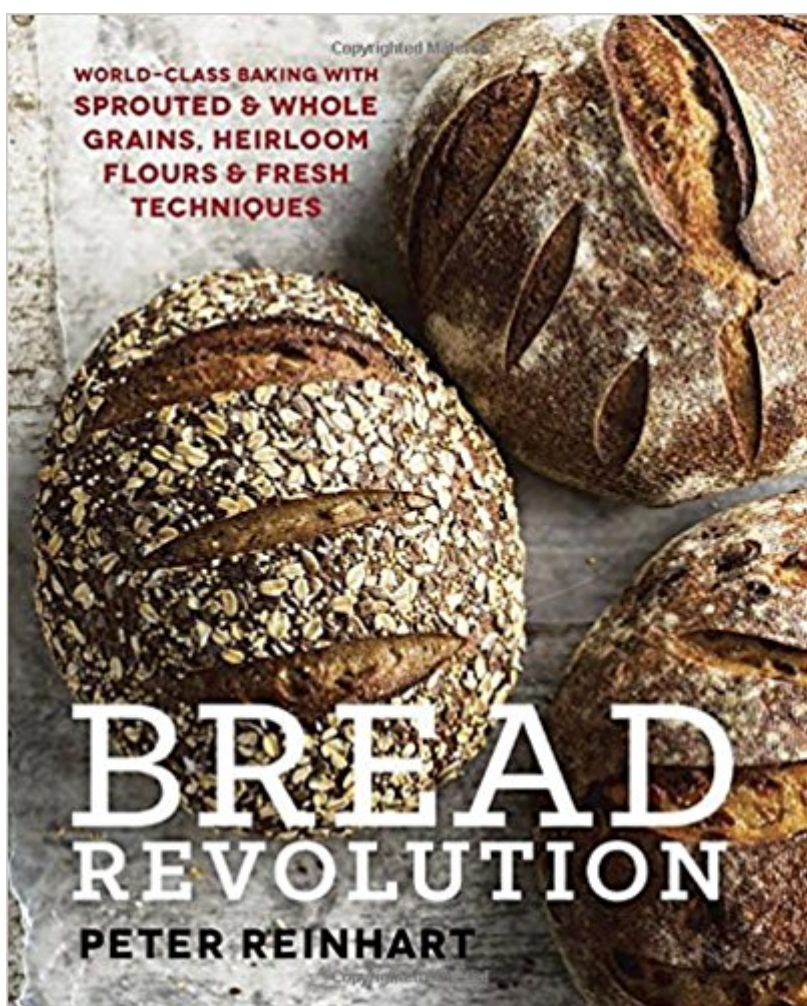


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# Bread Revolution: World-Class Baking With Sprouted And Whole Grains, Heirloom Flours, And Fresh Techniques



## Synopsis

Renowned baking instructor, and author of *The Bread Baker's Apprentice*, Peter Reinhart explores the cutting-edge developments in bread baking, with fifty recipes and formulas that use sprouted flours, whole and ancient grains, nut and seed flours, alternative flours (such as teff and grape skin), and allergy-friendly and gluten-free approaches. A new generation of bakers and millers are developing innovative flours and baking techniques that are designed to extract the grain's full flavor potential—what Reinhart calls “the baker's mission.” In this lushly photographed primer, Reinhart draws inspiration from these groundbreaking methods to create master recipes and formulas any home baker can follow, including Sprouted Sandwich Rye Bread, Gluten-Free Many-Seed Toasting Bread, and Sprouted Wheat Croissants. In many instances, such as with sprouted flours, preferments aren't necessary because so much of the flavor development occurs during the sprouting phase. For grains that benefit from soakers, bigas, and sourdough starters, Reinhart provides the precise guidance that has made him such a trusted expert in the field. Advanced bakers will relish Reinhart's inventive techniques and exacting scientific explanations, while beginning bakers will rejoice in his demystification of ingredients and methods—and all will come away thrilled by bread's new frontier.\*Correction to the Sprouted Whole Wheat Bread recipe on page 63: The volume measure of water should be 1 ½ cups plus 1 tablespoon, not 3 ½ cups.

## Book Information

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## Customer Reviews

“Peter Reinhart writes books that change the way people bake. Bread Revolution is about

innovation, possibility, and the future of bread. By exploring new flours and techniques, Peter once again proves that bread is very much alive, versatile, and still evolving. And true to form, he has written a book that will undoubtedly inspire readers to experiment and bake with confidence.

•Nathan Myhrvold, coauthor of *Modernist Cuisine* and *Modernist Cuisine at Home* and author of *The Photography of Modernist Cuisine* “There is so much more to baking than buying a bag of white flour and venturing forth. Home bakers and professionals need this book to open their minds to the potential of baking more flavorfully with whole grains and new kinds of flours. With Peter’s terrific book as a guide, you are going to eat better and healthier the sooner you get started.”

•Ken Forkish, author of *Flour Water Salt Yeast* “Peter Reinhart’s passion for all things bread and his decades-long role in the American bread revolution make him the perfect teacher. I wholeheartedly embrace his philosophy and greatly admire his ability to not only share the fundamentals of bread, but also to raise awareness about this important bread crossroads, where we can choose to bake with sprouted and artisanal flours of non-commodity grains grown for flavor and nutrition. Imagine that!”

•David Kinch, chef-proprietor of Manresa and author of *Manresa*

PETER REINHART is a baking instructor and faculty member at Johnson and Wales University in Charlotte, North Carolina. He was the cofounder of Brother Juniper’s Bakery in Santa Rosa, California, and is the author of several books on bread baking, including *Crust and Crumb*, *The Bread Baker’s Apprentice* (winner of the 2002 James Beard Cookbook of the Year and IACP Cookbook of the Year), and the 2008 James Beard Award “winning Peter Reinhart’s *Whole Grain Breads*. Peter is the founder and host of the popular website [PizzaQuest.com](http://PizzaQuest.com), where he continues to chronicle his never-ending search for the perfect pizza through videos, essays, and recipes. He also has created two instructional video courses, on artisan bread and on pizza, for [Craftsy.com](http://Craftsy.com).

I preordered this book a couple of months ago, then totally forgot about it until I stumbled upon it in my kindle library. The very same day I grabbed some sprouted wheat flour and some sprouted spelt flour from Whole Foods (they had the One Degree brand from Canada, one that is recommended in the book). Reinhart starts with very easy recipes to let you get a feel for this new kind of flour, and I followed his lead, whipping together the pancake dough the very next morning. The recipe called for buttermilk, but I only had plain yoghurt and milk, so I mixed equal parts of that to substitute. Within 5 minutes I had the first batch in the pan, and my 12 year old son declared them the best pancakes

he ever had. They were moist and chewy, slightly sweet despite having only 1 tsp of sugar in them, and crispy outside. And they are healthy and nutritious - perfect score in my book! Next stop was the muffin recipe. This one came together within minutes too, and I opted for the banana walnut option. They turned out fantastic, without any of the dreaded bitter whole wheat under notes whatsoever. By now I was really excited and decided to go for the sprouted whole wheat bread next. That recipe left me a little frustrated. I am not new to baking bread, and my home grown sourdough starter has been a permanent resident in my fridge for over two years now. I usually prefer baking with that, because with commercial yeast I tend to end up with over proofed yet under fermented dough. But Reinhart recommends to try the commercial yeast version first, so I did. The project reminded me of my early bread days with the 'Artisan breads in 5 minutes a day' formula I started out with years ago. Just 4 ingredients, commercial yeast, no hands on other than the stretch and fold procedure, and above all, very small dough volume per loaf. The recipe yields a little less than 2 pounds of dough for two loaves. The dough came together in a flash and firmed up almost instantly. It felt very stiff, despite the extra water the recipe calls for. I decided not to add too much more, waiting instead how it would all pan out. Further following the recipe I divided the dough in half after it had doubled in size, which still left me with two very small balls. I decided to bake one as a hearth bread, and the other in a loaf pan. So I shaped the loaves and let them proof. Now, my kitchen is a 75 degrees or so, so knew upfront I had to keep proofing times short. The book said between 1 and 1 1/2 hours. But because the loaves were so small, they proofed in far less than an hour, and my oven wasn't hot enough by the time they had to go in. The recipe time frames really don't work for such small loaves. Also, less than 1 pound of dough was not enough to fill my loaf pan even half way up. After the rise to 1 1/2 half time it's size it didn't sprang much more in the oven, partly because it was already over proofed, partly because there is not much oven spring to be expected in a 375 oven to begin with. So the final breads were short and stunted, but the crumb, though missing any big irregular holes was soft and creamy, not really dense at all. My 10 year old daughter declared it the best bread I ever baked, and gobbled up half a loaf with just butter on top in one sitting. So - I decided to let my starter loose on the last bit of sprouted flour I had left after the pancakes, muffins, and yeasted bread. It was only enough for half a batch, and my starter hadn't been refreshed for 3 1/2 days or so, but I plunged ahead anyway. As before, just stirring the water in the flour immediately firmed it up. I ended up not kneading at all, just gently stretching and folding it in 15 minute increments, and every time I did, I dumped in more and more water. I wish I weighed how much water I ended up using, but I arrived at at least if not more than 100% hydration. The dough turned out very wet, yet firm, and needed 5 hours of proofing time before I felt it was time to shape

it. One hour later (not 2 or 3 hours later as stated in the book!) I threw it in a 475 presteamed oven onto a baking stone, steamed again, closed the door, and watched. It sprang up beautifully within 5 minutes, the score opened up nicely and ended up in a big ear I could carry the bread with. It looked done within 35 minutes or so, with a nice golden crust, but as it sat and cooled, I decided it needed 10 to 15 minutes longer in the oven, probably because of the mega hydration. In short, it was the best loaf I ever baked. If you start baking with these flours, be prepared to use much more water than in conventional doughs. How much depends on what brand of flour you use I guess. I just kept adding water as much as the dough would take while patiently stretching and folding away every 30 minutes or so. The breads turn out mildly sweet, with a creamy texture and are a pleasure to eat. I felt no blood sugar spike whatsoever from it, and two slices with butter for breakfast sustained me well without hunger pangs for 4 hours or so. I am looking forward to baking from this book regularly, I think it will be my new bread bible from here on out. Thanks and kudos to Peter Reinhard for introducing these amazing new flours, and how to bake with them!

The Bread Revolution is a difficult book to review simply because it is definitely something intended for the very serious cook/chef (which I am not). You'll need to have a good cooking/culinary background and be willing to spend a lot of money and time to find the ingredients/materials/tools and then make the distinct breads. For some, it is a labor of love. For others, it is a profession. But for the casual hobbyist, this book could be very daunting. Contents: A large chunk of the recipes are for sprouted flours. Then there are sections on whole grains/whole milling and 'new bread frontiers' including grape skin flour and probiotic lean bread. Recipes include: sprouted whole wheat muffins, whole wheat currant pretzels, high extraction pain au levain, grape skin flour crackers, sprouted wheat croissants, and many more. There are quite a few recipes with many different types of bread items - from bagels to crackers to muffins. There is a very academic discussion about grains in the beginning and then resources on where to get the specialty items at the end. A lot of the book is a discussion about where artisan breads are going and the author's thoughts about the 'gluten free' and Wheat Belly phenomenons. He discusses the health benefits and problems with the various bread products and why the recipes in this book are different. Those looking to really understand grains will find this book very informative. The author treats bread making as a never ending educational endeavor of continuous improvement and reinvention. And as fascinated by the whole world of breadmaking as he is, it may not necessarily translate to the readers as a similar fascination. So yes, the book is very well done, very informative, and presents bread in a way that I've never seen broached. It is worth a 4 star rating. But was I inspired to try any of the recipes in

here? Unfortunately, no. A lot of this went over my head. Also problematic was the digital version had very small type that was nearly impossible for me to read, even on my computer. I would suggest the hard copy for those interested in purchasing Bread Revolution. Reviewed from an ARC.

I look forward to weekends when I can sit down with this profoundly educational book and work my way through a new recipe -- and all the new insights, techniques, grains I find in this book. I have recently switched to sprouted grains for health reasons (and oh, do I ever feel better -- ordinary pancakes used to make me feel dreadfully sick and for years I wondered why until I read Wheat Belly) and this book leads me through the process. I am deeply impressed with Mr. Reinhart's knowledge. Just the one technique of oiled hands and oiled counter and minimal kneading I learned in this book has really changed how long it takes to make bread from sprouted grain ... I am very grateful to learn from this master. I admit that I am having trouble creating a sour dough starter with pineapple juice ... but first of all I did not read carefully and used the wrong flour -- this is one time NOT to use sprouted flour. No problem. I will just try again and again. This book goes to the cutting edge of strange new flours and techniques -- it is truly eye opening, which is a lot to say about a baking book. This is not for a beginning bread baker. But it is a masterful technique advancing gift to those who have baked for a long time.

I made his basic spouted wheat bread recipe and it was a really tasty, but the loaves were too small. Then I made it again, this time instead of two loaves, I made one loaf in a USA pullman bread pan with a lid (9x4 size). It came out perfect.

After abject baking failures doing straight substitution, I found this book for sprouted flour. Just follow directions to success. Lots of info, good read and very clear recipes. The biscuits are particularly interesting, using a method that seems all wrong but it works.

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