



Sourdough Suppers: A Year in the Life of a Wild Yeast Culture (Hardback)

By Hilary Cacchio

Troubador Publishing, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. An exquisite collection of moreish meals created around handmade breads and simple seasonal ingredients. Chef and sourdough teacher Hilary Cacchio shares 17 years of experience in her new bread cookbook, Sourdough Suppers. It is split into 12 monthly chapters, guiding readers through the seasons. The first few recipes in each chapter are the breads for the month, followed by recipes that either use bread or go well with the bread(s) featured. They are always colourful, easy, big-flavoured, informal and occasionally indulgent dishes that Hilary cooks herself. Each chapter opens with a full-colour illustration and Hilary peppers the book with anecdotes throughout, elevating Sourdough Suppers into more than just a cook book. From stories from her life as a chef; market life in the Pyrenees; a discussion about seasonal vegetables; and tips on how to transform fresh ingredients into vibrant dishes, the reader will be both informed and entertained. The book covers a wide range of sourdough topics, including what wild yeast/sourdough culture is; how slow fermenting dough and making our bread naturally can benefit our taste buds and our health; its history; exposing myths; how to...



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