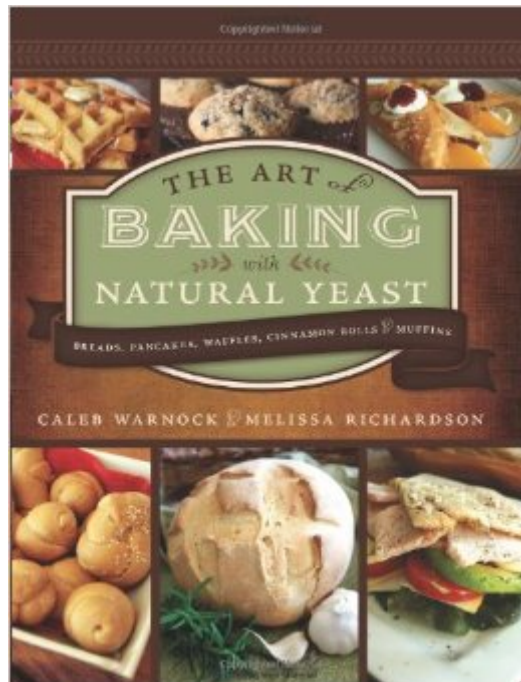


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# The Art Of Baking With Natural Yeast: Breads, Pancakes, Waffles, Cinnamon Rolls And Muffins



## Synopsis

Did you know commercial yeast is so foreign to our bodies that many people are allergic to it? But natural yeast converts dough into a digestible, vitamin-rich food that's free from harmful enzymes and won't spike your body's defenses. Improve your health and happiness with the delicious recipes in this groundbreaking book that will teach you to prepare and bake with natural yeast!

## Book Information

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## Customer Reviews

I'm both thrilled and disappointed. I'm not sure if this is supposed to be a cookbook or an informational book. It seems to be a little of both. As an introduction to the use of natural yeast and the process of naturally leavening breads this is an appreciated addition to my library. I've been baking breads for over 30 years. Until now I'd never really thought about how people baked before the advent of packaged yeast. There were many areas where I was left wanting more. For example, I would really have loved more background on the history of yeast and its cultivation or additional documentation on and explanation of the claimed health benefits. Also, I would like to have seen more on converting the hundreds of recipes in my baking library to use natural yeast. And a bit more on troubleshooting would be appreciated. I was disappointed with the numerous proofreading errors that slipped through to the published book. The pages are different colors, some of which were extremely difficult to read. I'm not sure if there is some sort of color coding of the pages (it seems there is). If there is a reason for coloring the pages differently it would be nice to have that explained in the text and to choose colors that are easier on the eyes. Also, some of the directions were confusing and/or contradictory. The spiral, flat-lay binding is great for use in the kitchen as are the

glossy, easy to wipe clean pages. Clearly this book was designed to be used regularly and last for years to come. Overall, I enjoyed the book and would recommend it to others. I look forward to a second printing where the colors, proofreading and grammar are cleaned up and, hopefully, some additional info is added.

I have the eBook version so I can't comment on the print layout, but the eBook is easy to navigate. I loved the info on enhancing nutrition in the beginning, it makes the book worth the purchase. After that, the editing seemed to fall off. The tiny details aren't bothersome, but I could see how if someone didn't combine this book with the internet or another book the instructions could be very frustrating. If you read far enough, yes the ratio of flour to water is there, but it was hard to find and a beginner might appreciate more detailed instructions. And to those saying you can't keep a starter in the refrigerator, yes you can. Counter starters require twice daily feeding and you can feed a cold stored starter once a week, most people seem to recommend letting cold starters warm up to start feeding for an hour or two, but it isn't strictly necessary. Usually people keep a starter in the refrigerator because frequent feeding means a lot of flour can be wasted unless you bake daily. Anyway, internet searches can round out the info in this book just fine, and I do like the information and recipes. I was seriously disappointed though when I tried to get my free starter. Neither the book nor the blog mention that you have to sign up for email newsletters to get the starter. The newsletters seem to be not much more than trying to get you to buy other books and sign up for classes. I don't want spam with my yeast, thanks anyway. I like the book, but minus one star for poor editing (not just the page numbers but the lack of editing for clarity as well - and for relying on someone else's graphic with little explanation of your own) and minus one star for cheap advertising tricks. I hate that.

First of all, it's really not written by Caleb, it's written by Melissa. I think Caleb must've had the name to make it possible to publish or something. Anyway, I read the book, cover to cover, in about 24 hours. I love cookbooks! Lots of good information. Several editorial problems though: missing page numbers, some inconsistencies in methods, but nothing that seems like it would ruin your food. Overall, I would recommend it to anyone serious about natural yeast. This book is very detailed and thorough and I feel confident that I could do it from the information contained therein. The next version will hopefully catch all the editorial issues...

I purchased this book, read it carefully, and re-read it as questions arose. I have followed directions

to the tee -- I have even tried to work through the flow chart. I went on line and printed out a large one that I could read easily. The bottom line for me, is that I am about ready to give up trying to grow yeast from dried flakes. I sent off and received dry yeast flakes several weeks ago, and have been working with it carefully ever since. I can leave my start on the cabinet for a few days and have finally gotten it to double. But, continuing to follow directions, it will not grow in the fridge. My philosophy at this point, if you are considering purchasing this book, and if you cannot obtain a healthy start that has already been established -- if you think you can create your own from flakes, you will be in for a lengthy battle. I am not certain what to do next -- and it gets a little boring from day to day if you can not see much progress. If you can once get your yeast looking and acting like the author's yeast, then I think it would be a fabulous hobby to create breads and such. I am very disappointed. I wish I had received a better idea of how difficult a proposition this would be. Good luck!

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