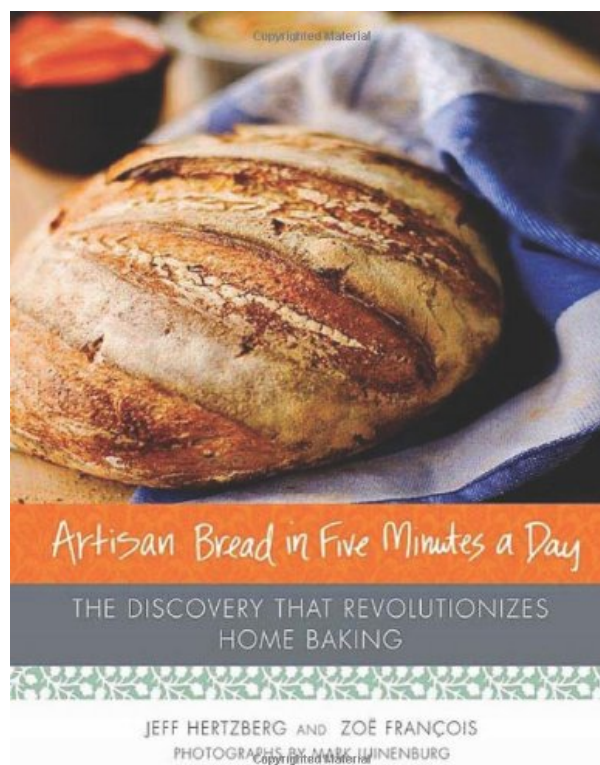
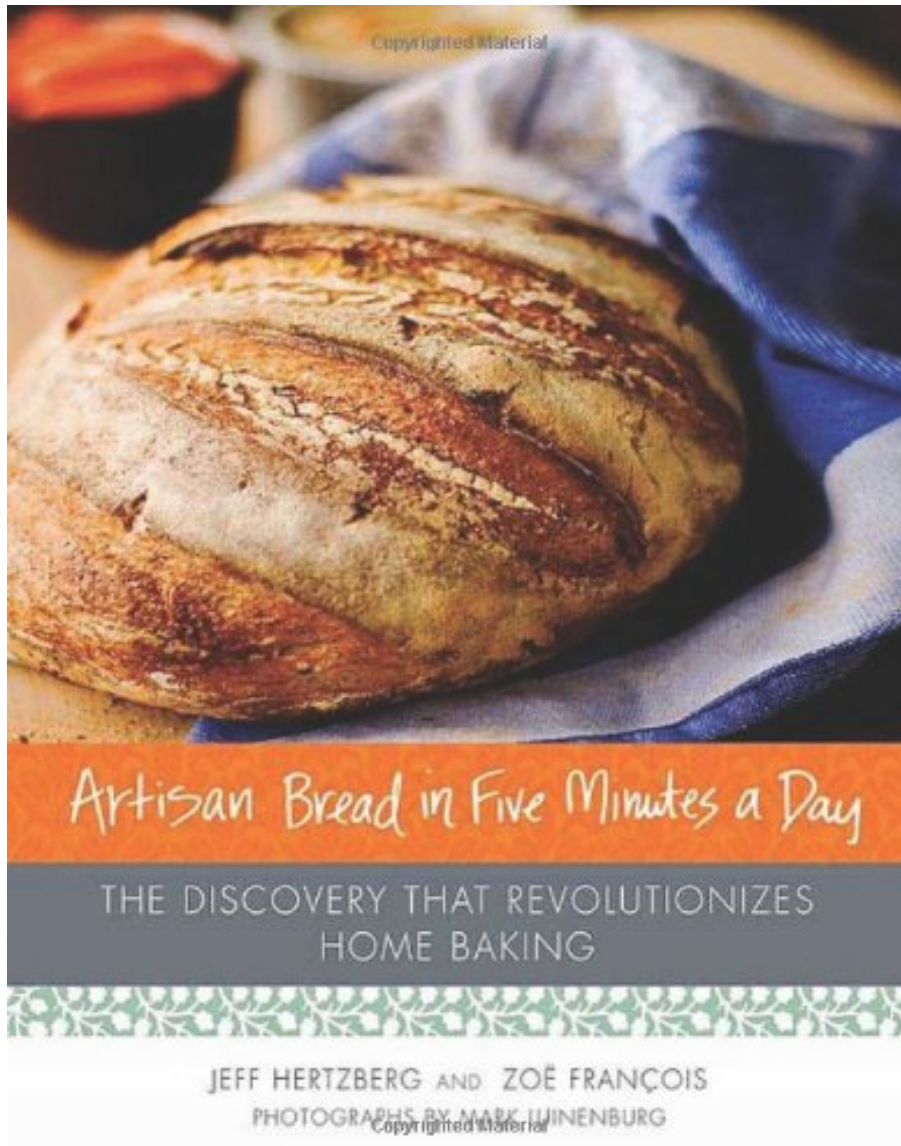


# ARTISAN BREAD IN FIVE MINUTES A DAY: THE DISCOVERY THAT REVOLUTIONIZES HOME BAKING BY JEFF HERTZBERG, ZOE FRANCOIS



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Well, book *Artisan Bread In Five Minutes A Day: The Discovery That Revolutionizes Home Baking* By Jeff Hertzberg, Zoe Francois will make you closer to just what you want. This Artisan Bread In Five Minutes A Day: The Discovery That Revolutionizes Home Baking By Jeff Hertzberg, Zoe Francois will be always excellent friend any kind of time. You could not forcedly to constantly finish over reviewing a publication simply put time. It will be just when you have downtime and spending couple of time to make you really feel enjoyment with what you read. So, you could get the definition of the notification from each sentence in the book.

From Publishers Weekly

While the phrase artisan bread typically evokes images of labor-intensive sessions and top-notch ingredients, for authors Hertzberg and François it means five minutes. An intriguing concept—high-quality, fresh bread in less time than it takes to boil water. The authors' promises of no kneading, no starter, no proofing yeast and no need for a bread machine is based on the concept of mixed and risen high-moisture dough stored in the fridge for up to two weeks (dough is cut into pieces and popped in the oven for fresh loaves as desired). Note: for those tracking minutes, the five-minutes doesn't include the 20-minute resting time for dough or 30 minutes for baking. After concise, introductory chapters on ingredients, equipment, and tips and techniques, readers are presented with the master recipe, a free-form loaf of French boule that is the model for all breads in the book. Three main chapters—Peasant Loaves, Flatbreads and Pizzas and Enriched Breads and Pastries—are filled with tempting selections and focus on ethnic breads and pastries including Couronne from France; Limpa from Scandinavia; Ksara from Morocco; Broa from Portugal; and Chocolate-Raisin Babka from the Ukraine, but the basics (Oatmeal Bread, Bagels, White Bread) are all here, too. A smattering of companion recipes such as Tuscan White Bean Dip and Portuguese Fish Stew are peppered throughout. While experienced bakers and true gourmards will skip this one, those looking for an innovative approach to making bread just might find it in these recipes. (Nov.)

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## 1 INTRODUCTION

### The Secret to Making Artisan Bread in Five Minutes a Day: Refrigerating Pre-Mixed Homemade Dough

Like most kids, my brother and I loved sweets, so dessert was our favorite time of day. We'd sit in the kitchen, devouring frosted supermarket doughnuts.

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There's a certain solidarity among kids gorging on sweets, but secretly, I knew she was right. I could finish half a loaf of very fresh, very crisp rye bread by myself, with or without butter (unlike my grandmother, I considered cheese to be a distraction from perfect rye bread). The right stuff came from a little bakery on Horace Harding Boulevard in Queens. The shop itself was nondescript, but the breads were Eastern European masterpieces. The crust of the rye bread was crisp, thin, and caramelized brown. The interior crumb was moist and dense, chewy but never gummy, and bursting with tangy yeast, rye, and wheat flavors. It made great toast, too—and yes, it was better than cake.

The handmade bread was available all over New York City, and it wasn't a rarefied delicacy. Everyone knew what it was and took it for granted. It was not a stylish addition to affluent lifestyles; it was a simple comfort food brought here by modest immigrants.

I left New York in the late 1980s, and assumed that the corner bread shops would always be there, waiting for me, whenever I came back to visit. But I was wrong. As people lost interest in making a second stop after the supermarket just for bread, the shops gradually faded away. By 1990, the ubiquitous corner shops turning out great eastern, central, and southern European breads with crackling crusts were no longer so ubiquitous.

Great European breads, handmade by artisans, were still available, but they'd become part of the serious (and seriously expensive) food phenomenon that had swept the country. The bread bakery was no longer on every corner—now it was a destination. And nobody's grandmother would ever have paid six dollars for a loaf of bread.

I'd fly back to New York and wander the streets, bereft (well, not really). "My shop" on Horace Harding Boulevard had changed hands several times by 1990, and the bread, being made only once a day, was dry and didn't really have a lot of flavor. I even became convinced that we could get better bagels in Minneapolis—and from a chain store. Things were that grim.

So Zoë and I decided to do something about it. *Artisan Bread in Five Minutes a Day* is our attempt to help people re-create the great ethnic breads of years past, in their own homes, without investing serious time in the process. Using our straightforward, fast, and easy recipes, anyone will be able to create artisan bread and pastry at home with minimal equipment. Our first problem was: Who has time to make bread every day?

After years of experimentation, it turns out that we do, and with a method as fast as ours, you can, too. We solved the time problem and produced top-quality artisan loaves without a bread machine. We worked out the master recipes during busy years of career transition and starting families (our kids now delight in the pleasures of home-baked bread). Our lightning-fast method lets us find the time to bake great bread every day. We developed this method to recapture the daily artisan bread experience without further crunching our limited time—and it works!

Traditional breads need a lot of attention, especially if you want to use a “starter” for that natural, tangy taste. Starters need to be cared for, with water and flour replenished from time to time. Dough needs to be kneaded until resilient, set to rise, punched down, allowed to rise again. There are boards and pans and utensils galore to be washed, some of which can’t go into the dishwasher. Very few busy people can go through this every day, if ever. Even if your friends are all food fanatics, when was the last time you had homemade bread at a dinner party?

What about bread machines? The machines solve the time problem and turn out uniformly decent loaves, but unfortunately, the crust is soft and dull-flavored, and without tangy flavor in the crumb (unless you use and maintain time-consuming sourdough starter).

So we went to work. Over years, we found how to subtract the various steps that make the classic technique so time-consuming, and identified a few that couldn’t be omitted.

And then, Zoë worked some pastry-chef magic: She figured out that we could use stored dough for desserts as well as for bread, applying the same ideas to sweet breads, rolls, and morning breads. It all came down to one fortuitous discovery:

Pre-mixed, pre-risen, high-moisture dough keeps well in the refrigerator.

This is the linchpin of *Artisan Bread in Five Minutes a Day*. By pre-mixing high-moisture dough (without kneading) and then storing it, daily bread baking becomes an easy activity; the only steps you do every day are shaping and baking. Other books have considered refrigerating dough, but only for a few days. Still others have omitted the kneading step, but none has tested the capacity of wet dough to be long-lived in your refrigerator. As our high-moisture dough ages, it takes on sourdough notes, reminiscent of the great European natural starters. When dough is mixed with adequate water (this dough is wetter than most you may have worked with), it can be stored in the refrigerator for up to two weeks (enriched or heavy doughs can’t go that long but can be frozen instead). And kneading this kind of dough adds little to the overall product; you just don’t have to do it. In fact, overhandling stored dough can limit the volume and rise that you get with our method. That, in a nutshell, is how you make artisan breads with the investment of only five minutes a day of active effort.

A one-or two-week supply of dough is made in advance and stored in the refrigerator. Measuring and mixing the dough takes less than 15 minutes. Kneading, as we’ve said, is not necessary. Every day cut off a hunk of dough from the storage container and briefly shape it without kneading. Allow it to rest briefly on the counter and then toss it in the oven. We don’t count the rest time (20 minutes or more depending on the recipe) or baking time (usually about 30 minutes) in our five-minute-a-day calculation since you can be doing something else while that’s happening. If you bake after dinner, the bread will stay fresh for use the next day (higher-moisture breads stay fresh longer), but the method is so convenient that you probably will find you can cut off some dough and bake a loaf every morning, before your day starts. If you want to have one thing you do every day that is simply perfect, this is it!

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sourdough starter, there is still adequate rise on the counter and in the oven.

Using high-moisture, pre-mixed, pre-risen dough makes most of the difficult, time-consuming, and demanding steps in traditional bread baking completely superfluous:

1. You don't need to make fresh dough every day to have fresh bread every day: Stored dough makes wonderful fresh loaves. Only the shaping and baking steps are done daily, the rest has been done in advance.
2. You don't need a "sponge" or "starter": Traditional sourdough recipes require that you keep flour-water mixtures bubbling along in your refrigerator, with careful attention and replenishment. By storing the dough over two weeks, a subtle sourdough character gradually develops in our breads without needing to maintain sponges or starters in the refrigerator. With our dough-storage approach, your first loaf is not exactly the same as the last. It will become more complex in flavor as the dough ages.
3. It doesn't matter how you mix the dry and wet ingredients together: So long as the mixture is uniform, without any dry lumps of flour, it makes no difference whether you use a spoon, a high-capacity food processor, or a heavy-duty stand mixer. Choose based on your own convenience.

What We Don't Have to Do: Steps from Traditional Artisan Baking That We Omitted

1. Mix a new batch of dough every time we want to make bread
2. "Proof" yeast
3. Knead dough
4. Cover formed loaves
5. Rest and rise the loaves in a draft-free location—it doesn't matter!
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Now you know why it only takes 5 minutes a day, not including resting and baking time.

4. You don't need to "proof" yeast: Traditional recipes specify that yeast be dissolved in water (often with a little sugar) and allowed to sit for five minutes to prove that bubbles can form and the yeast is alive. But modern yeast simply doesn't fail if used before its expiration date and the baker remembers to use lukewarm, not hot water. The high-water content in our doughs further ensures that the yeast will fully hydrate and activate without a proofing step. Further storage gives it plenty of time to fully ferment the dough—our approach doesn't need the head start.
5. It isn't kneaded: The dough can be mixed and stored in the same resealable plastic container. No wooden board is required. There should be only one vessel to wash, plus a spoon (or a mixer). You'll never tell the difference between breads made with kneaded and unkneaded high-moisture dough, s...

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For 30+ brand-new recipes and expanded 'Tips and Techniques', check out The New Artisan Bread in Five Minutes a Day, on sale now.

This is the classic that started it all – Artisan Bread in Five Minutes a Day has now sold hundreds of thousands of copies. With more than half a million copies of their books in print, Jeff Hertzberg and Zoë François have proven that people want to bake their own bread, so long as they can do it easily and quickly.

Crusty baguettes, mouth-watering pizzas, hearty sandwich loaves, and even buttery pastries can easily become part of your own personal menu, Artisan Bread in Five Minutes a Day will teach you everything you need to know, opening the eyes of any potential baker.

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- Published on: 2007-11-13
- Released on: 2007-11-13
- Original language: English
- Number of items: 1
- Dimensions: 9.32" h x .99" w x 7.78" l, 1.54 pounds
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#### Most helpful customer reviews

1145 of 1167 people found the following review helpful.

Best Bread I've Ever Made, As Good as Almost All I've Ever Eaten

By louisecook

I'm a foodie; the kind of person who will drive miles to a bakery, who will visit Italy when the ricotta is sweetest. I'm also a skeptic. So, when I bought this book, I didn't expect much. But, was I ever wrong. What I love is that the authors turn everything you know about bread baking upside down, and the result is the best bread you'll ever make at home. Easily. Simply. Whenever you want. You must, however, read the introduction to the method to succeed as well as you might -- this is not a book to begin baking from the minute you buy it. But the few minutes you invest in all the suggestions pay off mightily -- how to tell when this particular kind of bread is really ready (I used to swear by an instant read thermometer -- forget that); how to dock it; how to store it, etc. The instructions are utterly clear. I've already baked ten loaves, each magnificent, and I've only had the book for a week. All kinds of breads are represented -- French loaves, ciabbata, pita, peasant -- I could go on and on. Enough for a lifetime of pleasure. Hertzberg and Francois are geniuses.

4 of 4 people found the following review helpful.

Bake the bread as the recipes are written and you will have great bread every time, no matter which recipe you choose!

By Dana Thomson Gritman

I have now owned this book for several months, and it is easily the most used of all my many cookbooks. We are "clean" eaters and if we eat it, I make it from scratch, and that means I spend a lot of time in the kitchen. This book truly minimizes that time. I've read many of the other reviews with all their "fixes and ideas" to make the bread better. My advice is to bake the bread as the recipes are written. The recipes are outstanding and are written, I believe, to make bread baking simple and easy. The whole idea is to un-complicate the whole process. I have baked the master recipe many, many times with very consistent results. I bake several loaves a week as my family gobbles it up almost as fast as I can bake it. The olive oil pizza dough is a weekly favorite, as is the buttermilk loaf. The buttermilk dough makes perfect sandwich bread. I mix the dough, then divide it into 2 loaf pans, after the 2 hour rise I bake both loaves. I put 1 in the refrigerator for a couple of days, until the other loaf is gone. I have also made the brioche, French baguette, and most recently, bagels. All simple, easy and delicious, and all repeatedly requested by my family.

5 of 5 people found the following review helpful.

Amazing, easy bread!- get revised version

By Mm

After I purchased this book, I noticed the negative reviews about errors in the book. It made me wish I had read those FIRST! A cookbook should be accurate. That said, the website corrects the errors and it's not that big a deal to remember 1 1/2 tsp. salt instead of 1 1/2 TBS ...etc. IF you correct the errors in your book using the website, it is great.

I make bread fairly often, I only wish I had time to make it everyday. Kneading does not bother me because I have a mixer. What I wanted was what everyone wants, something incredibly yummy with almost no effort whatsoever. I was skeptical. I thought this might make "good" bread, any homemade bread is better than

purchased. Straight from the amazon box I mixed up my first batch, very carelessly (I didn't scoop and level the flour so I needed to add some more water to make it a wet dough like it was supposed to be). I barely waited two hours and stuck it in a cast iron pan in a hot oven alongside a small dish of water (for steam). It was incredible! It was not subpar bread in any way. And better than bread I had spend hours on the old-fashioned way. It seems impossible to me still. The next day I took a lump out of the fridge and baked it on a Pre-heated cookie sheet for 20 minutes. Yum! It was like the bread we die for in our favorite Italian restaurant. We didn't have lasagna for dinner, we had bread. I used to pay \$4 for a one pound loaf of ciabatta and now I am cranking it out myself hot from the oven. Mind you, I said I have been sloppy with my application of the method, but still great results. This will definitely be a staple in our house and a great gift, too. I can't wait to try other recipes from the book. In case you are wondering, I had been concerned that this was only good for thick hard-crustured rough bread, but cooking it the way I did, on the cast iron pan without preheating the oven gave me a thin crispy top crust and a dense chewy texture without gaping holes. I still have more experimenting to do with different breads, but for just the basic French boulle, this was worth it. I cant believe how easy it is. Read the first chapter free on the kindle edition. It really is just a matter of mixing a handful of ingredients in a big bowl and waiting and baking. I'm almost embarrassed to tell people how easy it is.

\*\*\*after a few weeks I still love this book. We eat fresh bread almost daily. The challah bread is my favorite so far, light and tender and beautiful. I don't care so much about a thick crunchy crust all the time so I'm happy there is more variety to the types of bread. I also like the ease of making pizza. I used to make my own dough but I could only knead two at a time in my machine so it wasn't always convenient. Now I can make four pizzas at a time just by mixing the dough two hours before I need it. You will want to buy a pizza stone, pizza peel and large plastic container with lid. They sell the Cambro containers at amazon which are a great volume, but I find the shape inconvenient in the fridge. If you don't halve the recipe you will need a lot of fridge space.

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# **ARTISAN BREAD IN FIVE MINUTES A DAY: THE DISCOVERY THAT REVOLUTIONIZES HOME BAKING BY JEFF HERTZBERG, ZOE FRANCOIS PDF**

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From Publishers Weekly

While the phrase artisan bread typically evokes images of labor-intensive sessions and top-notch ingredients, for authors Hertzberg and François it means five minutes. An intriguing concept—high-quality, fresh bread in less time than it takes to boil water. The authors' promises of no kneading, no starter, no proofing yeast and no need for a bread machine is based on the concept of mixed and risen high-moisture dough stored in the fridge for up to two weeks (dough is cut into pieces and popped in the oven for fresh loaves as desired). Note: for those tracking minutes, the five-minutes doesn't include the 20-minute resting time for dough or 30 minutes for baking. After concise, introductory chapters on ingredients, equipment, and tips and techniques, readers are presented with the master recipe, a free-form loaf of French boule that is the model for all breads in the book. Three main chapters—Peasant Loaves, Flatbreads and Pizzas and Enriched Breads and Pastries—are filled with tempting selections and focus on ethnic breads and pastries including Couronne from France; Limpa from Scandinavia; Ksara from Morocco; Broa from Portugal; and Chocolate-Raisin Babka from the Ukraine, but the basics (Oatmeal Bread, Bagels, White Bread) are all here, too. A smattering of companion recipes such as Tuscan White Bean Dip and Portuguese Fish Stew are peppered throughout. While experienced bakers and true gourmards will skip this one, those looking for an innovative approach to making bread just might find it in these recipes. (Nov.)

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About the Author

Jeff Hertzberg is a physician with 20 years of experience in health care as a practitioner, consultant, & faculty member at the University of Minnesota Medical School. He is also an ardent amateur baker. Hertzberg developed a love of great bread while growing up in New York City's ethnic patchwork of the 1960s and 70s, and he refined this love with extensive travel throughout France, Italy, Germany, Spain, Britain, and Morocco. He lives in Minneapolis, Minnesota, with his wife and two daughters.

Zoë François is a pastry chef and baker trained at the Culinary Institute of America. With Jeff Hertzberg, M.D., she is the author of *Healthy Bread in Five Minutes a Day*. Passionate about food that is real, healthy and always delicious, François teaches baking and pastry courses nationally, is a consultant to the food industry, and creates artful desserts and custom wedding cakes. She also writes the recipe blog *Zoë Bakes*. She lives in Minneapolis, Minnesota, with her husband and two sons.

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## 1 INTRODUCTION

### The Secret to Making Artisan Bread in Five Minutes a Day: Refrigerating Pre-Mixed Homemade Dough

Like most kids, my brother and I loved sweets, so dessert was our favorite time of day. We'd sit in the kitchen, devouring frosted supermarket doughnuts.

"Those are too sweet," my grandmother would say. "Me, I'd rather have a piece of good rye bread, with cheese on it."

Munch, munch, munch. Our mouths were full; we could not respond.

"It's better than cake," she'd say.

There's a certain solidarity among kids gorging on sweets, but secretly, I knew she was right. I could finish half a loaf of very fresh, very crisp rye bread by myself, with or without butter (unlike my grandmother, I considered cheese to be a distraction from perfect rye bread). The right stuff came from a little bakery on Horace Harding Boulevard in Queens. The shop itself was nondescript, but the breads were Eastern European masterpieces. The crust of the rye bread was crisp, thin, and caramelized brown. The interior crumb was moist and dense, chewy but never gummy, and bursting with tangy yeast, rye, and wheat flavors. It made great toast, too—and yes, it was better than cake.

The handmade bread was available all over New York City, and it wasn't a rarefied delicacy. Everyone knew what it was and took it for granted. It was not a stylish addition to affluent lifestyles; it was a simple comfort food brought here by modest immigrants.

I left New York in the late 1980s, and assumed that the corner bread shops would always be there, waiting for me, whenever I came back to visit. But I was wrong. As people lost interest in making a second stop after the supermarket just for bread, the shops gradually faded away. By 1990, the ubiquitous corner shops turning out great eastern, central, and southern European breads with crackling crusts were no longer so ubiquitous.

Great European breads, handmade by artisans, were still available, but they'd become part of the serious (and seriously expensive) food phenomenon that had swept the country. The bread bakery was no longer on every corner—now it was a destination. And nobody's grandmother would ever have paid six dollars for a loaf of bread.

I'd fly back to New York and wander the streets, bereft (well, not really). "My shop" on Horace Harding Boulevard had changed hands several times by 1990, and the bread, being made only once a day, was dry and didn't really have a lot of flavor. I even became convinced that we could get better bagels in Minneapolis—and from a chain store. Things were that grim.

So Zoë and I decided to do something about it. *Artisan Bread in Five Minutes a Day* is our attempt to help people re-create the great ethnic breads of years past, in their own homes, without investing serious time in the process. Using our straightforward, fast, and easy recipes, anyone will be able to create artisan bread and pastry at home with minimal equipment. Our first problem was: Who has time to make bread every day?

After years of experimentation, it turns out that we do, and with a method as fast as ours, you can, too. We solved the time problem and produced top-quality artisan loaves without a bread machine. We worked out the master recipes during busy years of career transition and starting families (our kids now delight in the

pleasures of home-baked bread). Our lightning-fast method lets us find the time to bake great bread every day. We developed this method to recapture the daily artisan bread experience without further crunching our limited time—and it works!

Traditional breads need a lot of attention, especially if you want to use a “starter” for that natural, tangy taste. Starters need to be cared for, with water and flour replenished from time to time. Dough needs to be kneaded until resilient, set to rise, punched down, allowed to rise again. There are boards and pans and utensils galore to be washed, some of which can’t go into the dishwasher. Very few busy people can go through this every day, if ever. Even if your friends are all food fanatics, when was the last time you had homemade bread at a dinner party?

What about bread machines? The machines solve the time problem and turn out uniformly decent loaves, but unfortunately, the crust is soft and dull-flavored, and without tangy flavor in the crumb (unless you use and maintain time-consuming sourdough starter).

So we went to work. Over years, we found how to subtract the various steps that make the classic technique so time-consuming, and identified a few that couldn’t be omitted.

And then, Zoë worked some pastry-chef magic: She figured out that we could use stored dough for desserts as well as for bread, applying the same ideas to sweet breads, rolls, and morning breads. It all came down to one fortuitous discovery:

Pre-mixed, pre-risen, high-moisture dough keeps well in the refrigerator.

This is the linchpin of *Artisan Bread in Five Minutes a Day*. By pre-mixing high-moisture dough (without kneading) and then storing it, daily bread baking becomes an easy activity; the only steps you do every day are shaping and baking. Other books have considered refrigerating dough, but only for a few days. Still others have omitted the kneading step, but none has tested the capacity of wet dough to be long-lived in your refrigerator. As our high-moisture dough ages, it takes on sourdough notes, reminiscent of the great European natural starters. When dough is mixed with adequate water (this dough is wetter than most you may have worked with), it can be stored in the refrigerator for up to two weeks (enriched or heavy doughs can’t go that long but can be frozen instead). And kneading this kind of dough adds little to the overall product; you just don’t have to do it. In fact, overhandling stored dough can limit the volume and rise that you get with our method. That, in a nutshell, is how you make artisan breads with the investment of only five minutes a day of active effort.

A one-or two-week supply of dough is made in advance and stored in the refrigerator. Measuring and mixing the dough takes less than 15 minutes. Kneading, as we’ve said, is not necessary. Every day cut off a hunk of dough from the storage container and briefly shape it without kneading. Allow it to rest briefly on the counter and then toss it in the oven. We don’t count the rest time (20 minutes or more depending on the recipe) or baking time (usually about 30 minutes) in our five-minute-a-day calculation since you can be doing something else while that’s happening. If you bake after dinner, the bread will stay fresh for use the next day (higher-moisture breads stay fresh longer), but the method is so convenient that you probably will find you can cut off some dough and bake a loaf every morning, before your day starts. If you want to have one thing you do every day that is simply perfect, this is it!

Wetter is better: The wetter dough, as you’ll see, is fairly slack, and offers less resistance to yeast’s expanding carbon dioxide bubbles. So, despite not being replenished with fresh flour and water like a proper sourdough starter, there is still adequate rise on the counter and in the oven.

Using high-moisture, pre-mixed, pre-risen dough makes most of the difficult, time-consuming, and



demanding steps in traditional bread baking completely superfluous:

1. You don't need to make fresh dough every day to have fresh bread every day: Stored dough makes wonderful fresh loaves. Only the shaping and baking steps are done daily, the rest has been done in advance.
2. You don't need a "sponge" or "starter": Traditional sourdough recipes require that you keep flour-water mixtures bubbling along in your refrigerator, with careful attention and replenishment. By storing the dough over two weeks, a subtle sourdough character gradually develops in our breads without needing to maintain sponges or starters in the refrigerator. With our dough-storage approach, your first loaf is not exactly the same as the last. It will become more complex in flavor as the dough ages.
3. It doesn't matter how you mix the dry and wet ingredients together: So long as the mixture is uniform, without any dry lumps of flour, it makes no difference whether you use a spoon, a high-capacity food processor, or a heavy-duty stand mixer. Choose based on your own convenience.

What We Don't Have to Do: Steps from Traditional Artisan Baking That We Omitted

1. Mix a new batch of dough every time we want to make bread
2. "Proof" yeast
3. Knead dough
4. Cover formed loaves
5. Rest and rise the loaves in a draft-free location—it doesn't matter!
6. Fuss over doubling or tripling of dough volume
7. Punch down and re-rise
8. Poke rising loaves to be sure they've "proofed" by leaving indentations

Now you know why it only takes 5 minutes a day, not including resting and baking time.

4. You don't need to "proof" yeast: Traditional recipes specify that yeast be dissolved in water (often with a little sugar) and allowed to sit for five minutes to prove that bubbles can form and the yeast is alive. But modern yeast simply doesn't fail if used before its expiration date and the baker remembers to use lukewarm, not hot water. The high-water content in our doughs further ensures that the yeast will fully hydrate and activate without a proofing step. Further storage gives it plenty of time to fully ferment the dough—our approach doesn't need the head start.
5. It isn't kneaded: The dough can be mixed and stored in the same resealable plastic container. No wooden board is required. There should be only one vessel to wash, plus a spoon (or a mixer). You'll never tell the difference between breads made with kneaded and unkneaded high-moisture dough, s...

Well, book *Artisan Bread In Five Minutes A Day: The Discovery That Revolutionizes Home Baking* By Jeff Hertzberg, Zoe Francois will make you closer to just what you want. This *Artisan Bread In Five Minutes A Day: The Discovery That Revolutionizes Home Baking* By Jeff Hertzberg, Zoe Francois will be always excellent friend any kind of time. You could not forcedly to constantly finish over reviewing a publication simply put time. It will be just when you have downtime and spending couple of time to make you really feel

enjoyment with what you read. So, you could get the definition of the notification from each sentence in the book.