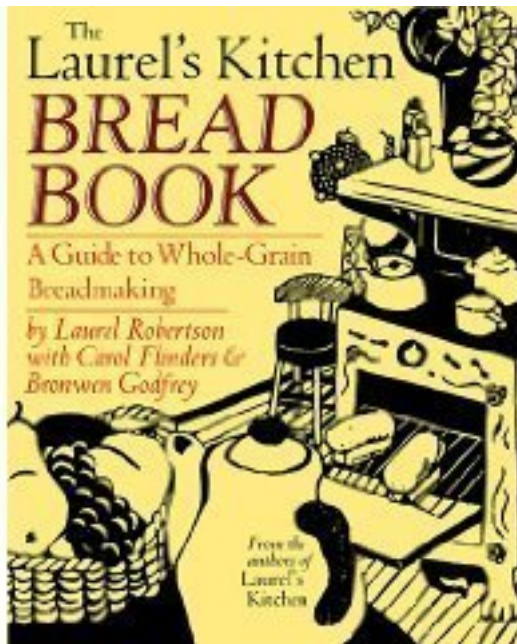


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**Laurel Robertson**

**The Laurel's Kitchen Bread Book: A Guide to Whole-Grain  
Breadmaking**



Title: The Laurel's Kitchen Bread Book: A Guide to Whole-Grain Breadmaking

Author: Laurel Robertson

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## Description

The original, classic cookbook devoted to baking honest, delectable and nutritious whole grain breads. In a special section, the author has compiled a comprehensive and meticulous breadmaking "handbook".

## Insightful reviews

Colleenish: This was a random book that my mom had. It's apparently one of the very very first vegetarian cookbooks. But it was also a lot more. It was a long book so it talked about health, the role of food, vegetarianism, nutrition, and homemaking. I will not be giving up meat or eating soybeans any time soon, but this book did inspire a lot of thought about food and nurturing. I'll leave you with a final caution: reading about food, even diets, makes me so hungry that I raid the kitchen.

Deborah Byfield Nyberg: My family bought me this book for Christmas in 2005. It is well used! I learned to make proper bread as a result of reading this book. I went all the way and bought my own grain mill (which I still have) which has also been well used. It's not just a bread book, it's a book about life's lessons too. There are certain things that you take slow, do with extra care and focus on the enjoyment of the process - bread baking is one of them and this book explains very nicely how to thoroughly enjoy and master the process.

Tripleguess: This is a great book to start the beginner off in baking whole wheat bread.

It's important to read the first chapter or two, where the author gives definitions for terms that will be used throughout the book ("warm" = so many degrees F, "very warm" means about 90d Fahrenheit, etc). Otherwise you may flip to a recipe and say "What the heck? How do I know how warm the 'warm place' for letting the bread rise ought to be?"

My favorite recipe is the overnight started sponge bread. I mill wheat the night before, start the sponge, then knead in the rest of the ingredients in the morning and let it rise at room temperature (about 70 degrees F). So I don't have to make any special heating arrangements, I can work on other projects between pressing the bread down and putting it in the oven, and the bread is done in time for a late dinner or for breakfast the next day depending on when I staggered out of my room that morning.

I haven't tried nearly all the recipes, but the most valuable part of this book for me has been the techniques it taught. I tried to make whole wheat bread before I knew about this book but had no idea what I was doing, so I worked very hard only to get bricks and puddles. Then... I stumbled across this book on a library shelf, and the rest is history. Highly recommended.

The date read is a guess, by the way. ^^; I've had the book for several years now.

Jennifer: This e-book is so inspiring! I even did a blogpost on it:  
<http://mavenhood.blogspot.com/2010/03...> I am excited to begin testing the recipes. this can be

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a cookbook you could rather read.

Lisa: Wonderful... I realized quite a bit approximately what i used to be doing mistaken and the way to mend it. I nonetheless confer with it for that sometimes. Plus, it has got a few terrific recipes for rye bread, muffins, and scrumptious bagels. Tells you what the aspect do, too, so that you can come to a decision if you would like them. (We pass over the non-didastic malt within the bagels and simply upload a bit sugar.)

Jennifer Miera: Yesterday, I baked my first loaves from this publication with my 12 months previous son. They became out beautifully, aside from a marginally tricky crust, which was once truly softer at the present time after the loaf had rested. i like the element in experiencing the dough and the whys and hows of bread making. I had by no means relatively paid an excessive amount of consciousness to the kneading times, for instance, yet i may really see that the dough superior with a bit additional kneading time (20 mins for two loaves). i'll be attempting different recipes from this booklet and desire to be baking as soon as per week from now on.

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