



## Healthy Baking: Nourishing breads, wholesome cakes, ancient grains and bubbling ferments (Hardback)

By Jordan Bourke

Orion Publishing Co, United Kingdom, 2018. Hardback.  
Condition: New. Language: English . Brand New Book. FROM THE AUTHOR OF OUR KOREAN KITCHEN, WINNER OF THE OBSERVER FOOD MONTHLY'S BEST NEW COOKBOOK AWARD 2016, AND FORTNUM MASON'S COOKERY BOOK AWARD 2016In this beautiful full-colour cookbook, award-winning author Jordan Bourke shows you how simple it is to make nourishing breads; savoury tarts and bakes; and indulgent yet wholesome sweet treats. Reclaiming healthy for what it really means - nutritious, balanced food made from natural ingredients - these are recipes to bring joy and flavour back into your baking and beyond. Alongside sumptuous regular bakes - such as the perfect Sourdough bread, Caramelised Onion, Sweet Potato and Rye Tart, and Italian Strawberry and Chocolate Chunk Cake - Jordan also gives ancient grains and pickles a western update, revealing how easy it is to make abundant salads, bubbling ferments, seasonal preserves and more. Healthy Baking provides over 100 nourishing and mouth-watering ways to revive and reinvent cooking at home. Using alternatives to refined sugar and featuring lots of options to make recipes gluten- and dairy-free, you'll quickly discover how ferments and grains can invigorate your cooking - from cultivating the perfect sourdough starter...

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