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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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