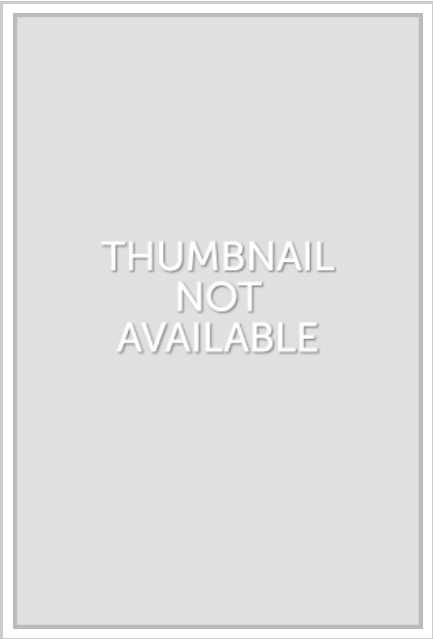


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Artisan Bread in Five Minutes a Day: A Complete Guide in Making Easy and Delicious Sourdough Bread (Artisan Bread Recipes, No Knead Artisan Bread) (Paperback)

By Annie Ramsey

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Sourdough bread (also known as artisan bread) is made by a long fermentation process of dough that uses naturally occurring or wild yeasts and Lactobacilli. Recent studies have shown that sourdough fermentation can also encourage digestive healing in people with Celiac disease when eaten as part of a Gluten-Free diet. For several years researchers have been experimenting with sourdough as a way to make bread made with wheat safe for people with Celiac disease. To make Sourdough goods baked with wheat flour safe for Celiac s, Candida Sufferers and anyone following a Gluten-Free diet, all of the flour used in a recipe must ferment with the Sourdough Starter for at least 7 hours. It is this process that kills or renders the gluten harmless. Most store-bought Sourdough breads are not baked using this method nor a traditional starter and thus, despite being Sourdough, are not safely gluten-free. Artisan bread uses shorter proofing times (it s ready to bake in 2-1/2 hours) and was designed to be baked in both the Dutch oven and traditional bake ware (bread pan,...

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