

Download Bread Matters The State Of Modern Bread And A Definitive Guide To Baking Your Own

Andrew Whitley, organic baker and founder of The Village Bakery, reveals the deplorable state into which modern supermarket bread has fallen, and the secrets behind making good, nutritious bread at home. In Bread Matters, Andrew Whitley, professional organic baker, founder of Bread Matters, and cofounder of the Real Bread Campaign, exposes the terrible state of modern commercial bread and shares his recipes for making great, nutritious bread at home. The best book I've read on the principles of bread baking, with the author's decades of experience coming through clearly. Contains my go-to starter recipe and cuts through a lot of old wives tales about bread. Andrew Whitley, organic baker and founder of The Village Bakery, reveals the deplorable state into which modern supermarket bread has fallen, and the secrets behind making good, nutritious bread at home. All is not well in British baking. Commercial bread is laced with additives to make it look good