

Do you live outside of Germany and miss the diversity of German bread? Do you want to bake bread and bread rolls almost like a professional German baker, preferably with just a few ingredients and simple recipes? Are you unsure whether wheat and bread are good for you and your family's health? Then this is YOUR book. As a cereal scientist, medical director of paediatric gastroenterology and linguist, we want to clarify that only very few people really have to give up wheat and its delicious products for medical reasons. For everyone else, cereals are part of a healthy, sustainable and tasty diet. By the way, despite the agricultural and food industry being frowned upon, our food is cleaner than ever before. We should evidently eat more wholegrain products, and this is actually possible in a relaxed and undogmatic way. In addition to detailed information on the grains and seeds commonly used in German bread, we show you a few but crucial tricks and share advice on how to bake bread and rolls almost like a German baker. All 35 recipes are small to large variations of a single basic recipe, which is based on flour, water, yeast and salt. You will learn how easy baking with yeast or sourdough can be and how you can make amazingly light bread with lots of nutrients, right up to the high-fiber XXL version. The book is rounded off with current insights into agriculture and plant breeding.

HOME-MADE – MASTERING THE ART OF GERMAN BREAD BAKING

Friedrich Longin • Charlotts Grill • Axel Enninger

HOME-MADE

MASTERING THE ART OF GERMAN BREAD BAKING



Friedrich Longin

Charlotte Grill

Axel Enninger

