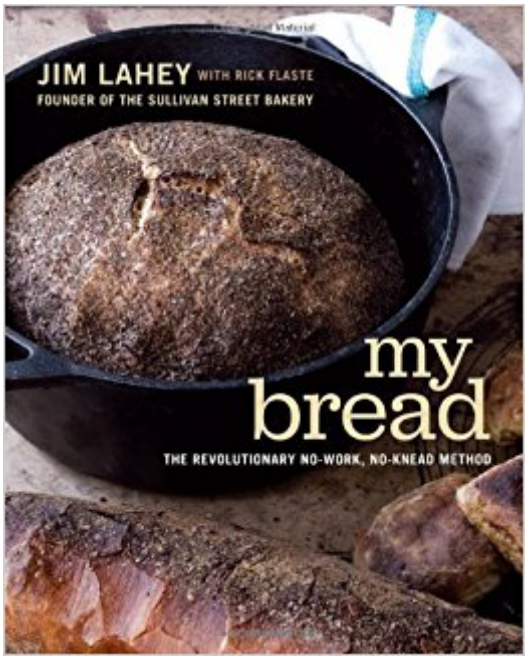
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My Bread: The Revolutionary No-Work, No-Knead Method



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Synopsis

LaheyÃ¢â ¬â„¢s Ã¢â ¬Å“breathtaking, miraculous, no-work, no-knead breadÃ¢â ¬Â• (Vogue) has revolutionized the food world. When he wrote about Jim LaheyÃ¢â ¬â„¢s bread in the New York Times, Mark BittmanÃ¢â ¬â„¢s excitement was palpable: Ã¢â ¬Å“The loaf is incredible, a fine-bakery quality, European-style boule that is produced more easily than by any other technique IÃ¢â ¬â„¢ve used, and it will blow your mind.Ã¢â ¬Â• Here, thanks to Jim Lahey, New YorkÃ¢â ¬â„¢s premier baker, is a way to make bread at home that doesnÃ¢â ¬â„¢t rely on a fancy bread machine or complicated kneading techniques. The secret to Jim LaheyÃ¢â ¬â„¢s bread is slow-rise fermentation. As Jim shows in My Bread, with step-by-step instructions followed by step-by-step pictures, the amount of labor you put in amounts to 5 minutes: mix water, flour, yeast, and salt, and then let time work its magicÃ¢â ¬â ¢no kneading necessary. The process couldnÃ¢â ¬â„¢t be more simple, or the results more inspiring. HereÃ¢â ¬â ¢finallyÃ¢â ¬â ¢Jim Lahey gives us a cookbook that enables us to fit quality bread into our lives at home. color photos throughout

Book Information

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Customer Reviews

Starred Review. The founder of New York's Sullivan Street Bakery, Lahey started a revolution in 2006 with his no-knead dough technique, in which flour, yeast, salt and water are mixed together quickly, left alone for 12 hours, then baked in a Dutch oven. The baking-averse found themselves suddenly capable of bread-making with a minimum of skill and fuss, opening a world of possibilities. In this wonderful compilation, Lahey elaborates on that method, explaining not only the science

behind his approach but, through liberal use of photos, the technique as well. Once readers have mastered his basic dough (which won't take long), they're on their way to crafting homemade pizza, ciabatta, foccacia and rye as well as more playful variations such as peanut butter and jelly bread. While waiting for dough to rise, readers can pick from suggested sandwiches, such as Lahey's Cuban, made with Citrus Roast Porkand homemade pickles. Lahey's passion for bread-making and feeding people carries the book; his plainspoken advice and patient tutelage provide novices with a sure, steady hand to hold; and his methods will surely be adopted by chefs and bakers of all stripes.

Ã¢â ¬Å“Mr. Lahey's method is creative and smart.... What makes Mr. Lahey's process revolutionary is the resulting combination of great crumb, lightness, incredible flavorÃ¢â ¬â ¢long fermentation gives you thatÃ¢â ¬â ¢and an enviable, crackling crust, the feature of bread that most frequently separates amateurs from the pros.... With just a little patience, you will be rewarded with the best no-work bread you have ever made.Ã¢â ¬Â• - Mark Bittman, New York TimesÃ¢â ¬Å“Jim Lahey's My Bread expands on his no-knead, bread-in-a-pot method, a revolutionary development that allows even once-hopeless bakers like me to produce wonderful loaves of thick-crusted goodness. In the professional arena, Jim is the acknowledged master of bread, dough, and crust. Chefs, foodies, and food nerds flock to his bakery and to his pizza joint. He is to bread what the Dalai Lama is to Buddhism.Ã¢â ¬Â• - Anthony BourdainÃ¢â ¬Å“Rustic. Simple. Italian. Divine. I was hooked on Jim's bread from the very first taste of my first Sullivan Street loaf. He is truly the zen-master of bread baking.Ã¢â ¬Â• - Mario BataliÃ¢â ¬Å“The secret to making a foolproof, nearly labor-free loaf that tastes as delicious as anything from a baker..... [Lahey] is the most intuitive bread baker I have ever met.Ã¢â ¬Â• - Jeffrey Steingarten, VogueÃ¢â ¬Å“Jim Lahey... opened the Sullivan St Bakery in 1994 selling breads that no one in the city had made before.... Sullivan St became the name to look and ask for, and... became... the place to go for the incredibly airy, oil-brushed, lightly salted pizza Bianca, which is even better than that of the bakery in Rome's Campo de' Fiori.Ã¢â ¬Â• - Corby Kummer, The AtlanticÃ¢â ¬Å“It's bread above all that [Lahey] knows and loves.... The man can do wonders with flour and water, massaged or not.... He can do fluffy, crunchy, supple, dense. He can do pizza BiancaÃ¢â ¬â ¢man, oh man, can he do pizza BiancaÃ¢â ¬â ¢those salty squares of almost entirely naked crust.Ã¢â ¬Â• - Frank Bruni, New York Times

This beats those Artisan Bread in 5 Minutes methods all to heck. I bought a 5 qt. Lodge preseasoned cast-iron Dutch Oven with lid, use my ole' rubber dough scraper, a cookie sheet, a

rubber spatula, bread flour or a mix of sprouted organic whole wheat, sprouted organic spelt flour, and SAF yeast, along with bread salt (w/minerals) I bought from King Arthur. My first loaf turned out super delicious! and with the wonderful crumb and browned chewy crisp crust Mr. Lahey described in his book. This is the coolest way to make homemade, superior quality bread EVER! I've been using a bread machine for years, using Beth Hensperger's "The Bread Lover's Bread Machine Cookbook", which has excellent information about all the ingredients you might use, different bread machines, and great recipes, but "My Bread..." is so easy, so simple, so not labor intensive - it gives me the opportunity to make really wonderful breads with the feeling of being maybe a bit off-grid in a simple way. I had tried and given up making homemade breads decades ago - after all the work, the loaves never seemed to come out right and I was frustrated and full of bread making shame about it (yes, I was shamed by the homemade bread people). I switched to a machine several years ago - also shameful according to artisan bread zealots. I invested in the artisan bread making thing - the equipment, the refrigerator space, misting the bread, yada yada yada. Still never turned out great bread, another hope dashed on the rocks. I was overjoyed when this book popped up in my suggestions list on !! Not only is Mr. Lahey able to write with humility and kindness, he's encouraging!! His personal story as the intro is inspiring.I've baked the basic starter recipe, using a scale to weigh my flour as suggested (I'd bought one years ago and never used it). I bought a 5 qt.glass Pyrex bowl, the cast iron dutch oven, and that was my investment. I had flour and yeast already. Flour, salt, yeast, cool water. I turn my oven on about 400* for a warm surface (I have my thermostat set on 68*, so is a bit cool for the 12-18 hour first rise) till the preheat buzzer goes off. I put saran wrap over my mixed bowl of ingredients, put it on top of my stovetop, and go off to bed or out for the day. I usually give it the 18 hours to rise because I've got a lot to do. The dough rises, is bubbly. I scrape the bowl onto a floured cookie sheet (makes cleanup a breeze), use my spatula or hands to fold the edges up and make a circle, dust a clean old cotton dish towel with flour, gently lift the dough and plop it onto the towel, dust the top with some cornmeal, fold the towel over the dough and put it back on the warm stove top to rise for about 2 hours. After the given time, a half hour before ready to bake, I heat the over to 425* and put my cast iron pan in the oven to get hot. The cast iron is heavy, but I read some iffy reviews on the Emile Henry baker preferred by Jim, and cast iron lasts forever. When it's time, I carefully put the dough into the hot Dutch oven, put the hot lid on top, and slide this into the oven to bake. So easy! My husband came over for dinner the other night, and raved about the quality of this bread. I'm prepping a loaf of the olive bread today - it rose better than my first loaf due to the learning curve about the needed warmth - and I can tell it's going to taste amazing.It may sound like hype, but this way of making bread truly is revolutionary, and for the

bread-challenged people like me, we finally have a method to make absolutely kudo-worthy Italian art bread, pizza, etc. The pictures are terrific, the book is well-written, and best of all, living in Philly now, I can make the drive to NYC and visit The Seventh Street Bakery in person to say thanks to Jim Lahey for writing such a rich, gentle, fierce book on the art of baking bread.

I prefer bread books written by practicing bakers. I find that they usually reflect author's approach to bread-baking, his philosophy, and in my opinion such books are more complete and entertaining than the ones written by professional food writers, although there are some notable exception. So from that point of view a book by Jim Lahey, owner and founder of New York Sullivan Street Bakery is an obvious choice. There is another reason altogether though - arguably it was Mr. Lahey's recipe for no-knead-bread and publication by Mark Bittman in NY Times that started the resurgence of amateur bread baking. It was his recipe that transformed me from occasional to everyday baker. Therefore for me buying this book was a no brainer.My first impression is very positive (I don't expect it to change). The book is printed in convenient 10x8" format on a high-quality glossy paper. Most but not all recipes are accompanied by photos, which make the process very clear. The recipes are given in cups and in metric units, a good thing in my opinion, but if you're used to ounces, you're a bit out luck, although quite a few recipes start with 280 g. of flour which is pretty much 10 oz. The layout is very clear, typeface makes it easy to read, there are no gaudy colors, and every recipe can be found in the table of contents.There are six chapters. First comes highly personal, rather entertaining and mercifully short explanation of how Mr. Lahey became a baker and what bread represents to him. Second chapter is theory, it explains what the ingredients are, and how the process works. Third chapter is where the recipes begin, there's no-knead-bread itself and about dozen of breads based on it as well as some breads based on liquids other than water. Fourth chapter is pizza and focaccia. Brace yourself, you won't find much tomato sauce there and even less cheese. Fifth chapter is called "The Art of the Sandwich" and describes about a score of paninis and gives recipes for most ingredients that go into them - roasts, spreads, marinated vegetables, dressings, they are all there. The last chapter deals with the things you can do with the stale bread.Sadly there're no sourdough recipes, and many Sullivan Street Bakery staple breads are not in the book, but then again it is not called "Sullivan Street Bakery Bread Book", so I can't fault the author for not including them, no matter how much I'd like them to be there.So all in all it's an excellent book and highly recommend it. Seasoned baker or beginner, no matter, you will find something there that will make it worth the purchase. And mark my word, in a couple of months everyone and his uncle will have blogged about stecca.

I really like this book. I checked it out from the library first to see for myself whether I should buy it. I found his no-knead recipes easy to follow and really appreciate each recipe having the measurements given in both volume and weight (best way to cook in my opinion). After several successful results, I found myself returning to this book a lot and so decided that I should buy it. The instructions come with very helpful and well made photos to guide you through the process. For those interested in buying, most of the recipes in this book call for the use of a dutch oven. I know this might be inconvenient for those who don't yet own one, but I found it a very worthwhile investment in making these recipes (as well as cooking other things). In addition to the bread recipes, there is a final chapter on the art of sandwich making. I found this chapter an exceptional treat. I love that there is a list of ingredients for the sandwich and then recipes on how to make each of those ingredients from scratch! So you get to use the fresh bread you just made along with your other homemade condiments. I found this fantastic and made me realize his understanding of clean flavors and the result of healthy and fresh made ingredients. These turned out so good I wish he had a full cookbook dedicated to making sauces, condiments and other food from scratch.

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