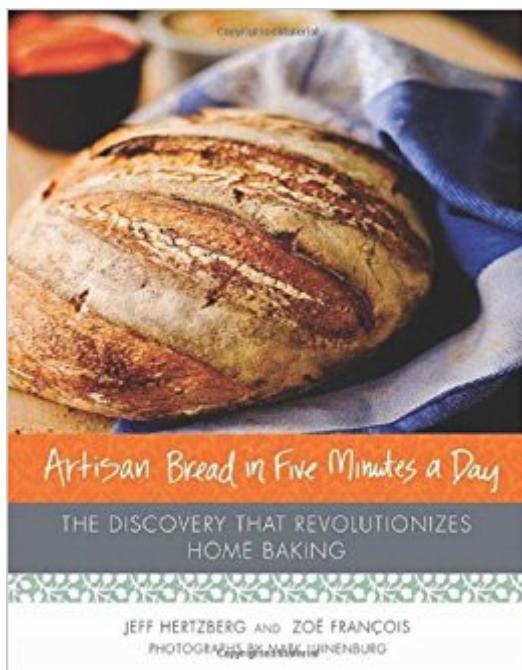


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# Artisan Bread In Five Minutes A Day: The Discovery That Revolutionizes Home Baking



## Synopsis

For 30+ brand-new recipes and expanded 'Tips and Techniques', check out The New Artisan Bread in Five Minutes a Day, on sale now. This is the classic that started it all " Artisan Bread in Five Minutes a Day has now sold hundreds of thousands of copies. With more than half a million copies of their books in print, Jeff Hertzberg and Zoë Françaois have proven that people want to bake their own bread, so long as they can do it easily and quickly. Crusty baguettes, mouth-watering pizzas, hearty sandwich loaves, and even buttery pastries can easily become part of your own personal menu, Artisan Bread in Five Minutes a Day will teach you everything you need to know, opening the eyes of any potential baker.

## Book Information

Hardcover: 242 pages

Publisher: Thomas Dunne Books; 1st edition (November 13, 2007)

Language: English

ISBN-10: 0312362919

ISBN-13: 978-0312362911

Product Dimensions: 7.8 x 1 x 9.3 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 1,695 customer reviews

Best Sellers Rank: #30,508 in Books (See Top 100 in Books) #42 in Books > Cookbooks, Food & Wine > Baking > Bread

## Customer Reviews

While the phrase artisan bread typically evokes images of labor-intensive sessions and top-notch ingredients, for authors Hertzberg and Françaois it means five minutes. An intriguing concept "high-quality, fresh bread in less time than it takes to boil water. The authors' promises of no kneading, no starter, no proofing yeast and no need for a bread machine is based on the concept of mixed and risen high-moisture dough stored in the fridge for up to two weeks (dough is cut into pieces and popped in the oven for fresh loaves as desired). Note: for those tracking minutes, the five-minutes doesn't include the 20-minute resting time for dough or 30 minutes for baking. After concise, introductory chapters on ingredients, equipment, and tips and techniques, readers are presented with the master recipe, a free-form loaf of French boule that is the model for all breads in the book. Three main chapters "Peasant Loaves, Flatbreads and Pizzas and Enriched Breads and Pastries" are filled with tempting selections and focus on ethnic breads and pastries

including Couronne from France; Limpa from Scandinavia; Ksara from Morocco; Broa from Portugal; and Chocolate-Raisin Babka from the Ukraine, but the basics (Oatmeal Bread, Bagels, White Bread) are all here, too. A smattering of companion recipes such as Tuscan White Bean Dip and Portuguese Fish Stew are peppered throughout. While experienced bakers and true gourmands will skip this one, those looking for an innovative approach to making bread just might find it in these recipes. (Nov.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Jeff Hertzberg is a physician with 20 years of experience in health care as a practitioner, consultant, & faculty member at the University of Minnesota Medical School. He is also an ardent amateur baker. Hertzberg developed a love of great bread while growing up in New York City's ethnic patchwork of the 1960s and 70s, and he refined this love with extensive travel throughout France, Italy, Germany, Spain, Britain, and Morocco. He lives in Minneapolis, Minnesota, with his wife and two daughters. Zoë Françoise is a pastry chef and baker trained at the Culinary Institute of America. With Jeff Hertzberg, M.D., she is the author of *Healthy Bread in Five Minutes a Day*. Passionate about food that is real, healthy and always delicious, Françoise teaches baking and pastry courses nationally, is a consultant to the food industry, and creates artful desserts and custom wedding cakes. She also writes the recipe blog *Zoë Bakes*. She lives in Minneapolis, Minnesota, with her husband and two sons.

I have now owned this book for several months, and it is easily the most used of all my many cookbooks. We are "clean" eaters and if we eat it, I make it from scratch, and that means I spend a lot of time in the kitchen. This book truly minimizes that time. I've read many of the other reviews with all their "fixes and ideas" to make the bread better. My advice is to bake the bread as the recipes are written. The recipes are outstanding and are written, I believe, to make bread baking simple and easy. The whole idea is to un-complicate the whole process. I have baked the master recipe many, many times with very consistent results. I bake several loaves a week as my family gobble it up almost as fast as I can bake it. The olive oil pizza dough is a weekly favorite, as is the buttermilk loaf. The buttermilk dough makes perfect sandwich bread. I mix the dough, then divide it into 2 loaf pans, after the 2 hour rise I bake both loaves. I put 1 in the refrigerator for a couple of days, until the other loaf is gone. I have also made the brioche, French baguette, and most recently, bagels. All simple, easy and delicious, and all repeatedly requested by my family.

I was a little skeptic about their promise of 5 minutes a day, but it works a charm. Now the only discussion here in the house is if we need fresh bread from the bread machine (preferred by the children because slightly softer in the crust) or if we want from this book (preferred from the adults) - often it is both.... I bough both a bread machine (LOVE IT) and this one at the same time. Started using the master recipe, big success, then after a couple of weeks moved on to the whole grain and rye, and honestly - my normally "white-bread-only" French husband is eating both whole grain and rye..... what else can I say - LOVE IT. Never had any of the breads turn out bad, I don't use a baking stone and pizza pell, I place a baking tray in the oven and let it warm up and then let the bread raise on a piece of baking paper and transfers it on the paper - works as a charm!!! no need for extra costs. Only thing though - the bread raises a lot, so be sure that your containers are big enough so the dough doesn't spill all over. I find that after 4-5 days, the bread do become a little denser, but we like it like that as well, so not a problem. But if you like the fluffy bread, then use the dough in less than 5 days. But again, LOVE THE BOOK AND THE PRINCIPLE.

I live alone and hadn't baked bread since my children were young. I also seldom buy the good stuff from a bakery because it goes stale so quickly when only one person is around to eat it. This book has turned me back into both a baker and an eater. First, saying it takes five minutes is an exaggeration. Preparing the dough for four loaves may take ten minutes - with the master recipe now memorized I probably have it down to seven. Baking a loaf requires four minutes of active participation - I've clocked it. It takes about 90 seconds to flour the peel and shape the loaf and another 30 seconds after the bread rests to stick the baking stone in the oven and turn it on. The most time consuming part of the whole operation, once the oven is preheated, is shaking the loaf free of the peel and onto the baking stone. I often start the process in the morning while my coffee is brewing and have a hot loaf by the time I am ready for breakfast. The less basic breads (I love sumac so the Za'atar Flatbread is my choice) make great hostess gifts or something to take over to a nice neighbor 'just because.' I have made three of the basic breads in the book so have a lot more to try, but there is always a batch of the master recipe waiting in the fridge.

This book has been in my wish list forever. I normally just bake bread in a bread machine using pre packaged ingredients but wanted to expand. I am a total novice baker but a decent cook overall. I read the book, every word, until the main recipe. I did the dough late in the day and was obviously not paying attention because I thought the recipe said for a 1lb loaf. Well, I wanted a 2lb loaf so I doubled the ingredients. It was not until I had 6 cups of water and put my first cup of flour in the bowl

that I woke up. Wait.. 6 cups of water and 13 cups of flour for a 2lb loaf :) I reread and saw that the main recipe is for 4x 1lb loaves. No problem, I continued. When I had 13 cups of flour, I just could not imagine the work it was going to take to mix this lot without a mixer. I was expecting a disaster. I started with a spoon but that was not enough on it's own so in went my hands. I was surprised that after just 5 minutes the mixing was done. I started off putting the whole lot into a 14 cup container which ended up being about 3/4 full. Then I decided to split 2x 2lb's of dough into different containers which both ended up being about half full. I set aside all 3 containers and went to watch tv. I went back in an hour and was surprised to see the dough in the 2 smaller containers had lifted off the lids. Thinking that was going to be all, I went back to tv. Came back an hour later to find dough all over the counter. It was pretty funny. I transferred the dough to bigger containers and marveled at how it stuck well together and easily came off the counter. It looked pretty good. I transferred it all into the refrigerator for the next 20 hours. From reading their website, it seems that you can reduce the amount of yeast if you do not intend to use the dough immediately. Since I was not intending to bake for 20 hours, I could probably have used only 2tbls of yeast instead of 3. When it came to baking, I was surprised how wet and sticky the dough was. The 'experts' make this look so easy to take and shape the dough. The 'secret' as I discovered on their website is to use lots of flour on the surface and your hands. Just do not knead or roll the flour into the dough. It was way to sticky to shove into the oven, so I picked it up and put it onto the hot baking stone. The bread baked great. The crust was almost rock hard and I thought it had all gone wrong. I broke into the crust because it was my first loaf and I wanted to know if the inside was done. The book describes how the crust will soften over the next 30 minutes as it cooks and moisture is drawn from the inside to the crust. The end result? the crust was crispy, the bread was amazing and it did not last long. I did not need a mixer but I certainly see the benefit of having a proper 6qt food container. Use more flour when handling the wet dough. After taking out of the oven, wait 30 minutes before breaking the crust. Great book and once I have the baking part perfected, I can totally see the whole 5-minutes a day part because the effort in cutting out dough, shaping and putting in the oven is approx 5 mins. I suggest visiting their website, they have lots more information, lots of questions answered, respond to many comments and have many more recipes and video's.

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