



THE ART *of*  
**BAKING**  
*with*  
NATURAL YEAST

BREADS, PANCAKES, WAFFLES, CINNAMON ROLLS & MUFFINS

CALEB WARNOCK & MELISSA RICHARDSON



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A BREAD GEEK IS BORN.....X

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## WHEAT FLOUR BENEFITS



**HERE ARE A FEW REASONS** to stick with whole wheat flour:

1. Refined flour, which has had nearly all its fiber removed and thus requires little chewing, has led to an increase in gum disease, according to many experts.
2. The refining process takes away half of wheat's natural B vitamins.
3. It removes 90 percent of vitamin E.
4. Without the natural fiber that would have slowed digestion, starch is more easily digested by the body, leading to rapid jumps in glucose and insulin levels. Once inside the body, starch is metabolized like sugar. "Not only does this quick rise and fall trigger overeating through a sense of hunger, eventually a diet based on refined carbohydrates leads to greater risk for obesity, diabetes, and heart disease," according to Harvard Public Health Review 2000.

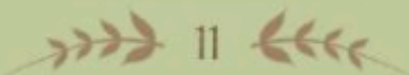
Healthy eating means whole grains. Harvard University studies, among others, show startling benefits, which we will paraphrase here:



1. Eating whole grains substantially lowers total cholesterol, bad cholesterol, triglycerides, and insulin levels.
2. Women who ate 2 to 3 daily servings of whole grains were 30 percent less likely to have a heart attack or die from heart disease than women who ate less than 1 serving per week.
3. Heart attack, stroke, or heart bypass surgery was 21 percent less likely in people who ate 2.5 or more servings of whole grains a day.
4. An eighteen-year study of 160,000 women showed that those who averaged 2 to 3 servings of whole grains a day were 30 percent less likely to have developed type 2 diabetes than those who rarely ate whole grains.
5. Women who had 2 or more servings of whole grains a day were 30 percent less likely to have died from inflammation-related conditions.

How do whole grains do all this? The answer is clear-cut, according to Harvard research:

1. Fiber slows the breakdown of starches into glucose.
2. Soluble fiber lowers cholesterol.
3. Insoluble fiber helps digestion.
4. Fiber may "help prevent the formation of small blood clots that can trigger heart attacks or strokes."
5. Antioxidants may prevent cholesterol-clogged arteries.
6. Plant estrogens in whole grains may protect against some cancers, along with magnesium, selenium, copper, and manganese, which are found naturally in whole grains. Heart disease and diabetes may also be prevented by these minerals.



## ANATOMY OF A STARTER



**AS WE MENTIONED EARLIER,** once you have learned to maintain a natural yeast start in your own home, you will never have to buy commercial yeast again. You can multiply your yeast and give it away to friends and family. You can freeze it, dry it, keep it in the fridge, or on the counter. Nothing could be simpler.

In the following chapter we'll go over how to get or make your own starter, but for now let's learn the basics. Natural yeast starter is a wet doughy mix, not a powder. It is often stored in glass canning jars. In a starter, flour and water form the "apartment complex"

that houses an entire ecosystem of beneficial organisms. This ecosystem is made up of two primary organisms: lactobacilli and wild yeasts. Both need food, water, air, and shelter to survive, just like us. In fact, it is partially from us that these organisms find their way into our starters.

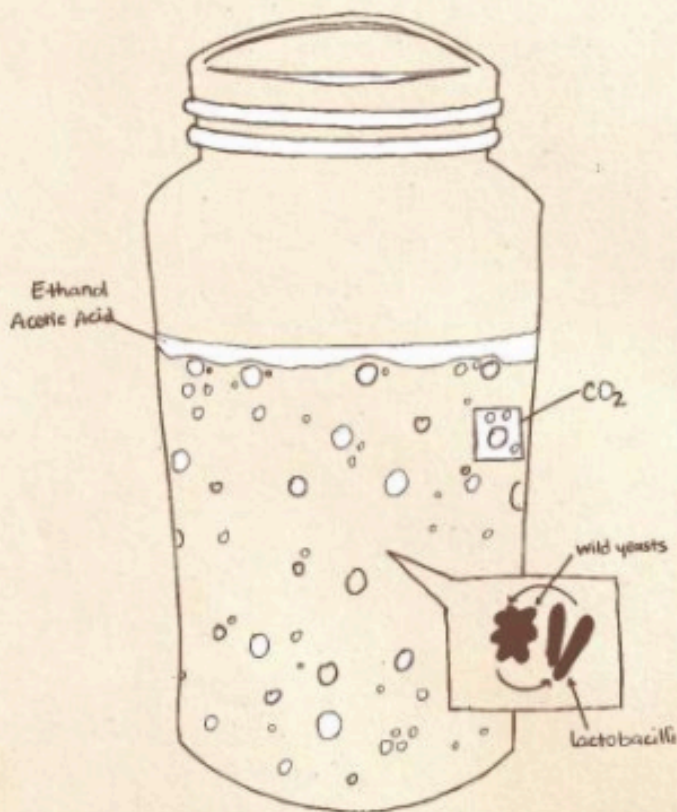
Wild yeast and lactobacilli exist on everything in, on, and around us. They are on our hair, our skin, even our breath. They are part of our digestive system and boost digestive health when consumed (think yogurt). In nature, they thrive on the skins of fruits and grains. Wild yeasts are captured by adding organic grapes,



NATURAL YEAST: BAKING FOR HEALTH

apples, rye, wheat, or even juniper berries with a little water and flour, and allowing the mixture to ferment and grow. The white film that grows on these foods is, in fact, wild yeast.

The mixture of flour and water is a feeding ground for this little ecosystem. Lactobacilli and wild yeasts feed on the simple sugars in the flour and break down harsh counterparts like gluten. As they feed, they release carbon dioxide, creating bubbles of gas in the starter. The carbon dioxide is what allows natural yeast to raise bread. Another byproduct of their feeding is a brownish liquid that collects on the surface, made up of ethanol and acetic acid. The liquid is harmless and can be poured off.



Here is a basic outline of the part each one plays in a starter:

**LACTOBACILLI:**

1. Converts sugar to lactic acid
2. Neutralize phytic acid
3. Create ethanol (alcohol), lactic acid, and small amounts of CO<sub>2</sub>
4. Secretes a sort of antibiotic that kills bad bacteria
5. Outnumber yeasts 100:1

**WILD YEASTS:**

1. Converts simple sugars and starches into ethanol (alcohol) and acetic acid (vinegar)
2. Produce CO<sub>2</sub> that raises the bread
3. Give off ethanol (alcohol), acetic acid (vinegar), and enough CO<sub>2</sub> to raise bread

**WHAT DO THEY DO?**

- **ETHANOL & ACETIC ACID:**  
create sour taste
- **LACTIC ACID:**  
Natural antibiotic against bad organisms
- **CARBON DIOXIDE:**  
Makes bubbles and raises bread





#### CALEB WARNOCK

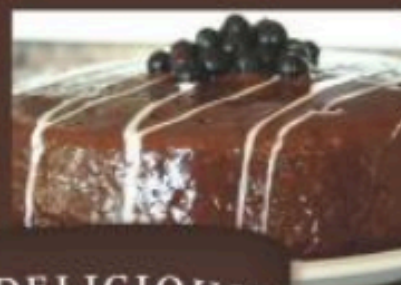
Caleb Warnock is the author of the national bestseller *The Forgotten Skills of Self-Sufficiency Used by the Mormon Pioneers*. He and his wife, Charmayne, live on the bench of the Wasatch Mountains. Caleb is a full-time journalist and teaches writing in addition to selling pure, non-hybrid seed raised in his own garden and teaching his popular "Forgotten Skills" classes. He can be reached at [calebwarnock@yahoo.com](mailto:calebwarnock@yahoo.com). He blogs at [CalebWarnock.blogspot.com](http://CalebWarnock.blogspot.com).



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Melissa Richardson is a mother of three who is addicted to researching, studying, and baking bread. As a college student, Melissa taught herself to bake as a way to pinch pennies from the food budget and unleashed a passion that transformed her into the Bread Geek she is today. At any given time of day, flour can be found somewhere on her shoes, clothes, hands, or children. When not baking or writing, she enjoys collecting hobbies and spending time outdoors with her family. Melissa and her husband, Troy, live in Salt Lake City, Utah, with their three small children.





NATURALLY HEALTHY  POSITIVELY DELICIOUS!

**T**HIS IS THE BOOK YOU'VE BEEN WAITING FOR! With groundbreaking information about the health benefits of natural yeast, this book will revolutionize the way you bake! Easy to prepare and use, natural yeast breaks down harmful enzymes in grains, makes vitamins and minerals more easily available for digestion, and converts bread into a nutritious food source that won't spike your body's defenses. Improve your digestive health and happiness with these delicious recipes you can't find anywhere else!

*Be sure to try the*

- BLUEBERRY CREAM MUFFINS
- QUICK AND EASY CREPES
- GARLIC ROSEMARY SOURDOUGH
- WHIMSY ROLLS
- NO-KNEAD BREAD



FROM QUICK AND EASY TREATS FOR A BUSY DAY, to elaborate creations for special events, you'll find something tasty and nutritious to tempt everyone's taste buds!



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