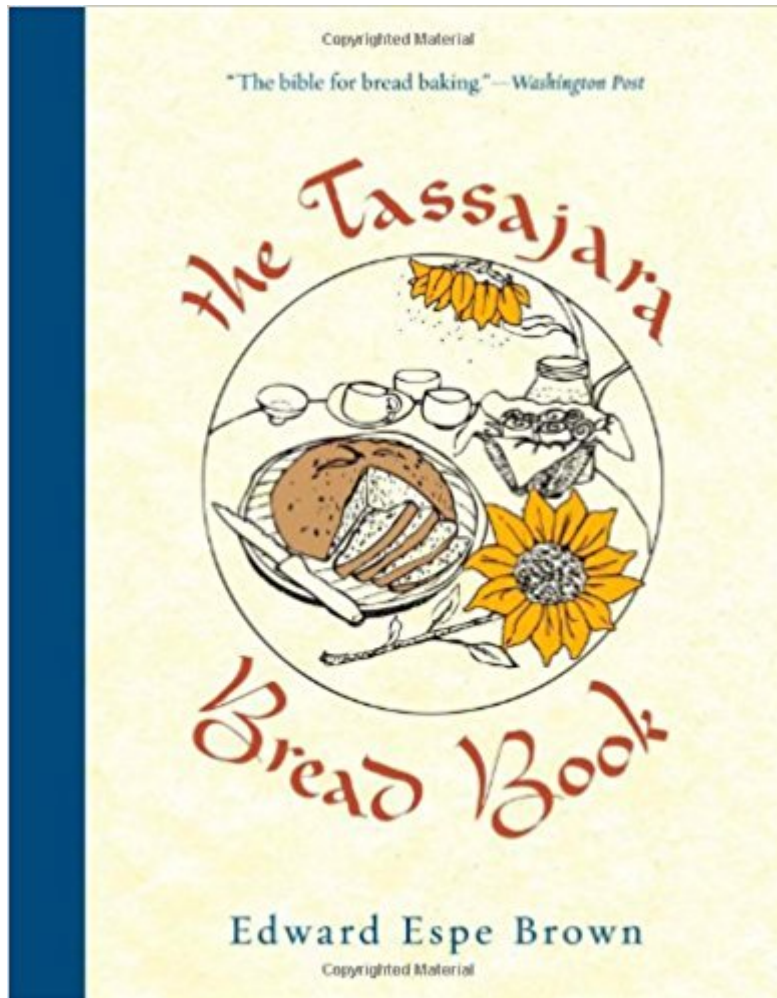




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# The Tassajara Bread Book



## Synopsis

The Tassajara Bread Book has been a favorite among renowned chefs and novice bakers alike for more than thirty years. In this deluxe edition, the same gentle, clear instructions and wonderful recipes are presented in a new paperback format with an updated interior design. Deborah Madison, author of *Vegetarian Cooking for Everyone*, says, “This little book has long been a guide for those who want to bake but don’t know where to begin, as well as for those who want to go beyond and discover not just recipes, but bread making itself.”

## Book Information

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## Customer Reviews

“The bible for bread baking.” •The Washington Post “A baking Zen priest after [our] own heart!” •O, The Oprah Magazine “This was the first cookbook I ever bought for myself back when it was first published. To this day, I consider The Tassajara Bread Book to have been a major influence not just on my cooking and baking, but on my attitude and philosophy about food in general. Thank you, Ed Brown, for this lasting gift.” •Mollie Katzen, author of *Moosewood Cookbook* “I feel a special fondness for this book, which helped launch me on my way to baking bread. Edward Brown’s warmth shines through on every page, the recipes remain wonderfully unusual (I love the three-layer corn bread, which I’ve never seen elsewhere), and the overall experience is one of brilliant simplicity.” •Mark Bittman, author of *How to Cook Everything* “Like thousands of cooks of my generation, I have in my kitchen an ancient

volume of The Tassajara Bread Book, its cover gritty with flour, its spine cracked from use, its pages stained with molasses, and dog-eared with decades of perusal. It is the book that taught me how to make bread and its simple wisdom has been present in every loaf I have baked. I will recommend it with enthusiasm to a new generation of cooks. •Steve Raichlen, author of The Barbeque Bible

Edward Espe Brown began cooking and practicing Zen in 1965. He was the first head resident cook at Tassajara Zen Mountain Center from 1967 to 1970. He later worked at the celebrated Greens Restaurant in San Francisco, serving as busboy, waiter, floor manager, wine buyer, cashier, host, and manager. Ordained a priest by Shunryu Suzuki Roshi, he has taught meditation retreats and vegetarian cooking classes throughout North America and Europe. He is the author of several cookbooks and the editor of Not Always So, a book of lectures by Shunryu Suzuki Roshi. He is the subject of the critically acclaimed 2007 film How to Cook Your Life.

The bible of bread baking, and a classic for decades. My mom's first bread book 40 years ago, my first bread book 10 years, and now I often give it as a housewarming gift. The recipes are easy to follow and provide a comprehensive understanding of the process. The recipes span the genres of bread from sandwich loaves, to breakfast items, to desserts and even sourdough. Brown is a holistic baker, which I mean he uses a lot of whole wheat flour, encourages use of fresh ingredients readily available, and is flexible within his recipes. By far my favorite part of the book is Brown's attitude towards baking, and cooking in general--one that emphasizes the process as much as the product, and is forward about a good baker's best ingredient is a love of baking. Perhaps a little too "touchy feely" for some, this book single handedly taught me to bake excellent bread! The basic recipe, honey oat sandwich loaf, french bread, and multi grain are all good. English muffins are surprisingly easy and so much better than store bought. The sourdough pancakes are amazing. And the muffin recipe is so simple and delicious. Sometimes I double the sweetener (still doesn't make things anywhere near as sweet as store bought). Would give 5 stars, but don't love the new format of the book--the old one used to be more compact and easier to understand for counter top use.

I got this book after I happened on the documentary "How to Cook Your Life", and I was smitten with Edward Espe Brown. For a Zen Priest, he is endearingly human.....funny, impatient, compassionate and irritable. The effort, the offering is the thing, and that really comes through in this book as well, which was written much earlier than the documentary was filmed. Line drawings

are well done and helpful to guide one through the various techniques. The recipes are quite sound with lots of variations. I think it is especially helpful for beginning bakers to learn the basic "springboard" recipes as it encourages creativity and an understanding that so many different variations can come from one basic recipe. Brown reminds us to think about the food we are making and eating. Above all, I found this book a good reminder of why I started baking bread in the first place - the slowing down, the feel of the dough under your hands, the smell and satisfaction of a simple loaf of bread that you made yourself.

This is the cookbook I turn to the most often. It is written with so much love, knowledge, and heartfelt dedication to the simple art of bread making. If you have never made bread before, as I hadn't, the beginning has an explicitly detailed set of directions for producing your first loaf of bread, complete with beautiful hand-drawn pictures. Everything else in the book follows that original recipe. Every single recipe I have made from this book was delicious and well worth the effort. The cinnamon buns were enjoyed by all of my friends on multiple occasions. The banana bread was super moist and amazing. The many muffin variations were all equally delicious. I couldn't recommend this cookbook more.

Got turned on to Edward Espe Brown from the documentary, "How to Cook Your Life." A passage in the movie struck a chord with me. Edward talked about how breadmaking helped your hands be the best they can be. It stimulates pressure points and uses muscles differently. I put the book on my wish list. Since receiving the book, I have made several batches of bread, cinnamon rolls, and pizza crust. Every recipe has tasted wonderful. It also has provided a good conversation point with my wife and kids as they are interested in what I am doing and what yummy things they might get to eat. The book is written in a very educational style with clear steps and diagrams. Edward provides a good tip of preparing the basic recipe as it is, the first time. This allows you to get a grasp on the process, build a little confidence, and know how the dough should look and feel as you move along. Further in the book, there is a balance between guidance and the freedom to make your own choices and observe the outcome. I have a new respect for breadmaking. This book has helped to feed my body and soul a bit. I would highly recommend it for beginners, discoverers, and anyone who is looking to find a little happiness and some patience.

I got my first copy of this book in the 1970's and it has remained my favorite ever since. This is not a book for people who want to dump ingredients into a machine and have bread happen... this is a

book for people who love to make bread by hand. My best friend gave me my first copy of the book and it remains a treasure. I have 10s of bread recipes, and the sponge method used in the Tassajara Bread Book remains the best way to reproducibly make excellent breads that incorporate whole grains. It is fun to read -- describes a spirited view of the whole bread making process, along with many options for creative ingredient options. My first copy is about 40 years old, and still the best!

I can't exist in the kitchen without this book for amazing bread and roll recipes. Easy to follow and makes bread making spiritual. Throw out your anxiety pills and try this instead!

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