



## SOURDOUGH

*A Complete Guide and Recipe Book*

**Riccardo Astolfi**

19,3 x 25,3 cm – paperback

232 pages, color illustrations

€ 25/£ 23/\$ 28 – 978 88 6753 246 9



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"Making bread is an act that reconciles the past, history, the generations before us, the lives of our grandparents and great-grandparents. It is remembering, finding ourselves again. At the same time it is a gesture of hope, joy, renewal, a leap into the future. It means "know-how": knowing how to wait and watch, to prepare something for yourself, for your own family or for others: such a simple, rich, good and healthy food. Kneading bread is a ritual consisting of actions; composed and measured movements, with slow rhythmic manual skill, like a pulsing, undulating dance uniting the simple ingredients of flour, water and natural yeast in one complex dough: perfect, symmetrical and totally balanced. Making bread with sourdough is a way of getting closer to Earth, to the land, to farmers, to our traditions. It means valuing local biodiversity, preserving the future of the environment and our children. Making bread is both physical and spiritual exercise, above all spiritual. It means understanding time, limits, learning how to listen to the dough as it rises and the bread as it cooks".



Guido Tommasi Editore