

# How to go about baking slow bread



A launch event for a new book by Andrew Whitley is being held in Edinburgh on 7 May 2014.

Breadmaking is an ancient art and one of the oldest and tastiest breads is sourdough. Requiring only flour, water, salt and a sprinkling of time, the creation of a sourdough loaf is like a fine act of magic. In *Do Sourdough*, Andrew Whitley – a baker for over 30 years and someone who has ‘changed the way we think about bread’ – shares his simple method for making this exceptional and flavoursome bread at home.

Andrew and his wife Veronica live on an organic agro-forestry smallholding in the Scottish Borders where they run [Bread Matters](#) breadmaking courses. Andrew appreciates that we don’t all have the time and patience to bake our own bread and so decided to write *Do Sourdough* to demonstrate that it is possible to create brilliant bread at home and still have a life. Everyone can use his time-saving tips to make bread at home with no compromise on taste and texture.

He commented: *“We all lead such hectic lives now that many of us would place breadmaking far down our list of priorities. However it really can be fitted into a busy day by following a few simple tips. And the results are well worth the effort. There’s even a meditative quality to breadmaking that is wonderfully relaxing. **Do Sourdough** contains everything you need to get started.”*

In *Do Sourdough* you’ll discover:

- The basic tools and ingredients you'll need
- How to make your own sourdough starter
- Simple methods for producing wonderful loaves time and again
- Ideas and recipe suggestions for fresh and days-old bread

### **Original Sourdough Starter**

To help get future bakers off to a good beginning, Bread Matters sell their original sourdough starter for £4.95. The dried sourdough is easily refreshed with warm water and rye flour and comes in a compostable cellophane bag with instructions and a recipe printed inside the packet – so no waste. To purchase, visit the Bread Matters online [shop](#).

### **Do Sourdough Launch Event in Edinburgh**

Andrew is hosting a launch event at Edinburgh's [Fruitmarket Gallery](#) on Wednesday 7 May at 6.30pm. This ticketed event is open to members of the public, details can be found [here](#).

### **DO SOURDOUGH, Slow bread for busy lives by Andrew Whitley**

Second book helping from the UK's leading sourdough expert

Published 1 May 2014 by the Do Book Company

Buy online from : <http://breadmatters.com>