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| Nota di contenuto | Chapter 1. The fundamentals of bread making: the science of fermentation -- Chapter 2. Traditional breads from the Baltic countries (Estonia, Latvia, Lithuania) -- Chapter 3. Traditional breads in Bulgaria -- Chapter 4. Traditional Croatian breads, the "Peka" -- Chapter 5. Traditional breads from Cyprus, the "Arkatena" -- Chapter 6. Traditional breads from France -- Chapter 7. Traditional breads from Germany -- Chapter 8. Traditional Greek fermented bread, the "Eftazymo" -- Chapter 9. Traditional Hungarian sourdough -- Chapter 10. Traditional Irish breads, the "dulse bread" and the "Barnbrack bread or Bairín Breac" -- Chapter 11. Traditional Italian breads -- Chapter 12. Traditional Latvian sourdough rye bread -- Chapter 13. Traditional |

breads from Malta, the “Il-Hobza Maltija” -- Chapter 14. Traditional Norwegian breads -- Chapter 15. Traditional Polish Breads -- Chapter 16. Traditional Portuguese breads, the “Broa” and the “Pão de Gimonde” -- Chapter 17. Traditional Festive Romanian EasterBread, the “Pasca” -- Chapter 18. Traditional Serbian bread, the “CIPOVKA” -- Chapter 19. Traditional breads from Spain -- Chapter 20. Traditional Turkish breads, the “Tandır Ekmei” -- Chapter 21. Traditional Ukrainian bread making.

Sommario/riassunto

This text comprehensively covers the rituals, traditions and receipts of ancestral processes of bread making from multiple countries, including the scientific and technological character of the science of bread making and sourdough biotechnology. Individual chapters cover the scientific aspects of bread making in different cultures and traditions as well as the technological phenomena occurring during the bread making process, utilizing the full network of SOURDOMICS from the COST initiative. Pictures and illustrations are used to explain the science behind bread making processes and the cultural, historical and traditional elements associated with bread making in multiple countries. Authored by bread making experts from the breadth of Europe, the process of bread fermentation in each country and region is covered in detail. The traditions surrounding bread making are simply the empirical know-how passed between generations, and this book's main purpose is to perpetuate these traditions and know-how. Provides a description of the culture of European peoples with respect to the technology of bread making and sourdough biotechnology; Explains the process of bread fermentation using simple language combined with scientific rigor; High quality pictures and illustrations enrich the scientific and cultural elements mentioned in each chapter.