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Lire des ebooks Faire son levain Mouni Abdelli PDF, ePub, mobi, Et si le secret d'un bon pain, authentique, naturel, sain, était dans le levain ?

Forte de plusieurs années d'expériences culinaires et d'une formation en boulangerie, Mouni Abdelli vous invite à redécouvrir le plaisir du levain naturel, auquel on laisse le temps de fermenter et de mûrir afin qu'il exprime tous ses arômes et ses bienfaits - nutritionnels, gustatifs, digestifs.

À contre-courant du pain industriel vite fait et calibré, des faux pains maison de la plupart des boulangeries qui utilisent des mélanges prêts à l'emploi et "améliorés" d'adjuvants, d'enzymes ou d'accélérateurs, elle prône un retour aux gestes authentiques et aux ingrédients naturels.

Grâce à ses conseils et à ses recettes, vous pourrez expérimenter la fabrication de votre propre levain et apprendrez à réaliser le mélange optimal selon vos goûts et votre matière première (farine bio blanche ou de seigle, sucre, miel, eau de source ou déminéralisée...). Au fil des essais, vous bâtirez votre propre expertise et apprendrez à entretenir votre levain ou au contraire à le mettre en sommeil, et à cuisiner les meilleurs pains maison que vous ayez jamais goûtés !

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