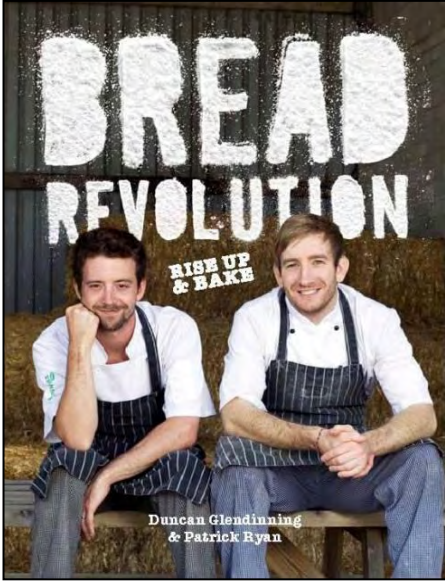




MURDOCH BOOKS

March 2012



NEW

BREAD REVOLUTION

Duncan Glendinning and Patrick Ryan

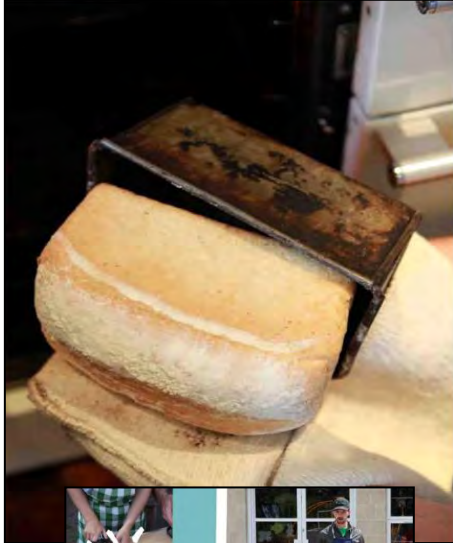
ISBN 9781742666686

£17.99 1st Mar 2012

HB / 176 pp / 250x190mm

The *Bread Revolution* is a call to arms, encouraging all of us to think again about baking our own loaves. It demystifies the whole process, offering an easy repertoire of delicious savoury breads and sweet dough treats, plus down-to-earth tips. Its 60 inspiring recipes range from soda bread to potato and rosemary, healthy multi-seed wholemeal to an amazing sourdough that can fit in your busy schedule.

Sneak peek inside



ENRICHED WHITE BREAD

MEANS 200g (70g) butter or 100g small cubes
200g strong white flour
75g salt
25g fresh yeast
300ml water
250ml olive oil or rapeseed oil
2 x 400g (1 1/2 lb) loaf tins or 2 baking sheets
A little flour for dusting, or an egg beaten with a splash of milk to glaze
A handful of fine herbs for studding the crust

This is your everyday loaf, the one for the kids' sandwiches and smothering with butter and jam. It's also great for learning the stages of bread-making, so refer back to the instructions here when you want a refresher while making the other recipes in this book.

For many people bread is only considered 'real' when it's made solely by hand, so we've not had time about it, but we do recommend that you get your hands dirty at least once - by doing so you will develop a better understanding and feel for the dough, and it's also a very therapeutic process.

We'll be assuming in this book that hand-mixing is your 'best' choice, as not everyone is going to have a mixer at their disposal. If you do have a hand or kitchenaid sitting in the corner of your kitchen, then attach that dough hook and get started, but note that

MIXING TOGETHER THE DRY INGREDIENTS

Put the flour and salt together first. You can do this either on a clean kitchen surface or in a bowl (or, severely if it's upright on the table, but the pebbled water sometimes makes a break for it, and you can end up trying to dust it all up in a panic). Mixing is so important a stage as any other, when you mix in an ingredient think about its purpose. How you pour makes a big difference to the final result, so use that method to mix and mix just singly here! This can be done to the mixing stage. Salt is essential to bread-making, both for flavor and because it regulates the yeast activity, but put it in direct contact with the yeast and the yeast will die. So always mix the salt through the flour first. If a recipe calls for sugar this may also be added at this stage.

ADDING THE YEAST AND LIQUIDS

Crumble up the yeast and add it to the water so that it dissolves (if you don't have access to fresh yeast use the conversion table for dried yeast on page 11). The water should be lukewarm. You don't want it too hot, as that will kill the yeast, or too cold, because that will slow its activity. Ideal temperature is ideal. Think of your yeast like a baby you're giving a bottle to: you want the water just nice and tepid. You can either use warm water from the tap, or add two parts of cold water to one part hot.

Pour the pebbled water into the center of the flour along with the oil. The oil adds richness to the dough and helps the bread keep for longer. If a recipe calls for oil or melted butter, don't pour it directly on to the yeast as the fat molecules will coat the yeast, hindering its activity.

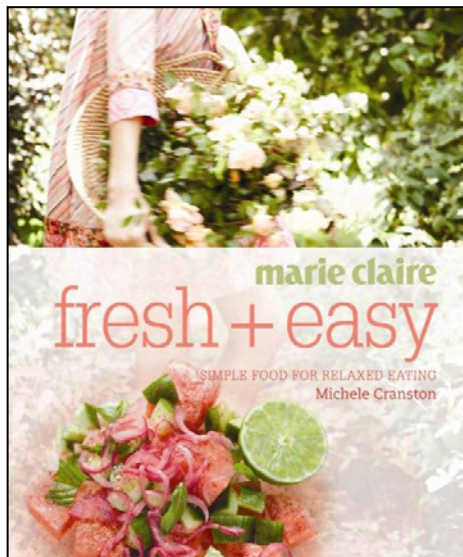
Next start incorporating the flour into the oil and



SEE PAGE 44 FOR THE NETTLE & CHIVE BREAD



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NEW

MARIE CLAIRE FRESH + EASY

Michele Cranston

ISBN 9781742666433

£16.99 1st Mar 2012

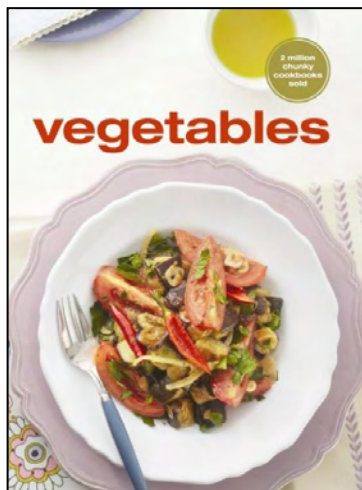
PB / 256pp / 240x197mm

Whatever your taste or mood, *fresh + easy* features over 100 easy-to-prepare dishes that will gratify your senses, nourish your body and make every meal an occasion. Written by author and chef Michele Cranston and accompanied by stunning garden photography, *fresh + easy* perfectly captures the light, carefree and healthy lifestyle embodied by the *marie claire* brand.

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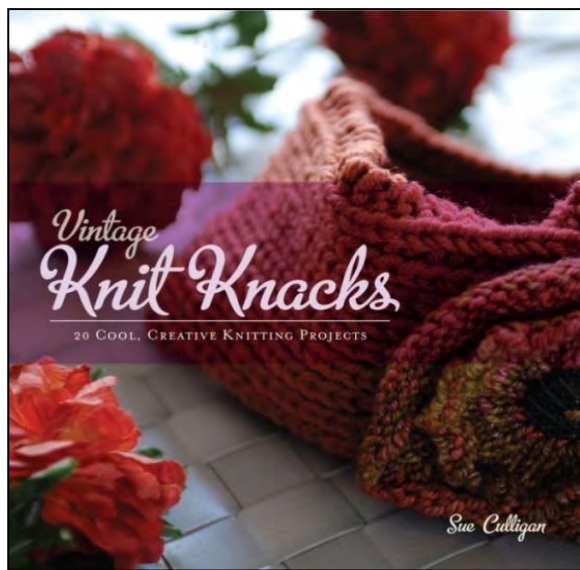
VINTAGE KNIT KNACKS

Sue Culligan

ISBN 978174266790

£14.99 | 1st Mar 2012

PB / 176pp / 222x222mm



Vintage Knit Knacks is a fun, project-based guide to knitting aimed at knitters of all abilities. The book starts with a section on the basics of knitting, and then features 20 original and creative projects, including a cafetière warmer; a cushion cover; a wall clock; camera case; fingerless mitts and a hot water bottle cover.

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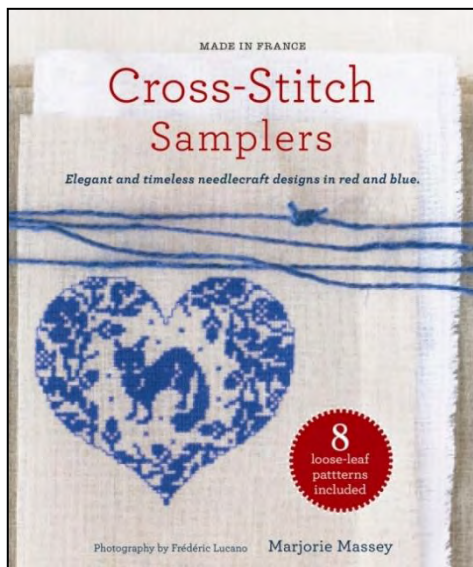
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Marjorie Massey

9781742666440

£14.99 | 1st Mar 2012

HB / 96pp / 245x205mm



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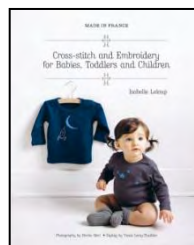
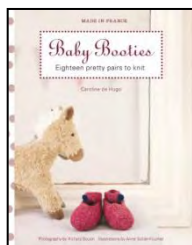
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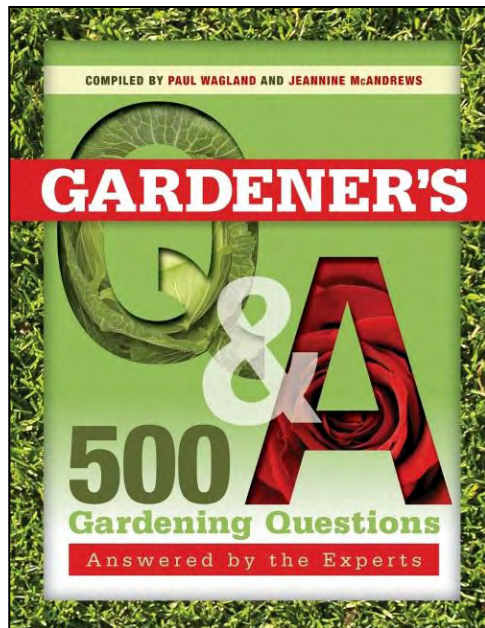
GARDENER'S Q&A

Paul Wagland & Jeannine McAndrews

ISBN 9781742667898

RRP £18.99 1st Mar 2012

HB / 256 pp / 246x190mm



Gardener's Q&A is the ultimate gardening problem-solver, containing 500 of the most common questions asked by gardeners, each answered by a member of a panel of experts. Entries have been selected from an online database containing over 28,000 questions submitted by gardeners to the panel. The 500 which appear in this book have been chosen for popularity and to cover the widest range of useful topics. Each one has been checked and revised or updated where necessary.

Sneak peek inside



Q I filled my raised beds with topsoil and manure compost last year. Do I need to improve the soil again this year?

A The soil in your containers is bone dry underneath the surface. What can I do?

Q Will I be able to grow vegetables in a coastal area with salty soil?

A My vegetable garden is extremely rocky. Should I add more topsoil?



Q How long must I wait before adding the compost from my bins to my garden beds? And how do you recommend I add it?

A Can I use homemade compost to grow plants in containers?



Q I have a wonderful compost pile with hundreds of worms - how do I avoid killing them when I dig the compost into my beds?

A Would adding sand to my compost pile be beneficial or detrimental?

The Basics

Have you ever wondered why some plants are more susceptible to pests than others?

Editor's note



Q How long must I wait before adding the compost from my bins to my garden beds? And how do you recommend I add it?



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Q I have a wonderful compost pile with hundreds of worms - how do I avoid killing them when I dig the compost into my beds?



Q How long must I wait before adding the compost from my bins to my garden beds? And how do you recommend I add it?

THE HOME BOOK

Practical advice and clever ideas for cleaning, repairing and organising your house and garden.

NEW

THE HOME BOOK

ISBN 9781742666495

£12.99 1st Mar 2012

PB / 272pp / 250x210mm

The Home Book provides simple techniques for cleaning, maintaining and repairing your home. Save money using *The Home Book's* own recipes for dishwasher, window and toilet cleaners, and follow the invaluable stain removal tips. Other handy hints are great for the environment as well as your budget, such as replacing regular light bulbs with energy-efficient compact fluorescent ones, and running your fridge between 3°C and 5°C to reduce electricity costs.



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