

# Simply Ancient Grains Fresh And Flavorful Whole G

Whole Grain Sourdough at Home Elaine Boddy.2020-09-08 Make Delicious, Whole Grain Bread with Minimal Kneading \* Selected as one of the best cookbooks of 2020 by delicious. magazine! \* Baking a loaf of beautiful crusty bread can be intimidating when you want to include nutrient-dense whole wheat flour and other ancient grains that are famously harder to work with. Elaine Boddy is here to help. She has spent many years honing the science and art of baking bread with whole grains in her home kitchen. In *Whole Grain Sourdough at Home*, she shares all of her secrets with you. Elaine's master recipe and philosophy for bread making are all about simplicity, flexibility and having fun. Sourdough does not have to be complicated or require a lot of hands-on work to be great. With one bowl, a handful of simple ingredients, minimal kneading and less than 24 hours, you can have a loaf of delicious whole grain sourdough bread on the table. Elaine has mastered the unique nuances of nutrient-dense flours like whole wheat, einkorn, spelt and rye to create a variety of lovely breads—no dense whole wheat bricks here! Packed with a step-by-step sourdough starter guide, plenty of tips and tons of recipes for everything from sandwich loaves to focaccia, this book gives you everything you need to bake amazing whole grain bread today, tomorrow and beyond. This book has 60 recipes and 60 photographs.

Supergrains Chrissy Freer.2013-03-01 A down-to-earth approach to the history, nutrition and preparation of 12 Supergrains by Australian author and wholistic healthfood expert Chrissy Freer.

**Grain Power** Patricia Green,Carolyn Hemming.2014-01-07 TRANSFORM YOUR MEALS WITH HEALTHY & DELICIOUS GLUTEN-FREE ANCIENT GRAINS Grain Power makes it simple to include a variety of delicious gluten-free ancient grains in your everyday meals. Ancient grains are great tasting and not only ideal for people with food allergies, gluten intolerance and health issues, but also those looking for delicious, nutrient-rich grains for a healthy lifestyle. Packed with lots of variety and unique, natural flavors, recipes feature the most popular and versatile gluten-free ancient grains available today. It's easy to super-charge all your meals with these health-boosting, nutrient-dense superfoods: amaranth buckwheat chia kañiwa quinoa millet oats sorghum teff Grain Power is a complete cookbook featuring everything you need to know about cooking these amazing ancient grains, as well as combining them into unique superblends. Grain Power features over 100 easy-to-make, delicious recipes like Pumpkin Spice Steel-Cut Oats, Chewy Chocolate Granola with Cherries & Buckwheat, Millet & Quinoa Blueberry Pecan Snack Bars, Smoked Ham and Leek Amaranth Chowder, Thin-Crust Vegetable Pizza with Fresh Basil, and Caramel Apple Buckwheat Crêpes.

Power Grains Ryland Peters & Small.2016-02-11 Over 25 delicious recipes that make introducing Ancient grains to your diet a doddle. Move over wheat, there's a new grain in town. In fact there are many. A whole host of power grains are now available to us that can improve our general health and well-being. Packed full of dietary fibre and plant-based proteins, and rich in vitamins and minerals, these 'superfood' grains boost energy levels, keep you feeling fuller for longer and can help improve your appearance from the inside out. Recipes to try include ideas for breakfast bowls and bars, soups and salads, larger plates and both savoury and sweet bakes. Discover Power Protein Granola; Peach & Chia Smoothies; Freekeh, Pumpkin & Crispy Ginger Salad; Roast Asparagus & Farro Soup; Spicy Quinoa Burgers with Portobello Mushrooms; Saffron Shrimp Barley Pilaf; Stuffed Trout with Faro, Dates & Pine Nuts; or indulge in a slice of Fresh Blueberry Tart with Spelt Crust or a Peanut Butter & Quinoa Cookie. Whether you need early morning fuel food to prepare you for the day ahead, a lunchtime brain boost at work, or a protein fix ahead of an energetic evening workout, you'll find easy and delicious ideas for any time of the day here in Power Grains.

**Whole Grains for Busy People** Lorna Sass.2013-12-11 Bring whole grains to the table in a flash. We all know that we should be eating more whole grains, an essential foundation of any healthy diet. Making this goal a reality can be a challenge, though, especially on a weeknight. In *Whole Grains for Busy People*, Lorna Sass, author of the James Beard Award-winning book *Whole Grains Every Day, Every Way*, shows us how to do it—deliciously. Lorna shares 125 tempting recipes that focus exclusively on quick-cooking whole grains—those that take 30 minutes or less to cook—and on the array of whole-grain products that are now easily found in grocery stores, from tortillas to pastas. Boost the nutrition of any meal with tasty, flavor-packed dishes such as Oat-Crusted Turkey Cutlets with Gingered Cranberry Relish; Barley with Mushrooms, Beef, and Dill Sour Cream; and Bulgur Salad with Tuna, Olives, and Feta. Even sweets get a healthy makeover with whole-grain ingredients so that anyone can feel good about indulging in treats such as Orange-Scented Chocolate Chip Cookies, Peach Blueberry Crumble, or Chocolate Pudding Pie. Lorna guides readers through every step of cooking with whole grains, from reading the labels and selecting the best whole-grain products to using techniques that bring out the maximum flavors in the recipes. Rounded out with whole-grain quick-reference charts, advice on building a well-stocked pantry, suggestions for recipe variations, and a full-color photo insert, *Whole Grains for Busy People* is the only book home cooks need to make over their family's diet—without spending their entire lives in the kitchen.

Einkorn Carla Bartolucci.2015-08-04 Delectable gluten-free recipes starring einkorn, the ancient grain with tremendous flavor “An absolutely beautiful array of stunning, approachable recipes [that bring] einkorn back to its rightful place at the table of any whole foods kitchen.”—Jennifer McGruther, author of *The Nourished Kitchen* The only wheat in existence that has never been hybridized, einkorn grew thousands of years ago in the Fertile Crescent. Carla Bartolucci came across it when searching for an alternative grain for her daughter Giulia, who was diagnosed with gluten sensitivity. Einkorn has remained unaltered for thousands of years, which allows many, including Giulia—who suffered from mood swings, asthma, and digestive problems—to eat wheat without symptoms. Amazed by her daughter's health transformation, Carla became a champion of this little-known, nutrient-packed grain. Einkorn shares 100 delicious recipes for working with the grain and its flour in a wide variety of flavorful dishes, such as Yogurt Blueberry Muffins, Spinach Lasagna Bolognese, Neapolitan Pizza Margherita, and Soft & Chewy Ginger Cookies—as well as sourdough and yeasted breads like Classic French Boule and buttery Sweet Potato Rolls. This book also explores einkorn's history, unique genetics, and superior nutrient content, while sharing Carla's tips for using it to its full baking and cooking potential. With eighty-five beautiful color photographs, Einkorn will introduce home cooks to a delicious ancient grain that can transform the way they eat for the better by adding more nutrition and flavor to the foods they love.

Grain Mains Bruce Weinstein,Mark Scarbrough.2012-08-21 A long-overdue cookbook that takes whole grains from good for you side dish to sophisticated and satisfying main course. We all know that choosing whole grains over processed ingredients is better for our health, yet the likes of millet, quinoa, and barley are still stuck on the culinary sidelines. Bruce Weinstein and Mark Scarbrough bring these unheralded culinary superstars to the center of the plate, with more than 100 recipes showing that their range of textures and flavors is greater than any other food group, they're incredibly versatile, they're economical, and they can anchor a meal. Readers will be surprised at how easily and creatively whole grains can be used as the base for breakfast, dessert, and elegant entrees: Baked Barley Grits with Apples and Sausage will far outdo the standard cornmeal; and Millet Burgers with Olives, Sun-dried Tomatoes, and Pecorino won't leave anyone missing the meat. Tips on quick-cooking grains or precooking ahead of time make cooking with these hearty staples practical for weeknights, and many are appropriate (or can be modified) for vegetarian and vegan diets. *Grain Mains* is a modern manifesto for whole grains, with inventive and tantalizing recipes.

**Bob's Red Mill Everyday Gluten-Free Cookbook** Camilla V. Saulsbury.2015-01-12 At Bob's Red Mill, we know that you can't rush quality. That's why we manufacture our products using time-honored techniques, like grinding whole grains at cool temperatures with a traditional stone mill. This production 'secret' allows us to seal in the freshness and bring you wholesome, quality foods, just as nature intended. -- from www.bobsredmill.com Bob's Red Mill is the number one supplier of consumer whole grains in North America. Every day they go to great lengths to ensure the integrity of their products -- even building a separate gluten-free packaging division complete with specialized machinery to make sure that their products maintain their gluten-free purity. The very best ingredients in the hands of the very best recipe developer is a winning combination. Camilla Saulsbury is an award-winning recipe developer and bestselling author who has created more than 281 recipes in this new book that showcase the health benefits of a gluten-free diet and result in immensely delicious, creative and satisfying dishes. These sublime recipes are proof positive that

good taste and gluten-free options can be really tasty too: Breakfast Pumpkin Waffles, Teff and Chia Crunch Clusters Soups, Stews and Chilis Chicken Stew with Herbed Dumplings, Quinoa and Corn Chowder Salads and Sides Lemony Chia and White Bean Salad, Supergreen Millet Salad Meat, Poultry and Fish Crispy Almond Baked Chicken Fingers, Ancient Grains Tuna Casserole, Fresh Taqueria Tacos Meatless Main Dishes Tempeh and Vegetable Fried Quinoa, Deep Dish Pizza Casserole Breads Banana Bread, Ancient Grain Tortillas, Coconut Flour Scones Desserts Strawberry Shortcake, Fudge Brownies, Triple Ginger Teff, Gingerbread, Lemon Tart. Throughout the book there are a wealth of cooking and baking tips and techniques along with information on how to adapt favorite recipes into gluten-free versions.

*Grains as Mains* Jodi Moreno, Sarah W. Caron. 2015-03-03 Ancient grains like quinoa, barley, spelt, and wheat berries are called super foods for good reason — they're packed with nutrition, and they're so versatile that they taste great in a variety of recipes. But what happens when you're stuck in a grain rut, always preparing grains the same way? Get inspired with *Grains as Mains*, the modern cook's answer to how to introduce healthy ingredients and delicious grains to the family table. Step-by-step illustrations, beautiful photography, and helpful tips show exactly how to make each dish, bringing out the gorgeous texture and outstanding, unique taste of each grain. You'll find quinoa recipes, faro recipes, and gluten-free recipes. You'll learn to make polenta and how to cook millet. We've gathered the very best easy, healthy recipes that will show you how to incorporate super-food grains into your cooking, and meals have tips for either adding protein or making a grain dish vegetarian. Plus, recipes suggest grain substitutions to make the entire book friendly no matter if you're cooking for food allergies, celiac disease, gluten-intolerance, or vegetarians. Even adventurous cooks will find flavorful, inspiring recipes they haven't seen before in *Grains as Mains*!

**Whole-Grain Mornings** Megan Gordon. 2013-12-31 A seasonal collection of enticing, comforting recipes for sweet and savory whole-grain breakfasts including granola, warm porridges, muffins, savory tarts and eggs—as well as seasonal toppings and accompaniments like homemade yogurt and almond milk, all from the writer of the popular blog *A Sweet Spoonful*. A beautiful guide to morning meals, *Whole-Grain Mornings* offers sixty-five sweet and savory recipes for wholesome whole-grain breakfasts. Whether you're cooking for busy weekdays, slow Sundays, or celebratory brunches, this charming cookbook will inspire you to look beyond the average bowl of cereal toward healthy and delicious ways to incorporate whole grains like amaranth, farro, and barley into your morning meals. Seasonally organized recipes feature favorite one-bowl breakfast fare like Apricot Pistachio Granola and Triple-Coconut Quinoa Porridge alongside more unconventional options like Saucy Tomato Poached Eggs with Kale and Wheat Berries and Nutty Millet Breakfast Cookies. With information on timesaving alternatives as well as a guide to the most commonly used whole grains—and sprinkled with abundant food and lifestyle photography throughout—this cookbook guarantees the most important meal of the day will also become your favorite.

**The Homemade Flour Cookbook** Erin Alderson. 2014-06 Have you heard? Milling at home can be less expensive and healthier than buying pre-ground flours! Much of the flour that is sold in grocery stores has been stripped of its nutrients and has extra ingredients and preservatives added to prolong shelf life. Not only that, but some flours, like almond, can run as high as \$15 per bag! There has to be a better way. *The Homemade Flour Cookbook*. Erin Alderson will explore the different ways to grind flour including electric and non-electric grinders, food processors, blenders, and even coffee grinders, making it easy for any do-it-yourself homemaker to have fresh flour whenever needed. Try out great grain recipes like Cheddar Rosemary Farro Scones, Zucchini Feta Empanadas, Einkorn Biscuit Cinnamon Rolls, and Black Pepper Pasta with Goat Cheese and Pesto. There are also dozens of Gluten-Free recipes. Check out Butternut Squash and Goat Cheese Lasagna, Cheddar jalapeño quesadillas with quinoa tortillas, Berry Crisp with Oat Dumplings, or Buckwheat Dutch Baby with Maple Cherries! There are even recipes for legume, nut, or seed flours. Flatbread with sun-dried tomato dip, Feta and Curried Red Lentil Dip, Honey Sunflower Biscuits with Jam and Dark Chocolate Dipped Almond Meal Biscotti are just a few of the recipes that you'll make with your own hand-milled flour!

**Peter Reinhart's Whole Grain Breads** Peter Reinhart. 2011-05-18 In this follow-up to his award-winning book *The Bread Baker's Apprentice*, Peter Reinhart offers groundbreaking methods for baking whole grain breads that taste better than any you've ever had. We know whole grain breads are better for us, but will we actually eat them, much less take time to bake them? Yes, says beloved baking instructor Peter Reinhart, but only if they are very, very good. So Reinhart, with his decades of experience crafting amazing artisanal breads, has made it his mission to create whole grain breads that are nothing short of incredible. And because his approach is also simpler and less labor intensive than conventional techniques, you'll choose to make and eat these breads. His fifty-five recipes for whole grain sandwich, hearth, and specialty breads, plus bagels, crackers, and more, incorporate widely available whole wheat flour as well as other flours and grains such as rye, barley, steel-cut oats, cornmeal, and quinoa. Each is so rich with flavor and satisfying texture that white-flour counterparts pale in comparison. Written in Reinhart's famously clear style and accompanied by inspiring photographs, these recipes were perfected with the help of nearly 350 testers. Introductory chapters provide a tutorial, with step-by-step photographs, of the delayed fermentation method that is at the heart of these recipes, as well as a crash course in baking science, discussions of grains other than wheat, and more. Advanced bakers will relish Reinhart's innovative techniques and exacting scientific explanations, and beginning bakers will rejoice in the ease of baking wholesome breads with such extraordinary flavor.

**Simply Ancient Grains** Maria Speck. 2015-04-14 The award-winning author of *Ancient Grains for Modern Meals*, Maria Speck makes cooking with ancient grains faster, more intuitive, and easier than ever before in this collection of recipes, most of which are gluten-free. From black rice to red quinoa to golden Kamut berries, ancient grains are showing up on restaurant menus and store shelves in abundance. Yet in home kitchens, many fear that whole grains are too difficult and time-consuming to prepare. In *Simply Ancient Grains*, Maria makes cooking with these fascinating and nourishing staples easy and accessible with sumptuous recipes for breakfast, lunch, dinner, and dessert. Her family-friendly dishes are Mediterranean-inspired and delicious, such as Spicy Honey and Habanero Shrimp with Cherry Couscous; Farro Salad with Roasted Eggplant, Caramelized Onion, and Pine Nuts; and Red Rice Shakshuka with Feta Cheese. Maria's tips and simplified approach take whole grain cooking to the next level by amplifying the flavor and enduring beauty of these nutritious grains.

**My New Roots** Sarah Britton. 2015-03-31 At long last, Sarah Britton, called the "queen bee of the health blogs" by *Bon Appétit*, reveals 100 gorgeous, all-new plant-based recipes in her debut cookbook, inspired by her wildly popular blog. Every month, half a million readers—vegetarians, vegans, paleo followers, and gluten-free gourmets alike—flock to Sarah's adaptable and accessible recipes that make powerfully healthy ingredients simply irresistible. *My New Roots* is the ultimate guide to revitalizing one's health and palate, one delicious recipe at a time: no fad diets or gimmicks here. Whether readers are newcomers to natural foods or are already devotees, they will discover how easy it is to eat healthfully and happily when whole foods and plants are at the center of every plate.

**Weeknight Wonders** Ellie Krieger. 2013 The former host of *Healthy Appetite* and best-selling author of *Comfort Food Fix* shares low-fat, low-cholesterol adaptations of favorite foods that can be readily prepared on busy weeknights and includes such options as Parmesan Chicken Breasts, Goat Cheese Frittata and a variety of guilt-free desserts. 57,000 first printing.

**Ancient Grains for Modern Meals** Maria Speck. 2011-04-26 A NEW YORK TIMES NOTABLE COOKBOOK • From amaranth and buckwheat to quinoa and spelt, discover the versatility, flavor, and sophistication of whole grains with over 75 satisfying recipes that draw on food traditions from across the Mediterranean and northern Europe. "A sensuous love letter to the delicious possibilities of whole grains."—*The Kitchn* Winner: IACP Julia Child Award, Gourmand World Cookbook Award One of The Washington Post's Ten Best Cookbooks of the Year Food writer Maria Speck's passion for propelling Old World staples such as farro, barley, buckwheat, polenta, and wheat berries to the forefront of new American cooking is beautifully presented in *Ancient Grains for Modern Meals*. Rustic but elegant dishes—Creamy Farro with Honey-Roasted Grapes, Barley Salad with Figs and Tarragon-Lemon Dressing, Buckwheat-Feta Burgers with Tangy Parsley Sauce, and Purple Rice Pudding with Rose Water Dates—are sure to please discerning palates and become favorites in any whole grain repertoire. Food lovers and health-conscious home chefs alike learn how to integrate whole grains into their busy lives, from quick-cooking quinoa and buckwheat to the slower varieties such as spelt and Kamut. The stunning flavors and lively textures of whole grains are enhanced with natural ingredients such as butter, cream, and prosciutto—in moderation—to create lush Mediterranean-inspired recipes. Maria's approachable style and generous spirit make this collection of time-honored, updated classics a treasury for

today's cooks.

**Grain by Grain** Bob Quinn, Liz Carlisle. 2019-03 A compelling agricultural story skillfully told; environmentalists will eat it up. - Kirkus Reviews When Bob Quinn was a kid, a stranger at a county fair gave him a few kernels of an unusual grain. Years later, it would become the centerpiece of his multimillion dollar heirloom grain company, Kamut International. How Bob went from being a true believer in better farming through chemistry to a leading proponent of organics is the unlikely story of Grain by Grain. Along the way, readers will learn how ancient wheat can lower inflammation, how regenerative agriculture can bring back rural jobs, and how combining time-tested farming practices with modern science can point the way for the future of food.

**Whole Grains for a New Generation** Liana Krissoff. 2013-02-01 Whole Grains for a New Generation: Light Dishes, Hearty Meals, Sweet Treats, and Sundry Snacks for the Everyday Cook takes a fresh and creative perspective on the latest major cooking trend: whole grains. Liana Krissoff presents delicious recipes for modern everyday cooks and kitchens. With supermarket-friendly ingredients, simple directions, and a warm, accessible voice, Liana Krissoff shows us how easy, delicious, and exciting whole grain cooking can be, from breakfast to dessert, and all the meals and snacks in between.

**Bread Revolution** Peter Reinhart. 2014-10-21 Renowned baking instructor, and author of *The Bread Baker's Apprentice*, Peter Reinhart explores the cutting-edge developments in bread baking, with fifty recipes and formulas that use sprouted flours, whole and ancient grains, nut and seed flours, alternative flours (such as teff and grape skin), and allergy-friendly and gluten-free approaches. A new generation of bakers and millers are developing innovative flours and baking techniques that are designed to extract the grain's full flavor potential—what Reinhart calls “the baker's mission.” In this lushly photographed primer, Reinhart draws inspiration from these groundbreaking methods to create master recipes and formulas any home baker can follow, including Sprouted Sandwich Rye Bread, Gluten-Free Many-Seed Toasting Bread, and Sprouted Wheat Croissants. In many instances, such as with sprouted flours, preferments aren't necessary because so much of the flavor development occurs during the sprouting phase. For grains that benefit from soakers, bigas, and sourdough starters, Reinhart provides the precise guidance that has made him such a trusted expert in the field. Advanced bakers will relish Reinhart's inventive techniques and exacting scientific explanations, while beginning bakers will rejoice in his demystification of ingredients and methods—and all will come away thrilled by bread's new frontier. \*Correction to the Sprouted Whole Wheat Bread recipe on page 63: The volume measure of water should be 1 ¾ cups plus 1 tablespoon, not 3 ¼ cups.

**Fresh from the Vegetarian Slow Cooker** Robin Robertson. 2010 Discover the amazing versatility of the slow cooker! If you're a vegetarian who thought slow cookers were just for meat-eaters, *Fresh from the Vegetarian Slow Cooker* will introduce you to the wonders of slow cooking. And if you're already a slow cooker enthusiast, here's a whole new array of healthy, delicious recipes for a favorite appliance. Slow cookers can be used for a lot more than just tough, inexpensive cuts of meat. They're perfect for vegetarian and healthy cooking because slow cooking is a foolproof way to make beans, grains, numerous vegetables, and much, much more. "Until now most slow cooker cookbooks have been heavily meat oriented, leaning mightily on processed, preservative-heavy ingredients. *Fresh from the Vegetarian Slow Cooker* changes that. What a good idea! Here, every ingredient is fresh and real, and there's not a single pot roast with dehydrated onion soup to be found! Hooray for this cookbook's ease, innovation, delicious-sounding variety, bright ingredients, and fine results. Not just vegetarians, but anyone who needs cooking ease but doesn't want to sacrifice full flavor or health, will rejoice in this inviting book." - Crescent Dragonwagon, James Beard Award-winning author of *Passionate Vegetarian*

**Ancient Grains** Catherine Saxelby. 2013 We all know that processed foods, such as refined wheat, lack the nutritional goodness of whole-grain foods—but did you know that many whole grains provide similar, if not stronger, health benefits than fruit and vegetables? Most of us choose our food for flavour rather than nutrition and whole foods often have had an undeserved reputation for being bland and old-fashioned. *Ancient Grains* seeks to overturn this misconception, by showing how cooking with ancient grains offers a rich palette of flavourful whole-grain meals.

**Good to the Grain** Kim Boyce, Amy Scattergood. 2011-11-23 The James Beard Foundation Award-winning cookbook “that explores the landscape of whole-grain flours, with deliciousness as its guiding principle” (*The Oregonian*). Baking with whole-grain flours used to be about making food that was good for you, not food that necessarily tasted good, too. But Kim Boyce truly has reinvented the wheel with this collection of seventy-five recipes that feature twelve different kinds of whole-grain flours, from amaranth to teff, proving that whole-grain baking is more about incredible flavors and textures than anything else. When Boyce, a former pastry chef at Spago and Campanile, left the kitchen to raise a family, she was determined to create delicious cakes, muffins, breads, tarts, and cookies that her kids (and everybody else) would love. She began experimenting with whole-grain flours, and *Good to the Grain* is the happy result. The cookbook proves that whole-grain baking can be easily done with a pastry chef's flair. Plus, there's a chapter on making jams, compotes, and fruit butters with seasonal fruits that help bring out the wonderfully complex flavors of whole-grain flours. “This is the book we've been waiting for. A cookbook that takes all those incredible flours with names like amaranth and kamut that have started appearing in stores, and tells us what to do with them.” —*Kitchn* “Thanks to Kim Boyce's *Good to the Grain*, we've got a whole new range of flavors to play with—she's inspired us to put a little whole wheat into our cookies, a little spelt in our cake, and to always remember to make our food taste, above all, more of itself.” —*Food52*

**The Einkorn Cookbook** Shanna Mallon, Tim Mallon. 2014-10-31 If you haven't heard of einkorn yet, get ready to get excited. Easy to digest, less likely to cause gut inflammation, tolerable for those with gluten sensitivity these are just a few reasons why the ancient grain known as einkorn is quickly becoming one of the most popular grains/flours on the market—not to mention its sweet flavor and silky texture. How does one prepare this ancient grain? Popular food bloggers, Tim and Shanna Mallon of *Food Loves Writing*, bring einkorn right to your table with this beautiful whole food cookbook that includes over 100 recipes, all featuring the world's most ancient grain. Recipes are broken into sections including breakfast, appetizers, breads, main dishes, and desserts, and include such hits as: Vegetable Quiche with an Einkorn Crust, Kale Salad with Einkorn Berries, Einkorn Cranberry Walnut Bread, Einkorn Cinnamon Buns, Acorn Squash and Caramelized Onion, Einkorn Salad, and Mexican Chocolate Einkorn Cookies. Get ready to embrace einkorn, not only for its health benefits, but its wonderful taste. Once you try *The Einkorn Cookbook*, you'll never go back.

**Grains As Mains** Laura Agar Wilson. 2015-03-02 Modern recipes, ancient grains *Grains as Mains* satisfies your appetite for tasty, versatile and healthy grains, with over 150 fresh and exciting recipes, many of which are gluten-free. Ancient grains such as teff, quinoa and buckwheat, first cooked thousands of years ago, are now very much back on the menu. These grains are great for us, nutritious, protein-rich and have excellent textures. This comprehensive cookbook is overflowing with step-by-step preparation techniques showing you how to prepare and cook key ancient grains, from familiar favourites, like quinoa and polenta, to unexpected delights, such as teff and freekeh. With over 150 easy healthy recipes where grains are the star ingredient, from soaked buckwheat pancakes and cherry almond sauce, to Italian tomato and vegetable barley risotto, there is plenty of experimenting to do.

**Whole Grains for a New Generation** Liana Krissoff. 2013-02-01 Delicious recipes, mouth-watering photos, and fresh, creative tips on cooking with amaranth, quinoa, and more. With more than 150 ideas for breakfast and brunch, appetizers and small bites, salads, main dishes and side dishes, sweets, snacks, sundry baked goods, and more, this refreshingly modern cookbook features recipes that include whole grains like barley, buckwheat, corn, oats, quinoa, and wheat. While some of these recipes happen to be vegetarian, some vegan, and some gluten free, all of them have one common characteristic: great flavor. Featuring ingredients that are readily available at your grocery store, *Whole Grains for a New Generation* shows how easy, delicious, and exciting whole grain cooking can be. Says author Liana Krissoff in the Introduction, “My cooking is inspired by all that's flavorful, and I hope it serves as inspiration to you in turn.”

**The Gluten-Free Grains Cookbook** Quelcy Kogel. 2019-04-09 Elevate Your Dishes with Flavorful Grains Whether you're a strict gluten-free eater, or just looking for more variety, *The Gluten-Free Grains Cookbook* shares dishes that can appease everyone at the table. Quelcy's tried and true recipes ensure that you cook with the right ingredients for the perfect meal every time. Discover grains from ancient Aztec amaranth and Ethiopian teff to buckwheat and sorghum and a myriad of ways to make them into memorable meals. Both omnivores and vegans can get behind recipes such

as Friday Night Nachos or Quinoa “Fish” Fritter Tacos. Amaranth introduces nutty undertones to Smoky Tomato Cream Soup and Kimchi Pancakes. These grains, and others featured in this book, bring dimension to your cooking and help you pack more essential minerals into every delicious meal. *Whole Grain Cookbook* A. D. Livingston.2013-05-07 Grain truly is the staff of life—tasty, versatile, and highly nutritious. This terrific and comprehensive cookbook offers authentic, eclectic, homespun recipes that showcase a variety of different grains at their best, whether on their own or cooked with vegetables or meat. From the familiar oat to exotic ancient crops, *The Whole Grain Cookbook* celebrates the good eating offered by 20 different whole grains: amaranth, quinoa, corn (maize), wheat, spelt, QK-77, triticale, rye, oats, rice, barley, millet, teff, sorghum, fonio, buckwheat, chickpeas, beans and peas, seeds, and nuts. Also included is information on how to store whole grain and how to grind your own meal and flour with a home milling machine (as with coffee and pepper, freshly ground grains are more flavorful, and less expensive, than store-bought). Appetizing, informative, and uncomplicated, this is a resource you’ll return to again and again.

*Ancient Grains* Kim Lutz.2016 Ancient grains are making a comeback on today's dinner tables--including gluten-free options, like millet and sorghum. *Super Grains* celebrates the whole-grain goodness of spelt, farro, and even the humble cholesterol-lowering oat, in 75 easy, satisfying recipes. Enjoy crunchy Farro Apple and Almond Salad, Power-Packed Tomato Soup with sorghum, Teff-Lentil Sloppy Joes, and yummy Whole Grain Chocolate Brownies. It's superfood made super delicious!

*The Whole Grain Cookbook* A. D. Livingston.2013-05-07 Grain truly is the staff of life—tasty, versatile, and highly nutritious. This terrific and comprehensive cookbook offers authentic, eclectic, homespun recipes that showcase a variety of different grains at their best, whether on their own or cooked with vegetables or meat. From the familiar oat to exotic ancient crops, *The Whole Grain Cookbook* celebrates the good eating offered by 20 different whole grains: amaranth, quinoa, corn (maize), wheat, spelt, QK-77, triticale, rye, oats, rice, barley, millet, teff, sorghum, fonio, buckwheat, chickpeas, beans and peas, seeds, and nuts. Also included is information on how to store whole grain and how to grind your own meal and flour with a home milling machine (as with coffee and pepper, freshly ground grains are more flavorful, and less expensive, than store-bought). Appetizing, informative, and uncomplicated, this is a resource you’ll return to again and again.

*The Whole Grain Cookbook* A. D. Livingston.2000 A celebration of the good eating offered by grains--these authentic, eclectic, homespun recipes show the various grains at their best, whether on their own or cooked with vegetables or meat.

**The 50 Best Whole-Grain Recipes** Media Adams.2011-11-01 They’re tasty. They’re easy to make. And they’re right at your fingertips. *The 50 Best Whole-Grain Recipes* is an appetizing selection of dishes that are as hearty and healthy as they are flavorful and delicious. From Oatmeal Raisin Scones to Chicken and Apricot Roulades, there’s plenty included so you can whip up satisfying and tasty snacks and meals. Enjoy! They’re tasty. They’re easy to make. And they’re right at your fingertips. *The 50 Best Whole-Grain Recipes* is an appetizing selection of dishes that are as hearty and healthy as they are flavorful and delicious. From Oatmeal Raisin Scones to Chicken and Apricot Roulades, there’s plenty included so you can whip up satisfying and tasty snacks and meals. Enjoy!

*The Essential Good Food Guide* Margaret M. Wittenberg.2013-07-09 The definitive guide to buying, storing, and enjoying whole foods, in full color for the first time and revised and updated throughout. Make smart choices at the store and at the stove. An inspiring and indispensable one-stop resource, *The Essential Good Food Guide* is your key to understanding how to buy, store, and enjoy whole foods. Margaret M. Wittenberg shares her insider’s knowledge of products available at national retailers and natural foods markets, providing at-a-glance buying guides. Her ingredient profiles include detailed preparation advice, such as dried bean cooking times, cooking ratios of whole grains to water, culinary oil smoke points, and much more. She also clarifies confusing food labels, misleading marketing claims, and common misperceptions about everyday items, allowing you to maximize the benefits of whole foods cooking. With full-color photography, this new edition of *The Essential Good Food Guide* is fully revised with the most up-to-date advice on organics, heirloom grains and legumes, gluten-free cooking options, and the new varieties of fruits and vegetables popping up at farmers’ markets across the country to help you make the most of your time in the grocery aisle and the kitchen.

*Whole Grains Every Day, Every Way* Lorna Sass.2013-12-11 Thanks to the low-carb movement and the updated USDA food pyramid, we all know we should be eating more whole grains (the “good carbs”). But what exactly are whole grains? And how can we make them not only what we should eat, but what we really want to eat? In *Whole Grains Every Day, Every Way*, bestselling cookbook author Lorna Sass demystifies whole grains with a thorough grain-by-grain primer followed by more than 150 irresistible recipes. In this extensive guide to the wide range of fantastic whole grains available—many of which are gluten-free—Sass introduces home cooks to dozens of grains, including amaranth, barley, buckwheat, hominy, popcorn, polenta, Job’s tears, millet, oats, quinoa, brown rice, red rice, black rice, rye, triticale, sorghum, teff, farro, grano, green wheat, kamut, spelt, wheat berries, and wild rice. She shares tips for buying and storing these grains as well as the best and simplest way to cook them. And then there are the boldly flavored, contemporary recipes that will truly change the way you cook, covering soups, salads, main courses, and side dishes all the way to quick breads, cookies, and desserts, with a groundbreaking section on whole-grain baking outlining tempting, healthy options. *Whole Grains Every Day, Every Way* will delight carnivores and vegetarians alike with recipes such as Farro Salad with Prosciutto and Asparagus, Masa Harina–Beef Casserole, Posole with Pork and Chipotle, Millet with Gingered Beets and Orange, and Coconut–Black Rice Pudding. This is the book America has been asking for: the definitive guide that will make it easy and delicious for us to incorporate healthful whole grains into our diets with innovative recipes for every meal of the day.

*Simply Ancient Grains* Maria Speck.2015-04-14 The award-winning author of *Ancient Grains for Modern Meals* makes cooking with ancient grains faster, more intuitive, and easier than ever before in this collection of over 100 recipes, most of which are gluten-free. Winner of the M.F.K Fisher Award From black rice to red quinoa to golden Kamut berries, ancient grains are showing up on restaurant menus and store shelves in abundance. Yet in home kitchens, many fear that whole grains are too difficult and time-consuming to prepare. In *Simply Ancient Grains*, Maria Speck makes cooking with these fascinating and nourishing staples easy and accessible with sumptuous recipes for breakfast, lunch, dinner, and dessert. She breaks down how to choose and prepare ancient grains, giving detailed information on texture, flavor, and nutrition for each grain and notes which are gluten-free. Her family-friendly dishes are Mediterranean-inspired and delicious, such as Spicy Honey and Habanero Shrimp with Cherry Couscous; Farro Salad with Roasted Eggplant, Caramelized Onion, and Pine Nuts; Roasted Portobello Mushrooms with Hazelnut Buckwheat Stuffing; and Red Rice Shakshuka with Feta Cheese. Maria’s tips and simplified approach take whole grain cooking to the next level by amplifying the flavor and enduring beauty of these nutritious grains.

*Whole Grain Baking Made Easy* Tabitha Alterman.2015-01-15 Take control of the grains you eat. Written by Mother Earth Living food editor Tabitha Alterman, *Whole Grain Baking Made Easy* is a guide for bakers who want to maximize the nutritional value of their breads and desserts while experimenting with delicious new flavors of many different whole grains. Alterman includes recipes for a wide array of flours and flour blends - from amaranth to millet to teff - as well as guidance on all aspects of home milling, such as choosing a mill and properly storing your grain and flour. With straightforward instructions and full-color photography, Alterman teaches home bakers age-old methods for making deliciously tender breads and cakes out of whole-grain flours. So whether you want to bake low-gluten goodies, maximize the nutrition in your baked goods, become more self-reliant, or experiment with heirloom or heritage grains, *Whole Grain Baking Made Easy* puts you in charge of the grains in your diet from start to finish.

*Everyday Whole Grains* Ann Taylor Pittman.2016-03-22 Healthy, hearty, and versatile, whole and ancient grains are fast becoming staples in kitchens everywhere. In this comprehensive guide, Cooking Light Executive Food Editor and James Beard Award-winning author Ann Taylor Pittman gives readers amazing ways to make the most of ingredients such as farro, kamut, amaranth, barley, millet, einkorn, sorghum, and more.

This book reinvents how we cook with grains. Ann offers recipes that have us popping and crisping them for texture, creaming them for soups, and using them in sublime, miraculously guilt-free desserts. *Everyday Whole Grains* covers the essentials on each grain and features 175 flavorful dishes from savory breakfasts, stews, and casseroles, to foolproof pizzas and breads.

With over 100 gorgeous photographs and detailed nutritional information for every recipe, *Everyday Whole Grains* is as inspiring as it is authoritative and a must-have for food lovers and health-conscious eaters alike.

**50 Shades of Grain** Lisa Harrington.2018-02-28 THIS 50 SHADES OF GRAIN RECIPE BOOK HAS A GREAT VARIETY OF HEALTHY AND DELICIOUS MEALS TO WOW YOU AND YOUR COMPANY! Get this Amazing Ancient Grains Cookbook for a limited time discount (40% off!) Includes wholesome grains such as Kamut, Bulgar, Spelt, Millet, and Quinoa This Simple and delicious cookbook is full of healthy and tasty whole grain recipes of all kinds for every mood and for every occasion! Perfect as a gift or a present to yourself! GREAT VALUE

**The New Whole Grains Cookbook** Robin Asbell.2011-11-18 “Asbell shares her passion for whole grain goodness . . . where the rubber meets the road, when it comes to getting healthy whole grains into your menus.” —Food Management From whole wheat, oats, and rice to farro, barley, and quinoa, no grain is left unturned in this compendium of more than seventy-five healthful recipes. There’s a tasty dish for every meal of the day: Quick Skillet Flatbreads made with millet or teff for breakfast, or a hearty dinner entre of lamb and rye berries braised in red wine. Even desserts get the whole-grain touch with such sweets as Chocolate-Chunk Buckwheat Cookies. A source list helps find the more unusual grains and a glossary describes each one in detail. The New Whole Grains Cookbook makes it easy to eat your grains and love them, too. “If Crunchy Rice Cake-Crusted Halibut with Tofu-Dill Sauce, Whole Wheat Potato Gnocchi with Truffle Oil and Mushrooms, or Crystallized Ginger and Barley Tea Bread have your mouth watering, this book is for you.” —Mother Earth Living “The New Whole Grains Cookbook features more than 75 recipes, including Caramel Walnut Chocolate Chunk Granola and Saffron Quinoa con Pollo. A handy glossary details each grain . . . Whether you favor wheat and rice or barley and quinoa, this cookbook has the right recipe for you.” —Taste for Life

**Flavor Flours** Alice Medrich.2014-10-28 Winner, James Beard Foundation Award, Best Book of the Year in Baking & Desserts In this monumental new work, beloved dessert queen Alice Medrich applies her baking precision and impeccable palate to flavor flours—wheat-flour alternatives including rice flour, oat flour, corn flour, sorghum flour, teff, and more. The resulting (gluten-free!) recipes show that baking with alternate flours adds an extra dimension of flavor. Brownies made with rice flour taste even more chocolaty. Buckwheat adds complexity to a date and nut cake. Ricotta cheesecake gets bonus flavor from a chestnut flour crust; teff is used to make a chocolate layer cake that can replace any birthday cake with equally pleasing results. All of the nearly 125 recipes—including Double Oatmeal Cookies, Buckwheat Gingerbread, Chocolate Chestnut Soufflé Cake, and Blueberry Corn Flour Cobbler—take the flavors of our favorite desserts to the next level. The book is organized by flour, with useful information on its taste, flavor affinities, and more. And because flavor flours don’t react in recipes the same way as wheat flour, Medrich explains her innovative new techniques with the clarity and detail she is known for.

**Mother Grains: Recipes for the Grain Revolution** Roxana Jullapat.2021-04-20 Finalist for the IACP Cookbook Award in Baking and the James Beard Foundation Book Award in Baking and Desserts Named a Best Cookbook of the Year by Bon Appétit, NPR, Washington Post, Epicurious, WBUR Here & Now, and Five Books Named a Best Cookbook of the Spring by Eater, Epicurious, and Robb Report The key to better, healthier baked goods is in the grain. Barley, buckwheat, corn, oats, rice, rye, sorghum, and wheat will unlock flavors and textures as vast as the historic lineages of these ancient crops. As the head baker and owner of a beloved Los Angeles bakery, Roxana Jullapat knows the difference local, sustainable flour can make: brown rice flour lightens up a cake, rustic rye adds unexpected chewiness to a bagel, and ground toasted oats enrich doughnuts. Her bakery, Friends & Family, works with dedicated farmers and millers around the country to source and incorporate the eight mother grains in every sweet, bread, or salad on the menu. In her debut cookbook, Roxana shares her greatest hits, over 90 recipes for reinventing your favorite cakes, cookies, pies, breads, and more. Her chocolate chip cookie recipe can be made with any of the eight mother grains, each flour yielding a distinct snap, crunch, or chew. Her mouthwatering buckwheat pancake can reinvent itself with grainier cornmeal. One-bowl recipes such as Barley Pumpkin Bread and Spelt Blueberry Muffins will yield fast rewards, while her Cardamom Buns and Halvah Croissants are expertly laid out to grow a home baker’s skills. Recipes are organized by grain to ensure you get the most out of every purchase. Roxana even includes savory recipes for whole grain salads made with sorghum, Kamut or freekeh, or easy warm dishes such as Farro alla Pilota, Toasted Barley Soup, or Gallo Pinto which pays homage to her Costa Rican upbringing. Sunny step-by-step photos, a sourcing guide, storage tips, and notes on each grain’s history round out this comprehensive cookbook. Perfect for beginner bakers and pastry pros alike, Mother Grains proves that whole grains are the secret to making any recipe so much more than the sum of its parts.

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It is your very own epoch to take action reviewing habit. accompanied by guides you could enjoy now is **Simply Ancient Grains Fresh And Flavorful Whole G** below.

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## Simply Ancient Grains Fresh And Flavorful Whole G Introduction

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