

Simply Ancient Grains Fresh And Flavorful Whole G

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.

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.

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.

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.

Occasionally Eggs Alexandra Daum.2021-04-20 From the creator of the popular blog, *Occasionally Eggs*, comes a beautiful debut cookbook exploring the bounty of the seasons, filled with more than 110 simple vegetarian recipes. Alexandra Daum loves nothing more than harvesting her garden throughout the year, and creating satisfying, seasonally-driven recipes. In her first cookbook, *Occasionally Eggs*, she shows us how simple it can be to cook healthy(ish) vegetarian meals with local fruits and vegetables, and pantry staples, like grains and legumes. Hard-to-find ingredients are kept to a minimum, with a focus on flavour combinations that make the best possible use of market finds. Largely plant-based, with the exception of occasional uses of honey and eggs, this book will inspire you to include fresh, local produce in your daily meal preparation. With over 110 delicious and nourishing recipes, *Occasionally Eggs* will create excitement as the seasons change. You'll explore fresh, vibrant flavours in spring and summer, with dishes like Chickpea Apricot Grain Salad, Spring Pesto Pizza, Sweet Corn and Zucchini Pakoras, and Strawberry Elderflower Ginger Beer Floats. In autumn and winter, it's a time to enjoy cozier, warmer meals, including Apple Hazelnut Waffles, Sesame Roasted Delicata Squash, Smoky Mushroom Pumpkin Chili, and Tahini Date Banana Bread. *Occasionally Eggs* is equal parts instruction and inspiration, with substitutions, tips, and tricks to allow for intuitive cooking based on what you have on hand. In addition to her seasonal offerings, Alexandra includes chapters on useful staples and basic fermentation, so you can try your hand at a homemade kombucha or spelt sourdough, and fill your fridge with easy-to-make oat milk or tahini dressing. This is truly a year-round recipe collection and a book you'll turn to for years to come.

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 Simple Paleo Kitchen Jessie Bittner.2021-01-12 Discover the delicious ease of the Paleo diet with *The Simple Paleo Kitchen*, your one-stop shop for scrumptious meals that are not only gluten- and grain-free, but hassle-free as well. With this cookbook, Jessie Bittner has curated a mouthwatering collection of recipes—which can all be tackled in just five steps or fewer—to help save you time in the kitchen without skimping on flavor. From make-ahead breakfasts like Breakfast Burrito Bowls with Spicy Ranch or Banana-Blueberry Breakfast Bread to five-ingredient dinners like Buffalo Chicken-Stuffed Sweet Potatoes or a Honey-Glazed Salmon Dinner and even one-bowl desserts like the decadent No-Bake German Chocolate Cake Bars, Jessie has all your Paleo bases covered for a deliciously minimalist cooking experience. Whether you're constantly on the go, hate the hassle of cleaning up a dirty kitchen or are just looking to streamline your lifestyle, this awesome cookbook is your no-muss, no-fuss guide to incredibly easy, incredibly tasty Paleo recipes.

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."

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.

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.

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.

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.

The Splendid Grain Rebecca Wood.1998-12-16 With 250 luscious recipes, along with eight pages of color photographs, *The Splendid Grain* dramatizes how you can incorporate extraordinarily healthful grains into your life without changing your lifestyle. Grains can transform taste and texture in unsurpassed ways like these: Nutty, sweet oats form the delicious crust of fried chicken Piquant quinoa heightens and absorbs the savory juices of gingered lamb Hearty buckwheat becomes a sweet, delicate, Parisian-inspired crepe Thai black sticky rice flavored with coconut makes unforgettable exotic banana dumplings. The natural and native history of each grain is also explored along with its health benefits.

The New Book Of Whole Grains Marlene Anne Bumgarner.2014-12-30 Easy-to-make, delicious, and satisfying, whole grains are low in fat and cholesterol but terrifically high in fiber--and full of those magic antioxidants. They are also the foundations of a healthy diet. In *The New Book of Whole Grains*, Marlene Anne Bumgarner covers more than a dozen grains in an easy-to-use grain-by-grain format. She provides nutritional information, tips on buying and storing for maximum freshness, and a brief historical profile for each. Bumgarner offers more than 200 recipes to turn these nutritional powerhouses into delicious appetizers, entrees, soups, muffins, cookies, cakes, breads, and side dishes, many of which are vegetarian. Any home cook eager to provide his or her family with healthy, delicious food, packed with flavor and nutrients, will delight in this clear and engaging guide. Recipes Include: Amaranth Granola Cereal, Sour Cream Triticale Waffles, Quinone Tabouleh Salad, Sesame Rice, Brown Rice Risotto, Spinach Dumplings, Black-eyed Chicken, Barley and Shrimp Casserole, Oatmeal Macaroons, Peach Rye Crisp, Hasty Pudding, Sorghum Gingerbread, Pumpkin Nut Bread, and many more!

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.

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*!

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.

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.

Live Eat Cook Healthy Rachel Khanna.2012 Fresh recipes for every meal of the day. In-depth information about how to choose the most nutritious and sustainable natural foods available.

Tartine Book No. 3 Chad Robertson.2013-12-17 The third in a series of classic, collectible cookbooks from Tartine Bakery & Cafe, one of the great bakeries, *Tartine Book No. 3* is a revolutionary, and altogether timely, exploration of baking with whole grains. The narrative of Chad Robertson’s search for ancient flavors in heirloom grains is interwoven with 85 recipes for whole-grain versions of Tartine favorites. Robertson shares his groundbreaking new methods of bread baking including new techniques for whole-grain loaves, as well as porridge breads and loaves made with sprouted grains. This book also revisits the iconic Tartine Bakery pastry recipes, reformulating them to include whole grains, nut milks, and alternative sweeteners. More than 100 photographs of the journey, the bread, the pastry and the people, make this a must-have reference for the modern baker.

Damn Delicious Rhee, Chungah.2016-09-06 The debut cookbook by the creator of the wildly popular blog *Damn Delicious* proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In *Damn Delicious*, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time around the table. Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly 'damn delicious!'

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.

Grain Power Patricia A. Green, Carolyn Hemming.2014 Transform your meals with healthy and 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 ideal not only for people with food allergies, gluten intolerances and health issues, but also for those looking to incorporate delicious, nutrient-rich grains for a healthy lifestyle. Packed with lots of variety and unique natural flavors, these recipes feature the popular and versatile gluten-free ancient grains available today. It's easy to supercharge 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 & Leek Amaranth Chowder, Thin-Crust Vegetable Pizza with Fresj Basil and Caramel Apple Buckwheat Crêpes

Minimalist Baker's Everyday Cooking Dana Shultz.2016-04-26 The highly anticipated cookbook from the immensely popular food blog *Minimalist Baker*, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the *Minimalist Baker* blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements *Minimalist Baker's Everyday Cooking* is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

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.

Go Barley Pat Inglis, Linda Whitworth.2014-04-08 Turn your favorite dish into a nutritional powerhouse with barley. Delicious and easy to use, barley is the newest superfood with tremendous health benefits. High in fiber, this ancient grain has been proven to lower cholesterol, promote digestive health, and reduce blood cholesterol, a risk factor for heart disease. Barley has a wonderful nutty flavor and adds great texture to soups, stews, and salads, and blends well into main dishes, sides, and desserts.

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 Kitchen 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.

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.

Grain Bowls Anna Shillinglaw Hampton.2016-09-22 Ancient grains are making their way back into the modern day diet, which is great news for health-inspired home cooks. They have always been around, but until recently mostly enjoyed in the processed form, which removes the outer healthy layers, as well as much needed vitamins, minerals and antioxidants from our diet. Now you can easily find whole grains like spelt, freekeh and barley to incorporate into your very own meal in a bowl. Eliminating the need for a fork and knife, the grain bowl offers convenience while still using good-quality ingredients. There are recipes for every appetite, including lighter fare such as salads, filling vegetarian (even vegan) meals, as well as heartier bowls with meat and seafood. There are one-pot recipes such as stews and risottos, as well as classic assembled grain bowls topped with dressings and sauces. All of them can be prepared in advance for quick, healthy weekday meals that are far from boring. Many of the dishes use gluten-free grains, such as buckwheat and rice. And grain bowl additions, such as fruits, vegetables and proteins are so adaptable that it is easy to eliminate or add items based on any fussy eaters in the family.

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*
Ross Dobson's Wholefood Kitchen Ross Dobson.2010 Offers recipes for wholefoods, using nutritious pulses and grains as the basis. This title contains starters including Carrot, Cumin and Lentil Dip; Smoky Paprika Houmous; and, Falafel with Minted Yoghurt. It covers such soups as Shiitake Mushroom and Barley Soup and Curried Parsnip and Butterbean Soup.

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.

Artisan Sourdough Made Simple Emilie Raffa.2017-10-24 The easy way to bake bread at home—all you need is FLOUR, WATER and SALT to get started! Begin your sourdough journey with the bestselling beginner's book on sourdough baking—100,000 copies sold! Many bakers speak of their sourdough starter as if it has a magical life of its own, so it can be intimidating to those new to the sourdough world; fortunately with *Artisan Sourdough Made Simple*, Emilie Raffa removes the fear and proves that baking with sourdough is easy, and can fit into even a working parent’s schedule! Any new baker is inevitably hit with question after question. Emilie has the answers. As a professionally trained chef and avid home baker, she uses her experience to guide readers through the science and art of sourdough. With step-by-step master recipe guides, readers learn how to create and care for their own starters, plus they get more than 60 unique recipes to bake a variety of breads that suit their every need. Featured recipes include: - Roasted Garlic and Rosemary Bread - Cinnamon Raisin Swirl - Blistered Asiago Rolls with Sweet Apples and Rosemary - Multigrain Sandwich Bread - No-Knead Tomato Basil Focaccia - Raspberry Gingersnap Twist - Sunday Morning Bagels - and so many more! With the continuing popularity of the whole foods movement, home cooks are returning to the ancient practice of bread baking, and sourdough is rising to the forefront. Through fermentation, sourdough bread is easier on digestion—often enough for people who are sensitive to gluten—and healthier. *Artisan Sourdough Made Simple* gives everyone the knowledge and confidence to join the fun, from their first rustic loaf to beyond. This book has 65 recipes and 65 full-page photographs.

The Perfect Loaf Maurizio Leo.2022-11-08 JAMES BEARD AWARD WINNER • NEW YORK TIMES BESTSELLER • A dynamic, authoritative sourdough baking bible for those looking to build confidence in the craft with a wide range of foolproof recipes, from pan loaves to pizza to doughnuts, by the beloved blogger and resident bread baker at Food52 “Maurizio Leo has given all bread-heads, whether newbies or experienced bakers, the ideal gift.”—Peter Reinhart, author of *The Bread Baker’s Apprentice* and host of *Pizza Quest* ONE OF THE BEST COOKBOOKS OF THE YEAR: *Saveur* Maurizio Leo’s blog *The Perfect Loaf* is the go-to destination on the internet for beginner sourdough bakers. He now brings his impeccably detailed techniques, foolproof recipes, and generous teaching style to a groundbreaking debut cookbook that delves into the absolute fundamentals of sourdough—plus the tools and confidence to explore beyond. Recipes cover flavorful, crowd-pleasing favorites: Essential freeform loaves: Simple Sourdough, Rosemary & Olive Oil, Extra-Sour Sourdough, Cranberry & Walnut, Demi Baguettes Pan loaves: Everyday Sandwich Bread, Naturally Leavened Brioche, German Whole Rye, Honey Whole Wheat Sandwich Bread Pizza and flatbread: Roman-Style Pan Pizza, Focaccia, Naan, Flour Tortillas, Pita Buns, rolls, and more: Soft Dinner Rolls, Potato Buns, Ciabatta Rolls, English Muffins, Bagels Sweets: Weekend Cinnamon Rolls, Italian Doughnuts, Summer Fruit Sourdough Crostata, Banana Bread, Cinnamon Babka Beginner bakers will have their hands held the entire way, with troubleshooting sections and numerous sidebars answering almost every question they may have—like how to store a sourdough starter long-term, how bakers’ percentages actually work, and a visual guide to common “bread fails” and how to remedy them. Seasoned bakers will relish deep dives into the science behind baking processes and expert information on how to build their “baker’s intuition” and level up by experimenting with hydration, ingredient ratios, freshly milled grains, and specialty flours. Whether you're new to bread baking or a pro, *The Perfect Loaf* will be your indispensable guide in the kitchen.

Just Enough Gesshin Claire Greenwood.2019-06-11 Fresh out of college, Gesshin Claire Greenwood found her way to a Buddhist monastery in Japan and was ordained as a Buddhist nun. Zen appealed to Greenwood because of its all-encompassing approach to life and how to live it, its willingness to face life’s big questions, and its radically simple yet profound emphasis on presence, reality, the now. At the monastery, she also discovered an affinity for working in the kitchen, especially the practice of creating delicious, satisfying meals using whatever was at hand — even when what was

at hand was bamboo. Based on the philosophy of oryoki, or “just enough,” this book combines stories with recipes. From perfect rice, potatoes, and broths to hearty stews, colorful stir-fries, hot and cold noodles, and delicate sorbet, Greenwood shows food to be a direct, daily way to understand Zen practice. With eloquent prose, she takes readers into monasteries and markets, messy kitchens and predawn meditation rooms, and offers food for thought that nourishes and delights body, mind, and spirit.

Super Grains and Seeds Amy Ruth Finegold.2015-03-07 Do you know your chia from your quinoa, your flax from your farro? Grains and seeds possess potent health-giving properties; they are packed with vitamins, dietary fibre and essential amino acids, and are known to support the immune system. But most people don't incorporate enough of these superfoods into their diets, and they are missing out - on both the health benefits and on the flavour! Amy Ruth Finegold has rid herself of the health problems that plagued her and discovered a whole new exciting way to eat by embracing these ancient grains - from amaranth to bulgur, buckwheat to teff. Get off to a good start with Breakfast options including Amaranth Porridge and Pineapple Bran Muffins. Soups include the fruity and tangy Summer Melon Soup with Tamarind, while Salads & Snacks also make a perfect light meal - try a Wheatberry Salad with Apples and Pecans. Satisfying Main Dishes to enjoy include Millet-stuffed Acorn Squash and Lamb Chops with a Warm Quinoa Apricot Salad. Seeds and grains work well in Sweet Treats, too; try Peach Pie with a Sunflower Seed Crust or treat yourself to Peanut Butter Quinoa Cookies.

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

Quick from Scratch Herbs and Spices Cookbook & Wine Magazine Food,Food & Wine Magazine.2002-08 A joy...packed with easy, mouthwatering recipes for food that's both healthful and exciting. --Paula Wolfert. Herbs and spices add lots of flavor in a little time--and now it's easy to choose just the right ones to add depth and complexity to your cooking. Creative, quick recipes...ingredients are easy to find.--Chris Schlesinger and John Willoughby.

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.

Simply Ancient Grains Fresh And Flavorful Whole G Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has be apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Simply Ancient Grains Fresh And Flavorful Whole G**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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