

Einkorn Recipes For Natures Original Wheat

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The Nourished Kitchen - Jennifer McGruther
2014-04-15

A cookbook from the author of the popular website Nourished Kitchen, featuring over 160 recipes based on the "traditional foods" philosophy of eating, which emphasizes whole grains, dairy, red meat, organ meats, and fermented foods. The traditional foods movement is a fad-free approach to cooking and eating that emphasizes nutrient-dense, real food, and values quality, environment, and community over the convenience of processed, additive-laden products that are the norm on grocery store shelves. Based on the research of Weston A. Price, who studied the diets of indigenous peoples to understand the relationship between nutrition and health, a traditional foods diet avoids processed ingredients, but allows meat, animal fat, and grains. It embraces cultured dairy, such as kefir and yogurt, that contain beneficial bacteria; fermented foods, such as sauerkraut and kombucha, that are rich in probiotics; and organ meats that are packed with vitamins and minerals. It also celebrates locally grown foods. By choosing ingredients from nearby sources, you create a stronger connection to your food, and have a better understanding what you're eating and how it was produced. In *The Nourished Kitchen*, Jennifer McGruther guides you through her traditional foods kitchen and offers more than 160 recipes inspired by the seasons, land, and waters around her. In the morning, fuel up with Eggs Poached in Fiery Tomato Sauce. On a hot summer day, Cucumber Salad with Dill and Kefir is a cooling side dish, and on a chilly fall evening, Barley in Broth with Bacon and Kale offers comfort and warmth. Old-Fashioned Meat

Loaf with Gravy makes a hearty family meal, while Chicken in Riesling with Peas can be the centerpiece of an elegant supper. Satisfy your sweet tooth with Maple-Roasted Pears, and quench your thirst with naturally fermented Vanilla Mint Soda. With the benefit of Jennifer's experience, you can craft a loaf of Whole Wheat and Spelt Sourdough Bread and stock your kitchen with Spiced Sour Pickles with Garlic. *The Nourished Kitchen* not only teaches how to prepare wholesome, nourishing foods, but also encourages a mindful approach cooking and a celebration of old-world culinary traditions that have sustained healthy people for millennia. Whether you're already a practitioner of the traditional foods lifestyle or simply trying to incorporate more natural, highly nutritious foods into your routine, you will find plenty to savor in *The Nourished Kitchen*.

Spelt Healthy! - Marsha Cosentino 2007-09-01
A "go-to" cooking and baking guide, this reference demonstrates how to use whole-grain spelt in all its forms. Containing more than 200 recipes—all keyed by blood-type diet notations—in an easy-to-follow, 1-2-3 format, the cookbook provides guidelines and illustrations for the creation of a wide range of dishes, including bagels, biscuits, bread, calzones, pizza, and waffles. Beginning with an introduction to the ancient grain, the text examines spelt's heritage, composition, nutritional benefits, and appeal for those suffering from diabetes, food allergies, gluten intolerance, and other food sensitivities. A "Knead to Know" section presents tips on techniques for cooking and baking with spelt, such as how to measure and "fluff" the flour, gauge rising times and consistency of the dough, and test for readiness. Using the handy

conversion tables, readers will also learn how to adapt their favorite recipes to substitute spelt for wheat. Nautilus 2007 Book Award Finalist A “go-to” cooking and baking guide, this reference demonstrates how to use whole-grain spelt in all its forms. Containing more than 200 recipes—all keyed by blood-type diet notations—in an easy-to-follow, 1-2-3 format, the cookbook provides guidelines and illustrations for the creation of a wide range of dishes, including bagels, biscuits, bread, calzones, pizza, and waffles. Beginning with an introduction to the ancient grain, the text examines spelt's heritage, composition, nutritional benefits, and appeal for those suffering from diabetes, food allergies, gluten intolerance, and other food sensitivities. A “Knead to Know” section presents tips on techniques for cooking and baking with spelt, such as how to measure and “fluff” the flour, gauge rising times and consistency of the dough, and test for readiness. Using the handy conversion tables, readers will also learn how to adapt their favorite recipes to substitute spelt for wheat.

Tartine Bread - Chad Robertson 2013-10-29
The Tartine Way — Not all bread is created equal The Bread Book "...the most beautiful bread book yet published..." -- The New York Times, December 7, 2010
Tartine — A bread bible for the home or professional bread-maker, this is the book! It comes from Chad Robertson, a man many consider to be the best bread baker in the United States, and co-owner of San Francisco's Tartine Bakery. At 5 P.M., Chad Robertson's rugged, magnificent Tartine loaves are drawn from the oven. The bread at San Francisco's legendary Tartine Bakery sells out within an hour almost every day. Only a handful of bakers have learned the techniques Chad Robertson has developed: To Chad Robertson, bread is the foundation of a meal, the center of daily life, and each loaf tells the story of the baker who shaped it. Chad Robertson developed his unique bread over two decades of apprenticeship with the finest artisan bakers in France and the United States, as well as experimentation in his own ovens. Readers will be astonished at how elemental it is. Bread making the Tartine Way: Now it's your turn to make this bread with your own hands. Clear instructions and hundreds of step-by-step photos

put you by Chad's side as he shows you how to make exceptional and elemental bread using just flour, water, and salt. If you liked *Tartine All Day* by Elisabeth Prueitt and *Flour Water Salt Yeast* by Ken Forkish, you'll love *Tartine Bread!*

Bittman Bread - Mark Bittman 2021
A revolutionary approach to making easy, delicious whole-grain bread and more This is the best bread you've ever had--best tasting, nourishing, and easy to make right in your own kitchen. Mark Bittman and co-author Kerri Conan have spent years perfecting their delicious, naturally leavened, whole-grain bread. Their discovery? The simplest, least fussy, most flexible way to make bread really is the best. Beginning with a wholesome, flavorful no-knead loaf (that also happens to set you up with a sourdough starter for next time), this book features a bounty of simple, adaptable recipes for every taste, any grain—including baguettes, hearty seeded loaves, sandwich bread, soft pretzels, cinnamon rolls, focaccia, pizza, waffles, and much more. At the foundation, Mark and Kerri offer a method that works with your schedule, a starter that's virtually indestructible, and all the essential information and personal insights you need to make great bread.

Honey & Oats - Jennifer Katzinger 2014-04-29
75 recipes for whole grain, low-sugar alternatives of your favorite baked goods—so you can satisfy your sweet tooth without sacrificing flavor This whole grain, low-sugar baking book is filled with 75 recipes for light, moist, and flavorful cakes, pies, scones, cookies, muffins, bars, and breads proves that baking with healthy ingredients doesn't have to mean sacrificing flavor or texture. Author Jennifer Katzinger created these classic baked-good recipes replacing sugar with honey, coconut palm sugar, maple syrup, and Sucanat; she uses oats and whole grains, such as teff, kamut, spelt, buckwheat, einkorn, barley, and whole-wheat flour to make delicious and more nutritious baked treats. For those who aren't quite ready to go “all the way,” this book also provides recipe adaptations that incorporate some whole grains into their favorite baked goods. Katzinger also includes some gluten-free options.

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.

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.

Ancient Einkorn - Gary Young 2014-07-01

The Elliott Homestead - 2016-10

Mother Grains: Recipes for the Grain Revolution - Roxana Jullapat 2021-04-20

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.

Cultured Food Life - Donna Schwenk 2011
Dramatically improve your health by eating foods filled with dynamic probiotics that supercharge your body! Ordinary foods become powerful health agents in a few easy steps using ancient wisdom and time-tested techniques such as natural fermentation. Author and educator Donna Schwenk tells her compelling story of how she transformed her family's health by creating foods that conquer sicknesses, including diabetes, high blood pressure and IBS. Hundreds of families have attended Donna's seminars and renewed their health, changing their lives forever! After numerous requests from her seminar participants, Donna has provided this compilation of over sixty delicious recipes that were the key to her own success. With her simple step-by-step instructions, you too can learn to make delicious probiotic foods that will create wellness and restore your health. You can enjoy a preview at:

www.culturedfoodlife.com or follow Donna on her blog at www.blog.culturedfoodlife.com

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.

Restoring Heritage Grains - Eli Rogosa 2016
Including recipes for baking with Einkorn Wheat is the most widely grown crop on our planet, yet industrial breeders have transformed this ancient staff of life into a commodity of yield and profit--witness the increase in gluten intolerance and 'wheat belly'. Modern wheat depends on synthetic fertilizer and herbicides that damage our health, land, water, and environment. Fortunately, heritage 'landrace' wheats that evolved over millennia in the organic fields of traditional farms do not need bio-chemical intervention to yield bountifully, are gluten-safe, have rich flavor and high nutrition. Yet the robust, majestic wheats that nourished our ancestors are on the verge of extinction. In *Restoring Heritage Grains*, author Eli Rogosa of the Heritage Grain Conservancy, invites readers to restore forgotten wheats such as delicious gluten-safe einkorn that nourished the first Neolithic farmers, emmer--the grain of ancient Israel, Egypt, and Rome that is perfect for pasta and flatbreads, rare durum that are drought-tolerant and high in protein, and many more little known wheat species, each of which have a lineage intertwined with the human species and that taste better than any modern wheat.

Restoring Heritage Grains combines the history of grain growing and society, in-depth practical advice on landrace wheat husbandry, wheat folk traditions and mythology, and guidelines for the Neolithic diet with traditional recipes for rustic bread, pastry and beer. Discover the ancient grains that may be one of the best solutions to hunger today, and provide resilience for our future.

The Ultimate Keto Air Fryer Cookbook - Wendy Polisi 2020-04-28

Crispy, fat-burning favorites--the keto air fryer cookbook. When you've got an air fryer, going keto doesn't have to mean giving up on the joys of fried food. The Ultimate Keto Air Fryer Cookbook is the go-to resource for foodies who are loving the health benefits of keto but still want to serve up all kinds of delicious air-fried foods. Filled with tasty recipes for classic dishes and new air fryer ideas, this air fryer cookbook makes it simple to put some crunch back into your life with more than 100 keto-friendly takes on everything from biscuits and fried chicken to fries and empanadas. You'll also get all sorts of essential advice for keeping your kitchen supplied for keto cooking, as well as tons of hot tips for getting the most out of your air fryer. The Ultimate Keto Air Fryer Cookbook includes: 100+ keto air fryer recipes--Put your trusty air fryer to use at every meal with breakfasts, lunches, and dinners that taste great and keep you on the road to ketosis. The tastes you love--Stick to your diet with ketogenic spins on old fried-food favorites--that still taste as good as you remember them. Easy to use--This air fryer cookbook offers tips and tricks for stocking your kitchen with keto-friendly ingredients, using your air fryer, and, of course, making sure each recipe comes out full of crunchy goodness. Keto and air frying combine to make mealtime magic in The Ultimate Keto Air Fryer Cookbook.

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.

The Best of Artisan Bread in Five Minutes a Day - Jeff Hertzberg, M.D. 2021-10-12

WITH A FOREWORD BY ANDREW ZIMMERN

"What Zoë and Jeff have done with the *Artisan Bread in Five Minutes* series is prove that the world's easiest yeasted loaf, the most versatile bread dough recipe (even pizza!), can be taken in so many directions and have so many applications that it has created a series of hits." —From the Foreword by Andrew Zimmern From Jeff Hertzberg, M.D., and Magnolia Network's Zoë François, the authors of the *Artisan Bread in Five Minutes a Day* series, comes a collection of all time favorite recipes and techniques. With nearly one million copies of their books in print, Jeff Hertzberg and Zoë François have proven that people want to bake their own bread, so long as they can do it easily and quickly. But with five very different "Bread in Five" books to choose from, bakers have been asking: "Which one should I get if I want a little of everything: the best of European and American classics, whole-grain recipes, pizza and flatbread, gluten-free, sourdough, and loaves enriched with eggs and butter?" With *The Best of Artisan Bread in Five Minutes a Day*, Jeff and Zoë have chosen their absolute favorite 80 recipes from all five of their books, bringing them together into a single volume that is the only bread book a baker needs. In addition to old favorites, the book pulls in a few new tricks, tips, and techniques that Jeff and Zoë have learned along the way. With this revolutionary stored-dough technique—along with color and instructional black-and-white photographs—readers can have stunning, delicious bread on day one. *The Best of Artisan*

Bread in Five Minutes a Day will make everyone a baker—with only five minutes a day of active preparation time.

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. There is with *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!

Bread Book - Chad Robertson 2021-12-21

Visionary baker Chad Robertson unveils what's next in bread, drawing on a decade of innovation in grain farming, flour milling, and fermentation with all-new ground-breaking formulas and techniques for making his most nutrient-rich and sublime loaves, rolls, and more—plus recipes for nourishing meals that showcase them. “The most rewarding thing about making bread is that the process of learning never ends. Every day is a new study . . . the possibilities are infinite.”—from the Introduction More than a decade ago, Chad Robertson's country levain recipe taught a generation of bread bakers to replicate the creamy crumb, crackly crust, and

unparalleled flavor of his world-famous Tartine bread. His was the recipe that launched hundreds of thousands of sourdough starters and attracted a stream of understudies to Tartine from across the globe. Now, in *Bread Book*, Robertson and Tartine's director of bread, Jennifer Latham, explain how high-quality, sustainable, locally sourced grain and flours respond to hydration and fermentation to make great bread even better. Experienced bakers and novices will find Robertson's and Latham's primers on grain, flour, sourdough starter, leaven, discard starter, and factoring dough formulas refreshingly easy to understand and use. With sixteen brilliant formulas for naturally leavened doughs—including country bread (now reengineered), rustic baguettes, flatbreads, rolls, pizza, and vegan and gluten-free loaves, plus tortillas, crackers, and fermented pasta made with discarded sourdough starter—*Bread Book* is the wild-yeast baker's flight plan for a voyage into the future of exceptional bread.

The Sourdough School: Sweet Baking - Vanessa Kimbell 2020-09-03

'It is impossible to read this book without wanting to scuttle off into the kitchen.' Nigella Lawson The benefits of sourdough are well known - the slow fermentation process creates a healthier and lighter dough that is easier to digest - but until now they have been mainly linked to bread. If it rises, however, it can be made with sourdough, and in this ground-breaking new book, Vanessa Kimbell focuses on sweet sourdough bakes that not only nourish the gut but also improve your mood. Using a variety of flours, including chestnut, spelt and einkorn, as well as blends you can make up yourself, the classic recipes and new ideas for flavour combinations cover everything from cakes, tarts and biscuits, to doughnuts, brioche and pretzels, and rely on natural sweetness wherever possible. Recipes include Morello Cherry Shortbread, Chocolate, Tangerine & Pistachio Cakes, Carrot & Walnut Cake, Doughnuts and Mille-feuille as well as vinegars, compotes, cultured creams, butters and ghee. There is even Chocolate, Almond & Hazelnut Spread and Sourdough Vanilla Ice Cream. Vanessa also explains how sourdough helps to maintain the health and diversity of your gut microbiome. From understanding the benefits of having

diversity in your diet to the amazing work of enzymes, this book is about understanding the connection between our food, gut microbiome and the potential impact on our mental health. New studies are unveiling links between the microorganisms in our gut and our mood and behaviour, and Vanessa is at the forefront of this research. 'Britain's queen of sourdough.' - Telegraph 'Vanessa Kimbell wants to change the bread we eat, one loaf at a time. She's the real deal: a total inspiration.' - Diana Henry 'Just five years ago if someone said to you that they were writing a book about sourdough bread and mental health you would have thought they needed psychiatric help. Today nobody is laughing as the latest science tells us that microbes are the key link between food and the health of our mind and bodies.' - Tim Spector, author of The Diet Myth

The Einkorn Cookbook - Shanna 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.

Southern Ground - Jennifer Lapidus
2021-04-27

A groundbreaking tour of Southern craft bakeries featuring more than 75 rich, grain-forward recipes, from one of the leaders of the cold stone-milled flour movement in the South.

NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY GARDEN & GUN • "I felt like I was there, on the journey with Jennifer Lapidus herself, as I read her beautifully written book."—Peter Reinhart, author of The Bread Baker's Apprentice At Carolina Ground flour mill in Asheville, North Carolina, Jennifer Lapidus is transforming bakery offerings across the southern United States with intensely flavorful flour, made from grains grown and cold stone-milled in the heart of the South. While delivering extraordinary taste, texture, and story, cold stone-milled flour also allows bakers to move away from industrial commodity flours to create sustainable and artisanal products. In Southern Ground, Lapidus celebrates the incredible work of craft bakers from all over the South. With detailed profiles on top Southern bakers and more than seventy-five highly curated recipes arranged by grain, Southern Ground harnesses the wisdom and knowledge that the baking community has gained. Lapidus showcases superior cold stone-milled flour and highlights the importance of baking with locally farmed ingredients, while providing instruction and insight into how to use and enjoy these geographically distinct flavor-forward flours. Southern Ground is a love letter to Southern baking and a call for the home baker to understand the source and makeup of the most important of ingredients: flour.

Ancient Grains for Modern Meals - Maria Speck
2011-04-26

In this inspired and highly personal book, Maria Speck draws on food traditions from across the Mediterranean and northern Europe to reveal how versatile, satisfying, flavorful, and sophisticated whole grains can be. Food writer Maria Speck's passion for propelling Old World staples such as farro, barley, 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, Lamb Stew with Wheat Berries in Red Wine 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.

The Prairie Homestead Cookbook - Jill Winger
2019-04-02

Jill Winger, creator of the award-winning blog The Prairie Homestead, introduces her debut *The Prairie Homestead Cookbook*, including 100+ delicious, wholesome recipes made with fresh ingredients to bring the flavors and spirit of homestead cooking to any kitchen table. With a foreword by bestselling author Joel Salatin *The Pioneer Woman Cooks* meets *100 Days of Real Food*, on the Wyoming prairie. While Jill produces much of her own food on her Wyoming ranch, you don't have to grow all—or even any—of your own food to cook and eat like a homesteader. Jill teaches people how to make delicious traditional American comfort food recipes with whole ingredients and shows that you don't have to use obscure items to enjoy this lifestyle. And as a busy mother of three, Jill knows how to make recipes easy and delicious for all ages. "Jill takes you on an insightful and delicious journey of becoming a homesteader. This book is packed with so much easy to follow, practical, hands-on information about steps you can take towards integrating homesteading into your life. It is packed full of exciting and mouth-watering recipes and heartwarming stories of her unique adventure into homesteading. These recipes are ones I know I will be using regularly in my kitchen." - Eve Kilcher These 109 recipes include her family's favorites, with maple-glazed pork chops, butternut Alfredo pasta, and browned butter skillet corn. Jill also shares 17 bonus recipes for homemade sauces, salt rubs, sour cream, and the like—staples that many people are surprised to learn you can make yourself. Beyond these recipes, *The Prairie Homestead Cookbook* shares the tools and tips Jill has learned from life on the homestead, like how to churn your own butter, feed a family on a budget, and experience all the fulfilling

satisfaction of a DIY lifestyle.

The Bee-Friendly Garden - Kate Frey
2016-02-09

For every gardener who cares about the planet, this guide to designing a bee garden helps you create a stunningly colorful, vibrant, healthy habitat that attracts both honeybees and native bees. In *The Bee-Friendly Garden*, award-winning garden designer Kate Frey and bee expert Gretchen LeBuhn provide everything you need to know to create a dazzling garden that helps both the threatened honeybee and our own native bees. No matter how small or large your space, and regardless of whether you live in the city, suburbs, or country, just a few simple changes to your garden can fight the effects of colony collapse disorder and the worldwide decline in bee population that threatens our global food chain. There are many personal benefits of having a bee garden as well! Bee gardens:

- contain a gorgeous variety of flowers
- bloom continuously throughout the seasons
- are organic, pesticide-free, and ecologically sustainable
- develop healthy and fertile soil
- attract birds, butterflies, and other beneficial insects
- increase the quantity of your fruit and vegetable harvest
- improve the quality, flavor, and size of your produce

Illustrated with spectacular full-color photos, *The Bee-Friendly Garden* debunks myths about bees, explains seasonal flower progression, and provides detailed instructions for nest boxes and water features. From "super blooming" flowers to regional plant lists and plants to avoid, *The Bee-Friendly Garden* is an essential tool for every gardener who cares about the planet and wants to make their yard a welcoming habitat for nature's most productive pollinator.

Bread & Butter - Richard Snapes 2018-10-04

Bread & Butter is a love letter to two glorious, artisanal products that have graced our tables for centuries. The book delves deep into the history and culture behind the bread and butter partnership, taking a global overview that brings us to the present day. It also shares more than 50 outstanding sweet and savoury recipes that celebrate the best of both bread and butter. There are key recipes for a variety of breads (flatbreads, brioche, grain loaf) and butters (real butter, ghee, flavoured spreads), as well as recipes that bring the two together, from simple

butter milk scones or bread puddings, to a brioche and brown butter ice-cream and spelt butter milk pancakes. Bread and butter are put on the table to be eaten and enjoyed, and this book shows you how to prepare both brilliantly – but it also explores how bread and butter are eaten across the world. It covers the traditions, the flavours and the making processes. And it's a celebration of the most humble, but arguably most important, pairings in food history.

Bread Toast Crumbs - Alexandra Stafford
2017-04-04

With praise from Dorie Greenspan, Jim Lahey, and David Lebovitz, the definitive bread-baking book for a new generation. But this book isn't just about baking bread-- it's about what to do with the slices and heels and nubs from those many loaves you'll bake. Alexandra Stafford grew up eating her mother's peasant bread at nearly every meal—the recipe for which was a closely-guarded family secret. When her blog, Alexandra's Kitchen, began to grow in popularity, readers started asking how to make the bread they'd heard so much about; the bread they had seen peeking into photos. Finally, Alexandra's mother relented, and the recipe went up on the internet. It has since inspired many who had deemed bread-baking an impossibility to give it a try, and their results have exceeded expectations. The secret is in its simplicity: the no-knead dough comes together in fewer than five minutes, rises in an hour, and after a second short rise, bakes in buttered bowls. After you master the famous peasant bread, you'll work your way through its many variations, both in flavor (Cornmeal, Jalapeno, and Jack; Three Seed) and form (Cranberry Walnut Dinner Rolls; Cinnamon Sugar Monkey Bread). You'll enjoy bread's usual utilities with Food Cart Grilled Cheese and the Summer Tartine with Burrata and Avocado, but then you'll discover its true versatility when you use it to sop up Mussels with Shallot and White Wine or juicy Roast Chicken Legs. Finally, you'll find ways to savor every last bite, from Panzanella Salad Three Ways to Roasted Tomato Soup to No-Bake Chocolate-Coconut Cookies. Bread, Toast, Crumbs is a 2018 nominee for The IACP Julia Child First Book Award, and Alexandra's Kitchen was a finalist for the Saveur Blog Awards Most Inspired Weeknight Dinners 2016

Grain Crazy - Britney Rule 2013

Offers recipes for dishes that feature healthy whole grains, including quinoa and teff hot cereal, sweet and spicy barley, and oatmeal chocolate chip cookie tart.

Whole Grain Sourdough at Home - Elaine Boddy
2020-09-08

Make Delicious, Whole Grain Bread with Minimal Kneading Baking a loaf of beautiful crusty bread can be intimidating for beginners, especially 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 60 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.

The Essential Home-Ground Flour Book - Sue Becker 2016-05-01

The many benefits of home flour milling include taste and flavor and the appeal of making a healthy food that tastes good and is seriously nutritious. Home ground flour milling can also save countless dollars just in the cost of bread alone, especially for those with special dietary needs and restrictions, and improved health leads to reduced medical costs. This comprehensive how-to details the whole process behind home flour milling with features such as: The history of whole grains and grain anatomy Benefits of commercially milled flour vs home milled flour Tools and equipment for home flour milling Baking basics including mixing methods

and techniques -- the importance of gluten and moisture Going with the grains -- a thorough description of grains such as barley, rye, kamut and buckwheat Nut flours such as almond Baking with freshly milled grains. There are also 100 recipes for tasty quick breads, rolls and buns, muffins, pancakes, coffee cakes, biscuit and scones, cookies, brownies and pastries, plus others that are gluten-free, dairy-free and vegan. The Home Ground Flour Book is ideal for anyone who wants to create their own flours.

Wheat Belly - William Davis 2014-06-03

Includes a sneak peek of Undoctored—the new book from Dr. Davis! In this #1 New York Times bestseller, a renowned cardiologist explains how eliminating wheat from our diets can prevent fat storage, shrink unsightly bulges, and reverse myriad health problems. Every day, over 200 million Americans consume food products made of wheat. As a result, over 100 million of them experience some form of adverse health effect, ranging from minor rashes and high blood sugar to the unattractive stomach bulges that preventive cardiologist William Davis calls "wheat bellies." According to Davis, that excess fat has nothing to do with gluttony, sloth, or too much butter: It's due to the whole grain wraps we eat for lunch. After witnessing over 2,000 patients regain their health after giving up wheat, Davis reached the disturbing conclusion that wheat is the single largest contributor to the nationwide obesity epidemic—and its elimination is key to dramatic weight loss and optimal health. In *Wheat Belly*, Davis exposes the harmful effects of what is actually a product of genetic tinkering and agribusiness being sold to the American public as "wheat"—and provides readers with a user-friendly, step-by-step plan to navigate a new, wheat-free lifestyle. Informed by cutting-edge science and nutrition, along with case studies from men and women who have experienced life-changing transformations in their health after waving goodbye to wheat, *Wheat Belly* is an illuminating look at what is truly making Americans sick and an action plan to clear our plates of this seemingly benign ingredient.

Spelt - Roger Saul 2015-04-28

A sensational grain cookbook devoted to the grain-of-the-moment—spelt—written by an expert in this wholesome, delicious and versatile

food Spelt is becoming the go-to grain due to its nutritional benefits. The Romans called spelt their "Marching Grain" because of its high energy content. It is generally higher in protein, easier to digest, and has a much broader spectrum of nutrients than our modern inbred wheat. What's more, it contains plant lignans, which are thought to help prevent various diseases and ailments, including bowel cancer, heart disease, and asthma. Once widely grown in Europe, and used in the Bronze Age, spelt is a versatile grain, as well as being super-healthy. Flick through the book and you'll find delicious recipes for pearly spelt—which is perfect for Beet, Goat Cheese, Hazelnut and Dill Salad, for example—or Moroccan-spiced Lamb "Speltotto". Try delicious, light breads with a sweet and nutty flavor, an upside-down Summer Raspberry Cake and Spelt Cookies that will turn out like a dream, or even a fantastic Farmhouse Granola with low GI/slow release carbs. Spelt is a bundle of good things in one simple grain—and here you'll find a variety of mouth-watering ways to enjoy it.

My Bread: The Revolutionary No-Work, No-Knead Method - Jim Lahey 2009-10-05

Outlines the author's method for creating no-knead, slow-rising artisanal breads in heavy preheated pots, sharing a variety of step-by-step recipes for such classics as a rustic Italian baguettes, the stirato and pizza Bianca.

Heidi's Healthy Kitchen - 2019-07

The Natural Baker - Henrietta Inman 2018-04-19

'There are very few cook books that illustrate reliable methods of showcasing and elevating wholegrain flours as well as Henrietta's. Her recipes are inventive, elegant and truly delicious.' Amy Chaplin, author of *At Home in the Whole Food Kitchen*. 'A book brimful of things I want to make. Henrietta is my kind of baker, creating cakes and bakes as nourishing as they are delicious. This how we want to bake now.' Anna Jones, author of *A Modern Way to Eat*. From the author of the bestselling *Clean Cakes*, trained patisserie chef Henrietta Inman, this beautifully-designed bake book presents over 80 baking recipes - sweet and savoury - using natural, wholesome and wholegrain ingredients. Taking in every occasion from

breakfast right through to supper and dessert, with plenty of joyous cakes, breads, brownies and biscuits along the way, it is full of unique bakes that are actually good for you. While some of the recipes are gluten-free, refined sugar-free and/or dairy-free, this book focuses on the natural goodness of the ingredients Henrietta chooses and offers a naturally healthier option to most baking books. Fresh produce, seasonal heritage fruit and vegetables will be given the chance to sing rather than being masked by too much sugar. The end results will taste amazing and do you good too!

Tartine - Elisabeth Prueitt 2013-10-29

Every once in a while, a cookbook comes along that instantly says "classic." This is one of them. Acclaimed pastry chef Elisabeth Prueitt and master baker Chad Robertson share not only their fabulous recipes, but also the secrets and expertise that transform a delicious homemade treat into a great one. It's no wonder there are lines out the door of Elisabeth and Chad's acclaimed Tartine Bakery. It's been written up in every magazine worth its sugar and spice. Here their bakers' art is transformed into easy-to-follow recipes for the home kitchen. The only thing hard about this cookbook is deciding which recipe to try first: moist Brioche Bread Pudding; luscious Banana Cream Pie; the sweet-tart perfection of Apple Crisp. And the cakes! Billowing chiffon cakes. Creamy Bavarians bursting with seasonal fruits. A luxe Devil's Food Cake. Lemon Pound Cake, Pumpkin Tea Cake. Along with the sweets, cakes, and confections come savory treats, such as terrifically simple Wild Mushroom Tart and Cheddar Cheese Crackers. There's a little something here for breakfast, lunch, tea, supper, hors d'oeuvres—and, of course, a whole lot for dessert! Practical advice comes in the form of handy Kitchen Notes. These "hows" and "whys" convey the authors' know-how, whether it's the key to the creamiest quiche (you'll be surprised), the most efficient way to core an apple, or tips for ensuring a flaky crust. Top it off with gorgeous photographs throughout and you have an utterly fresh, inspiring, and invaluable cookbook.

Flour Lab - Adam Leonti 2019-09-10

The most accessible and authoritative guide to making delicious homemade bread using flour

milled from whole grains—with dozens of recipes! "Bread lovers of all skill levels are sure to find themselves returning to this one time and again."—Publishers Weekly (starred review) A pioneer of the at-home milling movement, Adam Leonti has written the definitive guide that modernizes this old-world tradition for home cooks and amateur breadheads. With step-by-step photographs and comprehensive instructions to guide you through each technique, plus guidance on all aspects of home milling, including sourcing wheat or flour and choosing the right equipment for your kitchen, Flour Lab is a master class at making better-tasting and more nutritious food. Thirty-five recipes for bread, pasta, pizza, cake, and pastry serve as a practical base, and Leonti provides dozens of delicious recipes to tailor them to your taste, including: • Bread: Potato Rolls with Honey Butter; Bagels; Yeasted Ciabatta • Pasta: Canderli (bread dumplings); Ricotta and Lemon Zest Ravioli; Chicken Liver and Saffron Ragù • Pizza: Butter, Honey, and Lavender Bianco-style Pizza; Robia, Mortadella, and Arugula Pizza al Taglio; Tomato and Stracciatella Pizza Napoletana • Pastry, Cookies, and Cakes: Biscotti with almond and grapefruit; Whole Wheat Croissants; Carrot Cake with Cream Cheese Frosting Embracing freshly milled flour in these recipes—and all the ones you already love to make—will ensure that you never have a stale meal again. Praise for Flour Lab "Do you want to make pasta from freshly milled our? Pizza and focaccia? Pastry and bread? The genius of this book is that it expands the possibilities of using freshly milled grains—think flavor, texture, nutrition, uniqueness—across a broad, delicious spectrum. Adam Leonti's Flour Lab is clearly composed, enthusiastic, and inspiring."—Ken Forkish, author of Flour Water Salt Yeast "Flour Lab is not only a beautiful and inspiring book, but it also vividly portrays, through its excellently written narrative and amazing recipes, the personal—yet universal—journey of the artisan soul. Adam Leonti's own discovery process of the joys of milling and baking with fresh flour is now a lasting and enriching gift to us all."—Peter Reinhart, author of The Bread Baker's Apprentice, Bread Revolution, and Perfect Pan Pizza

The Complete Idiot's Guide to Fermenting Foods - Wardeh Harmon 2012-10-01

Make your own delicious cultured foods-safely and easily! The art of fermenting foods is an ages-old craft that is enjoying a resurgence as people are discovering not only the health benefits of live-culture foods, but the true pleasure of creating their own fermentations at home. From kombucha to kefir, and from sourdough to kimchi, research is proving that live-culture foods can help reduce high cholesterol, strengthen and support digestive and immune systems, and help fight and prevent chronic diseases. The Complete Idiot's Guide® to Fermenting Foods covers the amazing health benefits of fermented foods and the techniques for safely fermenting food at home. Here's what you'll find in The Complete Idiot's Guide to Fermenting Food: Over 100 unique and delicious recipes for ferments of all types, including beverages, cultured dairy, fermented grains, vegetable ferments, and much more, and each with detailed instructions Helpful insight on the tools and techniques you'll need to know to safely create nearly any type of fermented food Detailed guidance on how fermentation works, how to troubleshoot common fermentation issues, and how to grow your own starters

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 is a must-have reference for the modern baker.

Einkorn Diet Cookbook - Bill L Hawkins 2022-09-14

Einkorn Has actually More Healthy and balanced healthy protein As compared to Any type of kind of Numerous various other Grain, yet That's Simply One Aspect RDs Telephone phone call It the 'Mother of All Grains' Regarding 12,000 years back, individuals began farming rather than merely browsing as well as accumulating. This is what allowed einkorn, the originally wild seed that was gathered as well as expanded, to become the 'mother' to all numerous various other kinds of wheat. Yet einkorn isn't really actually simply one-of-a-kind for its history-it's also unique because of that it's amongst minority grains that has actually remained unhybridized adhering to industrial farming. What is more, einkorn wheat is significantly a lot much less made complex to take in as compared to numerous various other wheat options, additionally for those with gluten sensitivities (yet not celiac problem). Ready to find out more worrying einkorn, the 'mother of all grains'? Correct listed below, a breakdown of einkorn's benefits, the greatest methods to prepare with it, as well as why you prepare to see an option of nutrient-dense things made with this sort of wheat of problem market in the coming months.

Hodgson Mill Whole Grain Baking - the bakers of Hodgson Mill 2007-06-15

A comprehensive guide to baking with whole grains from one of America's leading flour mills.Features 100 gluten-free recipes and 50 bread machine recipes! If your experience of whole grains translates into heavy, bitter, stale, or (in the case of pasta) mushy, take heart. A revolution in whole-grain flours and a better understanding of the techniques needed to create delicious whole-grain baked goods that are as good to eat as they are good for you has taken place in the last few years. With new flours like white whole wheat, white wheat bran, and white spelt, whole-grain baking has finally come into its own. And here to help health-conscious cooks take advantage of the new developments is The Official Hodgson Mill Whole-Grain Baking Companion. From scrumptious breads like Multigrain Currant Loaf, Sourdough Rye, and California Soy Crunch to White Whole Wheat Blueberry Muffins and Perfect Buckwheat Pancakes, from Cranberry-Marmalade Scones to Cardamom Coffee Braid,

400 recipes present the best of whole-grain baking in easy-to-follow step by-step format. Readers will be introduced to whole-grain flours (including the many kinds of whole wheat, rye, corn, spelt, oat, soy, rice, bean, buckwheat, flax, barley, quinoa, millet and more) and learn special tips for using each kind of flour, what its nutrient value is, how to store it to preserve freshness, and how to combine different flours

for maximum flavor and nutrition. A chapter on baking basics takes readers with illustrated step-by-step directions through the bread making process, whether they're creating whole-grain baked goods by hand, in a bread machine, or with a food processor, and illustrates techniques like braiding. All of this comes from the authority of Hodgson Mill, a flour company that has been grinding whole grains for 120 years.