

Complete Whole Grain Cookbook

A. D. Livingston

The Complete Whole Grain Cookbook Aveline Kushi, Wendy Esko, 1996-11 Offers recipes for dishes featuring whole grains, including brown rice, sweet rice, mochi, barley, wheat, rye, oats, corn, seitan, and fu.

The Complete Whole Grains Cookbook Judith Finlayson, 2008 Everything about whole grains and your diet: information on each grain, its culinary and nutritional profile, buying, storage, and cooking. The 150 recipes include a complete nutritional analysis plus tips for preparation and extensive sidebars.

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

The Complete Whole Grain Cookbook Carol Gelles, 1989 Collects recipes using a variety of whole grains, including wheat, corn, oats, bulgur, millet, and quinoa

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.

Whole Grains Lorna J. Sass, 2006 A complete guide to cooking with whole grains for every meal touts the health benefits of a whole-grain diet, along with an array of tempting recipes for appetizers, soups, entrees, side dishes, breakfast foods, desserts, and quick breads.

Complete Whole Grain Cookbook Carol Gelles, 1991-05-01

The Complete Gluten-Free Whole Grains Cookbook Judith Finlayson, 2013 Gluten-free whole grains can be delicious with flavors from earthy to nutty and sweet. Consuming whole grains offers not only a wide variety of health benefits, but they can be incredibly delicious. We also know that more and more people are looking for gluten-free alternatives. It is a huge market, and that's where this book fits in perfectly, with great recipes featuring amaranth, buckwheat, corn, job's tears, millet, oats, quinoa, rice, sorghum, teff and wild rice. Its color pages throughout feature a wealth of health information on these grains. There is a culinary profile for each, with buying and storing information, cooking methods and recommendations, and detailed nutritional analyses for each individual grain as well as for the recipes. The color photographs for each grain provide easy identification. Featuring mouthwatering recipes for breakfast through dessert, Finlayson ensures that good taste and a gluten-free lifestyle go together beautifully, from soups, salads and sides to pancakes, puddings and so much more. This book is proof positive that good taste, excellent nutrition and gluten-free options

are not mutually exclusive.

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!

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.

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

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.

Whole Grain Cookbook Jacob Smiley, 2024-09-01 Whole grains have been a staple in the human diet for thousands of years, playing a vital role in sustaining civilizations across the globe. From the rice fields of Asia to the wheat farms of Europe and the cornfields of the Americas, whole grains have provided essential nutrients, energy, and satisfaction. Yet, in today's fast-paced world, refined grains often overshadow their whole counterparts. This preface serves as an introduction to the many benefits and varieties of whole grains, setting the stage for a deeper exploration of how these grains can enrich our diets and lives. Whole grains are defined as grains that contain all three parts of the grain kernel: the bran, germ, and endosperm. Unlike refined grains, which have been stripped of their bran and germ, whole grains retain their full nutritional profile. This means they are packed with fiber, vitamins, minerals, and other beneficial compounds that contribute to overall health. The benefits of consuming whole grains are vast, ranging from improved digestive health to reduced risk of chronic diseases such as heart disease, type 2 diabetes, and certain cancers. Despite their importance, whole grains are often misunderstood or overlooked. Many people believe that whole grains are difficult to cook or that they lack flavor compared to refined grains. However, with a little knowledge and creativity, whole grains can be transformed into delicious and satisfying

meals that are easy to prepare and full of flavor. This eBook is designed to guide you through the world of whole grains, from understanding their nutritional value to learning how to cook and incorporate them into your meals. Whether you are new to whole grains or looking to expand your repertoire, this eBook will provide practical tips, recipes, and insights to help you make the most of these nutrient-rich foods. In the following chapters, we will explore the different types of whole grains, their health benefits, and various cooking techniques. You will also find a selection of recipes for breakfast, lunch, dinner, snacks, and even baking, all centered around whole grains. Additionally, we will discuss how to plan meals with whole grains, troubleshoot common cooking challenges, and pair whole grains with other ingredients to create balanced and flavorful dishes. By the end of this eBook, you will have a comprehensive understanding of whole grains and the confidence to incorporate them into your daily diet. Whole grains are not just a dietary choice; they are a way to nourish your body, support your health, and enjoy a wide variety of delicious foods. Whether you are seeking to improve your health, diversify your meals, or simply enjoy the natural goodness of whole grains, this guide will be an invaluable resource.

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.

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.

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.

Betty Crocker Whole Grains Betty Crocker, Betty Crocker Editors, 2007-11-28 Offers more than one hundred forty recipes featuring whole grains, from breakfasts and breads to fast dinners, easy entrees, and desserts.

The Everything Whole Grain, High Fiber Cookbook Lynette Rohrer Shirk, 2008-03-01 The best thing since whole-grain sliced-bread! Start reaping the benefits of a whole-grain, high-fiber diet! *The Everything Whole-Grain, High-Fiber Cookbook* is your ultimate one-stop resource for making sure you and your family get all the yummy whole grains and healthy fiber you need! You'll enjoy eating healthy—like never before—with inventive, tasty dishes like: -Banana-Nut Stuffed French Toast -Shallot Walnut Herb Bread -Lasagna Florentine -Cranberry Relish -Walnut Tarragon Chicken Salad on Raisin Focaccia -Cashew Egg Salad Sandwich -Pumpkin Soup Featuring 300 fabulous recipes, this is the only cookbook you need to incorporate high-flavor, high-fiber foods into every meal and snack. Easy-to-read dietary information for each recipe will help you make sure you meet all your nutritional needs. This indispensable cookbook is full of simple tips to add fiber to your life. Eating whole grains is a key step toward a healthier, happier you!

Betty Crocker Whole Grains Betty Crocker, 2012-10-16 Delicious ways to add healthy whole grains to your family's daily diet If you're looking for an easy way to feel better every day, this is the book for you. Study after study proves that one of the simplest ways to improve your family's health and wellbeing is by switching to a diet rich in whole grains like wheat, barley, wild rice, and oats. Here you'll find whole grain recipes for every meal of the day and snacks in between—from healthy breakfasts to delectable desserts. Plus, the book includes glossary and identification information, nutritional information and guidelines, and more than 50 full-page photos that offer tasty inspiration. Includes more than 150 great-

tasting, good-for-you recipes that are packed with healthy whole grains Features a special section of 10 delicious quinoa recipes like Breakfast Quinoa and Quinoa Pilaf Offers three chapters devoted to fast cooking—slow cooker meals and sides, on-the-go snacks, and dinners in 30 minutes or less If you're looking for a delicious ways to improve you and your family's diet, Betty Crocker Whole Grains is the perfect cookbook for you.

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

Discover tales of courage and bravery in is empowering ebook, *Stories of Fearlessness: Complete Whole Grain Cookbook* . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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