



## Cooking with Ancient Grains

By Laura Blake McBride

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 280 x 214 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Cooking with Ancient Grains has over 140, easy-to-follow recipes using ancient grains such as amaranth, barley, buckwheat, einkorn, emmer, farro, spelt, kamut, millet, oats, quinoa, rice, rye, sorghum and teff. It also uses traditional methods for preparing them such as sprouting, fermenting, soaking and resting. This cookbook includes recipes for sprouted flour, sprouted milk, homemade yogurt, no-knead breads, delicious deserts, healthy snacks, hearty entrees and more. In the bread section, you will find yeast-free recipes for breads including buckwheat pancakes, scones, muffins, waffles, granola, crepes and tortillas. In the sprouted-grains section, you will find recipes for dinner rolls, hamburger rolls, tortillas and other sprouted breads. In the yeast-bread section, you will find recipes for fried rolls, steamed rolls, bagels, cinnamon rolls, beer bread, gluten-free bread, oatcakes and pita bread. In the sourdough-yeast bread section, you will find recipes for sourdough breads, pancakes, English muffins and Jewish rye bread. In the naturally-fermented breads section, you will find recipes for making artesian bread and pancakes using natural yeast. And, in the deserts and snacks section, you will...



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