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Everyday Whole Grains: 175 New Recipes From Amaranth To Wild Rice, Includes Every Ancient Grain (Cooking Light)



Synopsis

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.

Book Information

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Customer Reviews

Ann Taylor Pittman is the Executive Food Editor of Cooking Light magazine. She is co-author of Cooking Light's The New Way to Cook Light, which won a 2013 James Beard Foundation Cookbook Award, and she is a James Beard Journalism Award recipient for her article "Mississippi Chinese Lady Goes Home to Korea." She lives in Birmingham, AL, with her husband, twin boys, big dog, and little dog.

A few months ago I started getting into whole grains and needed a cookbook that used a wide variety of them because I wasn't familiar with anything other than quinoa. This book was the perfect purchase. Most of the recipes in this book are accompanied with beautiful photographs that make you want to cook every single recipe. So far I've made several dishes from this book and they have all come out so delicious that I've made them several times over. Thanks to this book, I've tried numerous grains including amaranth, millet, wheat berries, kamut, farro, etc. I would definitely recommend this book!

There are SO many recipes we want to try from this book. We had checked it out from the library, flagged a LOT of pages, and decided we needed to purchase a copy.

Very clear introduction to the world grains, with proper preparation and ideas for delivery to the plate.

Bought as a gift and now I want one. From A-Z in grains, great photos, and some recipes that I can't wait to try.

We have enjoyed every recipe that we've tried in this book. I like the fact that she tried all of the recipes in her family before including them.

Book in great shape.

I've only tried one recipe that was delicious. I'm looking forward to trying more. Recipes are clear and written well. Book is full of information.

great recipes to help get me healthy

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