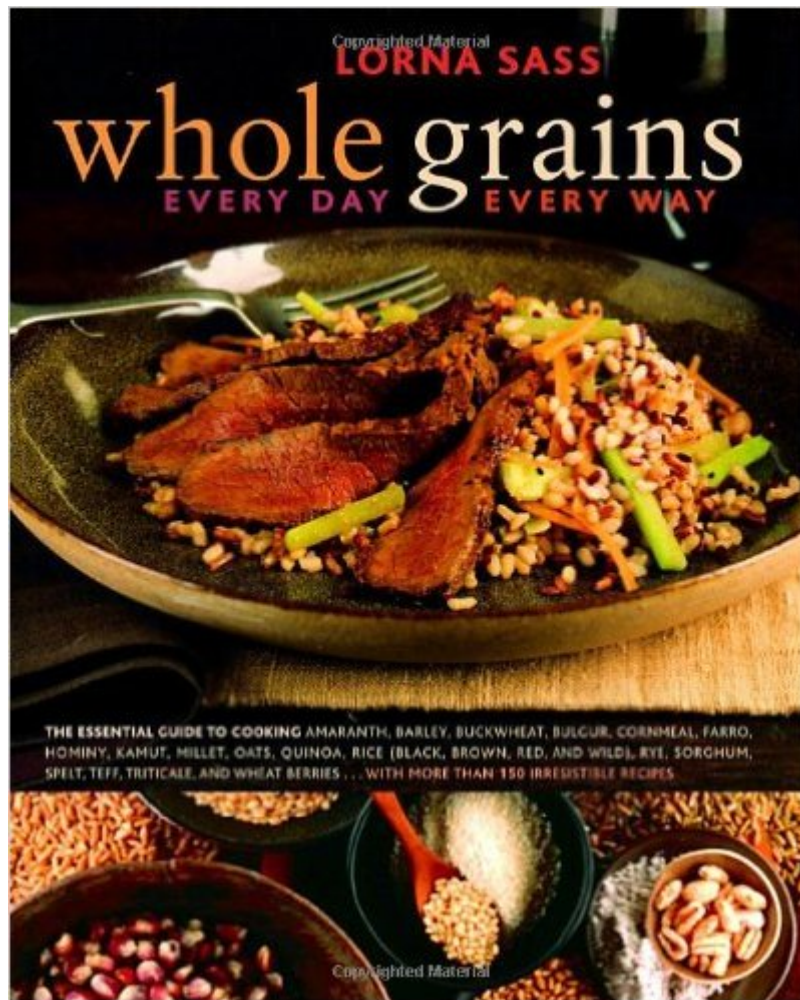


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# Whole Grains Every Day, Every Way



## Synopsis

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.

## Book Information

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## Customer Reviews

Lorna Sass's latest book, "Whole Grains Every Day, Every Way" is a real winner! I was privileged to test a few of Ms. Sass's recipes and was impressed with their robust flavors, aromas, and textures. Some folks are turned off by the idea that a recipe is "healthy," thinking that it means bland flavors and straw-like textures (haven't we all encountered \*those\* recipes?). Not so here! These recipes will find a home in any good cook's recipe collection. As in all of her previous books, Ms. Sass has a unique, almost minimalist approach to seasoning. She pares down the lengthy ingredient lists of many ethnic recipes and uses just a few of a cuisine's defining herbs and spices to create deep, complex, and extremely satisfying flavors. Her taste buds are right on target. Some examples of her on-the-mark flavoring techniques are found in Thai Curried Chicken Soup with Brown Jasmine Rice, which has become a staple at our house, as have her Oat and Turkey Soup with Tex-Mex Flavors and her Ethiopian Chicken Stew with Teff Polenta. Her Roasted Brown Rice Pilaf with Leeks incorporates an interesting method for making a very flavorful and versatile pilaf -- using only 4 ingredients. That's hard to beat! Ms. Sass's delicious desserts are too numerous to mention. One of our favorites is Brown Basmati Rice Pudding Custard. It is so fragrant and delicious that it satisfies diners who love custards and flans, and also those who love rice pudding at the same time. Her Biscotti were lighter than many I've had and beautifully crunchy without being teeth-shattering. This is a book that will rise to the top of my "Favorites" in my cookbook list.

I love her cookbooks and own most of them. I was just surprised at the amount of meat based recipes in the cookbook. It is great for ideas to cook whole grains and incorporating into a standard diet. If you were looking for vegetarian or vegan it is not for you. Her books always make cooking sound easy and fun and I enjoy them. I have tried many of her ideas and recipes and have liked the finished product. I especially like her practical suggestions for beginners.

I have always loved food and cooking. Recently, I've become more health conscious and have been monitoring my calorie intake as well as trying to include more healthful foods like fish, whole grains, and lots of veggies. After reading so many positive reviews I checked this out from the library to educate myself on whole grains. What I love about this cookbook is that it is far more educational on most. There is a lot of background on each variety of grain including basic cooking instructions, what it pairs well with, and history and background info. This is wonderful for those of us cooks who want to not only make something great, but to also learn in the process. The pairing advice is especially wonderful for those who want to branch beyond executing a recipe to experimenting. The book also includes quite a breadth of recipes including some with and without meat so there are a

lot to try here. My only complaint, and the reason I give it 4 and not 5 stars, is that there is no nutritional information for the recipes!!! I would assume that many of us who are interested in whole grains in the first place would tend to be more health conscious, so I would appreciate things like fat, calories, fiber, vitamins & minerals, etc. I can calculate this myself using the many calculators online, but prefer to have it right there for me.

Finally, a whole-grain cookbook written by a real foodie! The jacket photo illustrates "Brown Rice Salad and Flank Steak With Asian Flavors," so right away you know you're going to get recipes an omnivore can love. Sure, Sass tells you all you need to know about the nutritional aspects of each grain (although "according to Mike Orlando, president of Sunnyland Mills ... the boiling process [of bulgur wheat] allows the nutrients from the outer layers of the wheat kernels to migrate to the inner core" (98) kinda sidesteps the loss from heat and oxidation--Sass's degree is in medieval lit, not chemistry), but her focus is on taste and especially texture. She emphasizes the textural contrast in "Any-Grain Scrambled Eggs With Salami" (172) and many other recipes. Sure, she has some minor procedural lapses--the grains should be added to the aforementioned recipe only after the eggs have set, but this cookbook is the best and maybe the only comprehensive whole grain guide out there. Sass offers the basic preparation method for all grains, demystifying categories like "kamut" and "farro," and over a hundred specific recipes from soup/salad through main courses through dessert. Not one that I've tried is a dud and she offers alternate grains for just about every recipe. She even offers intelligent wine choices--again, referring the aforementioned recipe, "try a medium bodied, fruity chardonnay without oak" was a good starting point. There are typos (for example, in "Anise pignoli cookies" (278) the text reads "form balls 1/2 inch in diameter." That's a mighty tiny cookie, so I tried 1 1/2 inches and it worked great. But such lapses are few. And these cookies taste great (though I live in the Great Basin and prefer the pine nuts from the local hillsides--much fresher and thus tastier than the Italian and Chinese varieties Sass considers). I also tried a friend's batch of "Whole-wheat almond biscotti"(288) and they were superb. Bakery biscotti look good but seldom have more than a faint anise/mothball flavor. Sass's version is the most almond-y cookie yet, and cutting Sass's sugar measure by 1/3--this was the only change my friend said she made--yielded biscotti that went very well with Moscato d'Asti (yeah, Sass eschews wine recommendations for dessert items though she lives in NYC and probably knows people who enjoy this combo at brunch). I revised my earlier review to include some criticism because I didn't want it to come across as the ranting of a gushmeister. But I'm not damning with faint praise, either--Sass's cookbook is engaging. There's none of the greener-than-thou smugness that informs so many other whole-grain

cookbooks. She includes a list of suppliers for some of the harder-to-find varieties (like hull-less "NuBarley"), but she isn't an organic purist and tells you out front if your local super is likely to have the grain in question. Content, format, layout--this is a model of what a cookbook should be.

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