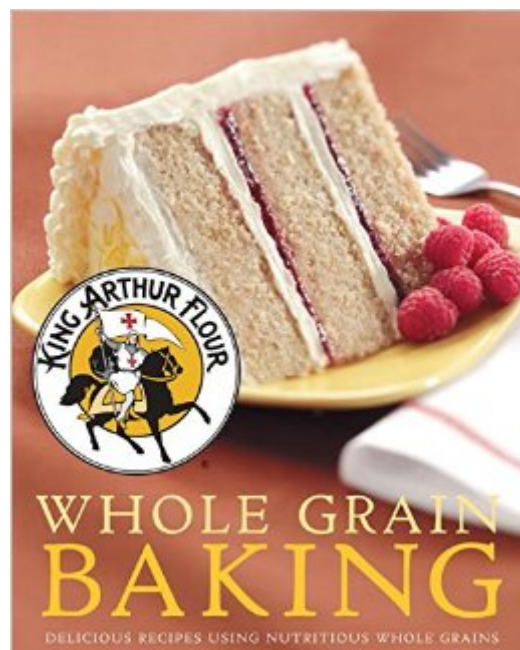


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# King Arthur Flour Whole Grain Baking: Delicious Recipes Using Nutritious Whole Grains (King Arthur Flour Cookbooks)



## Synopsis

Hang on to your pie plate! King Arthur Flour Whole Grain Baking will change the way every baker thinks about whole grains. Forget what you know about whole grain baking. Instead, envision light, flaky croissants; airy cakes; moist brownies; dreamy pie crusts; and scrumptious cookies—all made with whole grains. This is what you get in King Arthur Flour Whole Grain Baking, a revolutionary cookbook that breathes new life into breads, cakes, cookies, pastries, and more by transforming the dark and dense alchemy of whole grain baking into lively, flavorful, sweet, and savory treats of all types. King Arthur Flour Whole Grain Baking is a book that only the bakers at King Arthur Flour could successfully complete, opening up the home baker's repertoire to new flours, new flavors, and new categories of whole grain baked goods. It spills over with helpful tips, how-to illustrations, sidebars on history and lore, and a friendly voice that says to readers, "Come into the kitchen with me and let's bake." Thousands of hours were spent testing these recipes, making sure that each one met their high standards. The final result is more than 400 delicious, inviting, and foolproof recipes that have earned a place in King Arthur Flour Whole Grain Baking—the next generation whole grain cookbook. 16 pages of full-color photographs and 125 black-and-white illustrations

## Book Information

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## Customer Reviews

Many of us are familiar with King Arthur flours and baking advice and some even their previous two award winning cookbooks. What we didn't have from them until now was a baking cookbook using whole grains. Many of us have laid off the baking goodies for health reasons, avoiding processed

white flour and sugars, etc. Now with this tome we have what we need to get back baking! Brownies, biscotti, cakes, pies, crackers, scones, breads, etc. There is what easily appears to be over 500 recipes on using whole grains in these things and many have advice on low fat alternatives. Helpful on each recipe is a complete nutritional breakdown. The sidebars are extremely helpful, e.g. "What's a Pinch?" specifically here of instant yeast. The line drawings are truly appreciated by those of us who dip in and out of the baking arena, so all this advice and user friendly aids in this cookbook are valued. There are around seven pages of color photos. There is even advice on how to substitute whole grains for processed white flour, but with the caveat that likely after you've tried these recipes, you'll just seek this collection out for your baking needs. And it is extensive. So far I've sampled the Fresh Berry Tiramisu; Apple Brown Betty and several others with outstanding results. There is something here for everyone from crackers to sourdough, from cream puffs to cookies to croissants. It's a large volume which will require shelf space, but worth the investment for those who wish to still bake the goodies but desire the healthful benefits that whole grains provide. Sources are listed, with King Arthur of course being the logical start with their extensive catalogue, however they do even provide internet suggestions to find all kinds of other sources as well.

Like their New England neighbors at Cook's Illustrated, the King Arthur bakers are dedicated to testing and re-testing, and above all, technique. There's a good dose of baking science, too - this is a volume Alton Brown and Rose Levy Beranbaum must assuredly have acquired for their own libraries. The knowledge that both Cinnamon and Garlic can impair the rising process in breads is in itself worth the price of the book. This tome has many marvelous illustrations which go a long way to instruct the reader. Sidebars abound with helpful (though sometimes quirky) information and tips. While whole wheat flour is the star, other whole grains are explored. You'll find encyclopedic history and data on Rye, Buckwheat, Kamut, Farro, Triticale, Spelt, Barley, Amaranth, Teff, and others. King Arthur is big on the science and treatment of yeast, as well. Clear explanations are provided regarding the differences and applications among "Active-Dry", "Instant", and "Rapid-Rise" yeasts (no, "Instant" and Rapid-Rise" or "Quick-Rise" yeasts are NOT the same). The King Arthur bakers are also proponents of pre-ferments and they distinguish among the panoply of starters: Sponge, Poolish, Biga, and Levain (sourdough). Oddly, I couldn't find a discussion of the importance of an "autolyse" - an initial resting period just after the initial mixing of water and flour that gives the flour the time to hydrate. I couldn't even find the term in the "Index" - although it appears in KA's "Baker's Companion". Believe me - use of an autolyse can make a world of difference in the end result. The design of the book is similar to KA's "Baker's Companion" and "Cookie Companion" (both worth

owning).

I have owned this book two months, and I've made a slew of recipes from this book, all of them delicious!! In fact, I have a hot "Oat and Currant Scone," (I used the alternate raisins in place of currants) fresh from the oven, sitting by my elbow as I type. Absolutely delicious, every bit as good as something that would cost \$2-\$3 a wedge at a local bakery. And this recipe has given me 12 scone wedges. This book is a treasure trove of recipes and baking advice. For instance -- I did not know that the proper way to measure whole grain flour is to stir the flour first with a spoon, then fill your measuring cup by spoonfuls, shaken gently, so that the flour is light and your results aren't heavy. This is easy enough to do, and also fun! The sections are: p.1 Breakfasts (pancakes, waffles, crepes, granola) p.31 Quick Breads, Muffins, Coffeecakes, Biscuits & Scones p.99 Crisps, Cobblers & Puddings p.127 Flatbreads & Crackers p.171 Yeast Breads (all use instant yeast, not regular active) p.271 Sourdough p.303 Cookies & Bars p.367 Cakes p.439 Pie & Quiche p.499 Pastry p.537 The Whole Grains (history of grains with extra recipes) p.583 Appendices (Cooking whole grains, ingredient weights, where to buy) p.589 Glossary p.599 Index I've made from this book: Double Fudge Brownies, Spelt Pancakes (delicious!), Blueberry-Corn pancakes, Oat & Currant (raisin) Scones, Morning Glory Muffins, Corn and Oat Muffins, Apple-Walnut Coffecake (for Christmas morning for my coworkers at the hospital where I work, they all loved it!

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