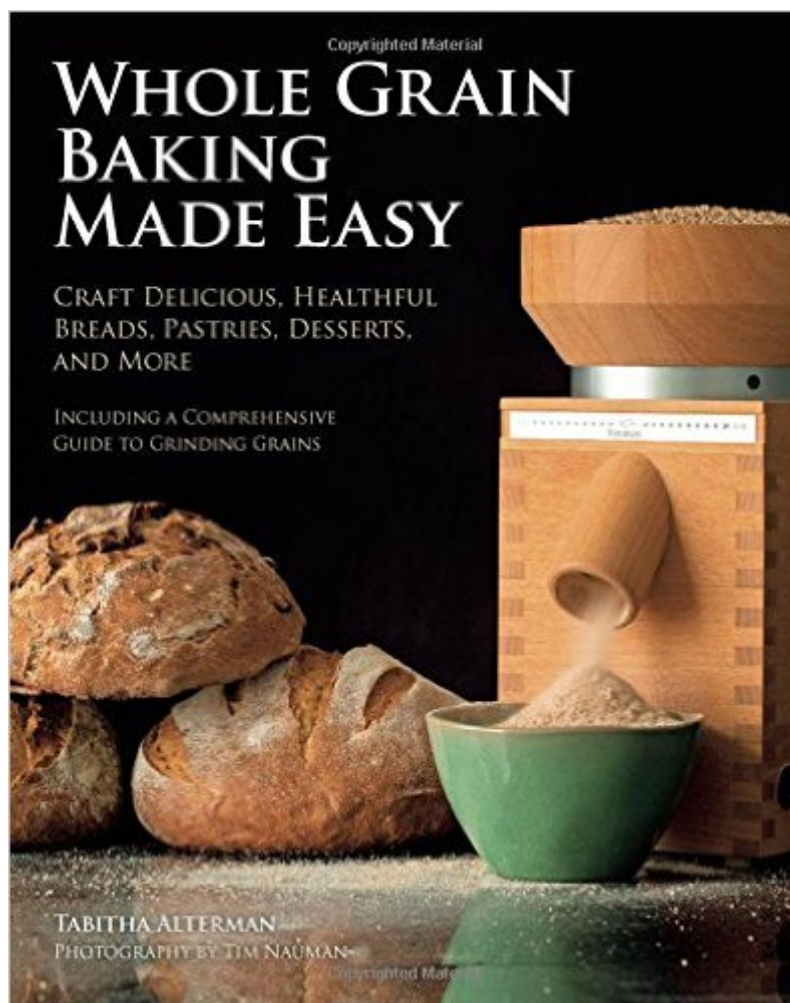


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# Whole Grain Baking Made Easy: Craft Delicious, Healthful Breads, Pastries, Desserts, And More - Including A Comprehensive Guide To Grinding Grains



## Synopsis

Take control of the grains you eat. Written by Mother Earth Living food editor Tabitha Alterman, *Whole Grain Baking Made Easy* is a guide for bakers who want to maximize the nutritional value of their breads and desserts while experimenting with delicious new flavors of many different whole grains. Alterman includes recipes for a wide array of flours and flour blends - from amaranth to millet to teff - as well as guidance on all aspects of home milling, such as choosing a mill and properly storing your grain and flour. With straightforward instructions and full-color photography, Alterman teaches home bakers age-old methods for making deliciously tender breads and cakes out of whole-grain flours. So whether you want to bake low-gluten goodies, maximize the nutrition in your baked goods, become more self-reliant, or experiment with heirloom or heritage grains, *Whole Grain Baking Made Easy* puts you in charge of the grains in your diet from start to finish.

## Book Information

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## Customer Reviews

I understand the health benefits to baking with whole grains but never knew HOW to do it. I didn't even know WHAT to buy at the store to make the change. I was curious if baking with whole grains would be difficult, expensive and would it taste good? This lovely book answered my questions. It is beautifully written with personal observations and tips from the author accompanied by captivating photos to illustrate just what the recipe should look like (even some step-by-step). I have tried about six recipes so far and plan to experiment this summer using fresh fruits and vegetables that the season offers in the muffins, breads, etc. This is a book I have already given to friends for their birthdays. I recommend this for anyone who seeks to bake with whole grains.

This book is a must for anyone who is trying to reduce processed foods and add super foods and healthy alternatives to their diet. The book focuses on healthy alternatives that taste good!! So many yummy recipes. My favorite is the multi-grain boosters. 3 healthy mixtures to add to your regular multigrain bread. Try the super foods mix or the brain booster!!! Even the kids love it!!

So when I first saw this I thought, I like making no-knead bread, this will help to expand my repertoire. When I opened it up and saw all of the amazing recipes, I was so excited. Tonight I am trying out the Shrimp and Grits muffins. If they are as amazing as they sound, I may make mini-muffins the next time and serve them at my next party. I also love that it goes into grinding your own grains. I do not have the space or time to be that much of a DIY-er but I wish I could and appreciate having the information there if I have use for it. Oh! And I almost forgot - there is even a great chapter on what to do with the leftover bread. Love it!

What I like about this book: a discussion of various seeds and grains from the milling and baking perspective. If the information is correct then it will save a great deal experimentation on my part trying adapt to grains like einkorn, emmer and spelt. A (small) part of this book is about milling and storing grains and that portion is far too small for a book with a picture of a Fidibus grain mill on the cover. The book also says to go to Tabitha's website for "much more detailed ingredient and equipment information". Sadly the website contains no useful information and since it says that Voyageur "will be publishing the book this winter" it would appear it hasn't been updated in more than a year. Fortunately all the links are clickable in the Kindle version. Unfortunately as is often the case with illustration rich Kindle books the formatting is off at times. I'm also of the opinion that the author is bit too supportive of grinding in things like a (Blendtec/Vitamix) blender. If you're serious about baking and want to convert from off the shelf flour you should save home milling until you've spent some time with whole grain flours from the sources in the book. A bag from King Arthur will provide a benchmark you can compare your grain-blender flour against.

I decided to start experimenting with baking with whole grains but since I'm not much of a baker I needed some guidance. I purchased this book and sat down and read the whole thing cover to cover before I attempted baking. I really like the format of the book and all of the information and tips the author offers. I felt that the topic was covered thoroughly and I had all of the information I needed. I have tried about five of the recipes and they are easy and delicious. I'm excited to keep

trying recipes and experimenting to find the perfect loaf of bread for my family. I also made my own sourdough starter and am excited to start using it! I recommend this book to anyone wanting more information in whole grain baking.

Whole Grain Baking Made Easy takes baking to a whole new level. I mainly use white and wheat flour and occasionally the almond flour. I'm looking forward to trying other grains in my baking. I found this cookbook very helpful, loved the photographs and recipes. Some of the recipes that caught my eye are Cornmeal pancakes with Cinnamon Honey Butter, Cheese, Chive and Black Pepper Scones, Spelt Sourdough, Almond Butter Cookies, Mediterranean Olive Oil Bundt Cake and Jupiter Cake. This cookbook is full of useful information perfect for the beginner home baker. Note: I was given a copy of this cookbook by the publisher for review, all comments are my own.

What I wanted: A book that would walk me through the steps of grinding wheat berries into flour and then using that homemade flour to make bread. What I got was a book that talks about grinding flour, and then uses regular old store bought flour to make bread. I can make bread with store bought flour just fine. I can grind wheat berries into something that looks a lot like flour. But the bread I make with homemade flour just doesn't work right - it doesn't rise well. I bought this book to help me solve that problem and it did not help at all. So for me and what I wanted this is a one star book.

It is incredible, it takes you back to ancient grains in which I am very interested. The diversity of recipes and the information are so to my liking. Because I live in Alaska I would like to see recipes for barley bread. There is a family in Delta Junction that grows, mills, and markets barley flour, they tell me it is GMO free. Again, the book definitely meets my expectations

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