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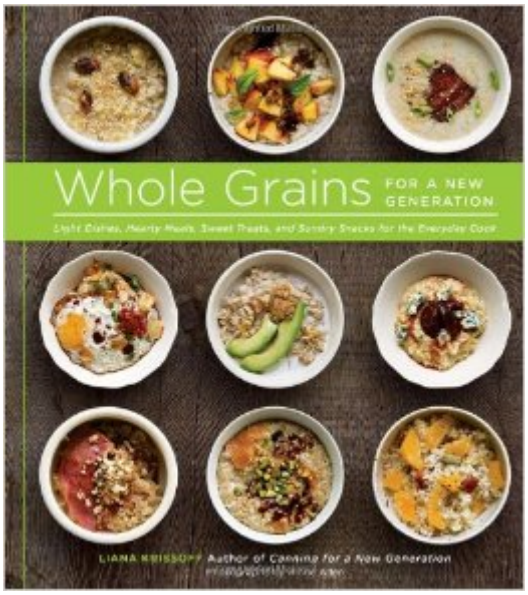
Whole Grains For A New Generation: Light Dishes, Hearty Meals, Sweet Treats, And Sundry Snacks For The Everyday Cook



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Synopsis

Whole Grains for a New Generation: Light Dishes, Hearty Meals, Sweet Treats, and Sundry Snacks for the Everyday Cook takes a fresh and creative perspective on the latest major cooking trend: whole grains. Liana Krissoff presents delicious recipes for modern everyday cooks and kitchens. With supermarket-friendly ingredients, simple directions, and a warm, accessible voice, Liana Krissoff shows us how easy, delicious, and exciting whole grain cooking can be, from breakfast to dessert, and all the meals and snacks in between.Praise for Whole Grains For a New Generation:â œThese days, plenty of folks have chosen to eat lighter and make whole grains and legumes a large part of their diets. Liana Krissoff . . . make[s] a convincing case for the change, showing how adding hearty and delicious grains will enhance any diet. But itâ ™s not a strict vegetarian guide; many of the recipes do have meatâ ”long-braised pork with grits and cilantro-chile-lime sauce, for instance. Donâ ™t skip the introduction, a primer on the buying, storing, substituting and cooking of numerous grains.â • â ”Detroit Metro Timesâ œWhole Grains belongs in everyoneâ ™s kitchen.â • â ”Buffalo Spree magazine

Book Information

Paperback: 272 pages
Publisher: Stewart, Tabori and Chang (October 1, 2012)
Language: English
ISBN-10: 1617690015
ISBN-13: 978-1617690013
Product Dimensions: 8 x 1 x 9 inches
Shipping Weight: 2.8 pounds (View shipping rates and policies)
Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (30 customer reviews)
Best Sellers Rank: #96,937 in Books (See Top 100 in Books) #24 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains

Customer Reviews

I have been learning a lot about grains lately, apart from the usual rice, cornmeal, and wheat. And came to the conclusion, even before reading 'Wheat Belly' that most of us would be healthier if we ate less gluten. So I was very curious to see what Whole Grains for a New Generation would have in it. Many of the gluten-free books have recipes that end up rather tasteless, or tasty but still horribly unhealthy. When you buy a book sight unseen you never know if the author has dreamed up totally bizarre taste combinations in the name of having something new. It is with a huge sigh of

relief and gratitude that I can happily say that these recipes look totally amazing. They show that a lot of thought and creativity went into finding recipes that would be varied, as well as delicious. I love Huevos Rancheros with a passion, and will have to try this version in the morning, because much as it pains me to say it, she might just have a better version than most of the ones I have tried, and I live smack in the middle of Tex-Mex land! I have made all of the components enough that I know this is going to be really great.First of all, the author takes us through buying and storing grains. She teaches us what all of the various grains are, and tells us a basic way of preparing each of them, including what size pot you will need. Krissoff gives us tips on substituting the grains, so if a recipe calls for a grain with gluten for example, and you want to omit gluten, you can substitute another grain with confidence. For example, instead of wheat berries you might substitute oat groats. There are beautiful pictures of most of the recipes as well. I attended a Natural Foods cooking school in order to get this amount of information.

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