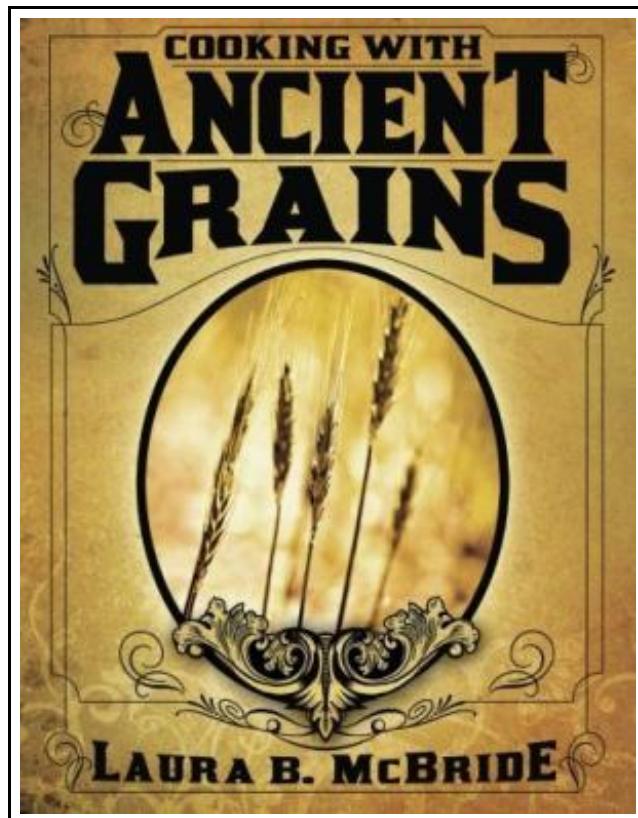


## Cooking with Ancient Grains



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Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 280 x 214 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Cooking with Ancient Grains has over 140, easy-to-follow recipes using ancient grains such as amaranth, barley, buckwheat, einkorn, emmer, farro, spelt, kamut, millet, oats, quinoa, rice, rye, sorghum and teff. It also uses traditional methods for preparing them such as sprouting, fermenting, soaking and resting. This cookbook includes recipes for sprouted flour, sprouted milk, homemade yogurt, no-knead breads, delicious deserts, healthy snacks, hearty entrees and more. In the bread section, you will find yeast-free recipes for breads including buckwheat pancakes, scones, muffins, waffles, granola, crepes and tortillas. In the sprouted-grains section, you will find recipes for dinner rolls, hamburger rolls, tortillas and other sprouted breads. In the yeast-bread section, you will find recipes for fried rolls, steamed rolls, bagels, cinnamon rolls, beer bread, gluten-free bread, oatcakes and pita bread. In the sourdough-yeast bread section, you will find recipes for sourdough breads, pancakes, English muffins and Jewish rye bread. In the naturally-fermented breads section, you will find recipes for making artesian bread and pancakes using natural yeast. And, in the deserts and snacks section, you will find recipes for chocolate chip cookies, banana-nut bread, pumpkin bread, apple flaugnarde and more. You will also find recipes for a variety of egg and meat entrees. In the egg section, you will find recipes for eggs Benedict, lox and bagels, quiche, egg souffle, omelets, frittata, etc. In the pasta section, you will find recipes for homemade pasta, pasta salad, smoked salmon fettuccini, beef stroganoff and more. In the rice section, you will find recipes for making pilaf, dolmas, falafel, sweet and sour chicken, Jamaican rice, chicken Marsala, lamb kabobs and stuffed bell peppers. And, in the bread section, you...

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