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# Everyday Whole Grains: 175 New Recipes From Amaranth To Wild Rice, Includes Every Ancient Grain (Cooking Light)



## Synopsis

Healthy, hearty, and versatile, whole and ancient grains are fast becoming staples in kitchens everywhere. In this comprehensive guide, Cooking Light Executive Food Editor and James Beard Award-winning author Ann Taylor Pittman gives readers amazing ways to make the most of ingredients such as farro, kamut, amaranth, barley, millet, einkorn, sorghum, and more. This book reinvents how we cook with grains. Ann offers recipes that have us popping and crisping them for texture, creaming them for soups, and using them in sublime, miraculously guilt-free desserts. Everyday Whole Grains covers the essentials on each grain and features 175 flavorful dishes from savory breakfasts, stews, and casseroles, to foolproof pizzas and breads. With over 100 gorgeous photographs and detailed nutritional information for every recipe, Everyday Whole Grains is as inspiring as it is authoritative and a must-have for food lovers and health-conscious eaters alike.

## Book Information

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## Customer Reviews

Move over Lorna Sass and your 2006 "Whole Grains Every Day, Every Way"! Your terrific ground-breaking whole grain cookbook has worked hard for me for many years. Time to retire! Cooking Light editor Ann Taylor Pittman has brought much-needed excitement, ingenuity and creativity back into my whole grain recipe repertoire. I won't be parting with that 2006 gem of a book, but I'm afraid it is going to be gathering a lot of dust with this new one in a prominent place in my cook book library. If you have Lorna Sass' grain cookbooks--and if you love your whole

grains--you still DO need to get this one: It has wonderful new ideas; pickled grains and fried grains to name two significant ones. And there is terrific variety, and many variations within recipes. This book will teach experienced whole grain fanatics new tricks. There are techniques for popping and smoking grains, and an important recipe for millet and brown rice creams. On the other hand, if you are new to whole grains, interested in them yourself and want to work towards getting your entire family to buy into the new flavors and textures, this is a super way to get started: Ms. Pittman itemizes and explains all the members of the ancient and whole grain family. She shows us pictures and tells us how they are pronounced. She explains what grains take to what cooking techniques, (also in chart form). Pittman tells us the nutritional value of the different grains. She gives tips for buying and storing--and provides many other helpful tips, too. She explains how to incorporate whole grains slowly, but surely, into your everyday meals. At the core of the book is her philosophy: That one can take all the family's favorite dishes and incorporate whole grains.

Everyday Whole Grains is a recipe book that can easily find its way being integrated into the weekly or even monthly repertoire of any home cook. The dishes span from classic American based dishes to a few exotic ones to add a nice twist on some occasions (Korean Barley Tea, Chicken Biryani). The dishes range from snacks to breakfast, to even dinner main dishes, desserts and breads. Because of this, it is a recipe book that is very versatile, homely, and actually useful. I've used specialized Italian cookbooks but found it difficult to really incorporate those into a weekly or even monthly routine. Who has time to go out and buy wines and lots of specialized ingredients and then dedicate many hours to cooking the bases to the dishes before even doing the dishes? Fortunately, Ann Pittman manages to keep things in her book to a useful, convenient, and often times time sensitive level to make this book actually useful for everyday life. Perhaps it is because of her own family obligations such as having two kids and a busy husband that makes it where she is mindful of the time, but it works well for making me appreciate this book. I think I've found that recipe books utility greatly depends on the one writing it, one written by restaurant owners tend to be fancier and less useful than ones written by well normal everyday working people. In any case, the book has many dishes that incorporate a variety of whole grains that can actually be purchased in many common places, often times she will say something can be found in Walmart or in Target or use a common brand (Uncle Ben's etc). I like this as often I don't really like it when some ingredient is listed but one has to actually be living in some metropolitan area of America which would have stores to carry an item.

I started using whole grains a few years ago. Rice was a large part of my diet, and I was hoping to change up my menus a bit. So I bought some whole grains, figured out how to cook them (or failed, in the case of amaranth,) and pretty much just used other assorted grains instead of rice in my standard recipes. I got this book hoping that someone more knowledgeable than I would be able to educate me on the history and cultural uses of these grains, and show me new ways of using them. Nope. Pittman explains her goal in her introduction: "'Whole and ancient grains, huh? Why can't you be working on a meat book,' my husband asked when I first told him about this project. I took his skepticism as a challenge and used it to set the bar for this book: Every recipe here should be so good, so convincing, that you want to work it into your everyday life." The point of this book was to convince her husband and sons that grains are a good part of a meal. That might be what someone else needs, but it's not what I need. There's a large chapter on bread (grains in bread? Who'd'a thunk?) and a large chapter on desserts, because of course the kids will eat quinoa if it's in the crust of a strawberry tart. The rest of the book has several different oatmeal and grits breakfast recipes, and much of the rest of the book has recipes that replace rice with wheat--wheat berries, white wheat, freekeh, kamut, farro, bulgur, and some spelt. There's also lots of rice and wild rice, and a bit of corn. The index lists a great many gluten-free recipes for those who need them, so this is the place that I look for wheat-free recipes. And gluten-free recipes are marked alongside the recipe titles, so you can open to a page and know at a glance if it's gluten-free.

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