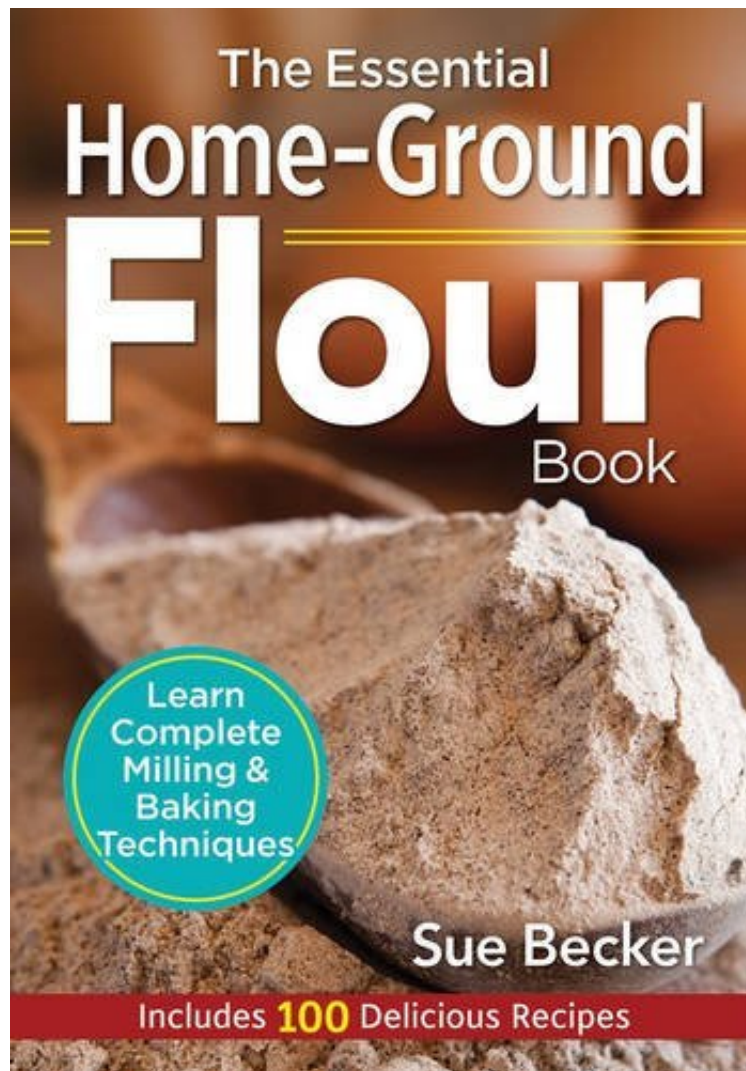


(Free) The Essential Home-Ground Flour Book: Learn Complete Milling and Baking Techniques, Includes 100 Delicious Recipes

## The Essential Home-Ground Flour Book: Learn Complete Milling and Baking Techniques, Includes 100 Delicious Recipes

*Sue Becker*

*DOC | \*audiobook | ebooks | Download PDF | ePub*



[Download](#)

[Read Online](#)

#151044 in Books Becker Sue 2016-05-10Original language:EnglishPDF # 1 10.00 x .63 x 7.00l, 3.00 #File Name: 0778805344288 pagesThe Essential Home Ground Flour Book Learn Complete Milling and Baking Techniques Includes 100 Delicious Recipes | File size: 42.Mb

**Sue Becker : The Essential Home-Ground Flour Book: Learn Complete Milling and Baking Techniques, Includes 100 Delicious Recipes** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Essential Home-Ground Flour Book: Learn Complete Milling and Baking Techniques, Includes 100 Delicious Recipes:

26 of 26 people found the following review helpful. Excellent reference book on the basics of freshly ground flour

bakingBy KCI have been grinding my own flour and making baked goods with a variety of grains, for maybe a decade now. but what i learned, i'd learned somewhat haphazardly, and through trial and error. I wish i could have seen this book when i began my whole grain journey! For anyone who may just be starting to consider eating healthier through the use of freshly ground grains in their diets, and even for those with a partial but incomplete education on the subject (such as myself), i highly recommend this book. Author Sue Becker, who has a degree in food science and is certified as a nutrition counselor, has been teaching the benefits of whole grains for over 20 years, and she put together a good foundation of information on the subject in this enjoyable and well-thought out reference book. The Essential Home-Ground Flour book covers the gamut of topics related to whole grains, including health benefits, the anatomy of a grain, an historical overview of advances in milling (leading to nutritionally deficient but plentiful and refined flours), to choosing the right mill and bread-making equipment for your personal needs/ home use. Ms. Becker has a section on Baking Basics, which is quite a good overview, and it covers everything from choosing the right flour for the type of baked good being made, the roles of various components of a dough, such as gluten, liquids, leavening agents, etc... as well as information on the uses of gluten-free baking ingredients such as Xanthan Gum, Arrowroot Powder and more. My favorite section was Chapter 6 "Just the Flours" which provided a great primer on some of the main "grains" for grinding (from Einkorn and Emmer to seeds such as Amaranth, or even legumes), their baking characteristics, and informative nutritional tidbits-- did you know that Amaranth, Quinoa and Buckwheat each contain all the essential amino acids to provide a complete protein? Ms. Becker even provides a recipe for a version of Ezekiel Flour (the grains and beans listed in the Bible book of Ezekiel), a version of a gluten-free all-purpose flour blend, and other extremely useful "flour" blend recipes such as for making your own aluminum and corn-free baking powder, or your own self-rising flour. To top it off, the last 1/2 section of the 267 page book has a wonderful array of recipes in which to incorporate your freshly ground flours and mixes into yeast, quick and loaf breads, biscuits, cookies, pastas and other such goodies. This is a really nice book with a great deal of interesting and useful information, and would be a great addition to your whole-grain baking library. i've added a picture of 8 cups of freshly ground hard red wheat, and whole pearl barley shown in a brown bag. i was inspired to do some cooking this weekend after reading this great book. i ground my flour using the NutriMill Classic Grain Mill, which i love, and i'll be trying some of Ms. Becker's recipes soon. Update: i made Easy Whole-Grain Pancakes (pg. 198) with ground Barley, and i added chocolate chips (cuz, you know....chocolate.)- it came out light, fluffy and delish with strawberry preserves. I also used my great and cheap (sometimes, you get better than what you pay for) breadmaker: Oster CKSTBRTW20 2-Pound Expressbake Breadmaker w 100% ground hard red and (mostly) the Basic Yeast Bread recipe (pg. 128). I didn't use the egg, powdered lecithin or gluten (actually, i just didn't have these on hand), but added a little milk and a teaspoon of orange-flavored metamucil (for extra fiber and citric acid). It turned out moist, flexible (vs. hard or crumbly) and tasty. I'll buy some lecithin and gluten for the future to see if it raises the loaf more. 0 of 0 people found the following review helpful. Five Stars By rwc Curry How to make your own flour from all type of grain. 0 of 0 people found the following review helpful. Extremely Informative By M Miller This book has taught me how to grind my own flour. It is a grinding encyclopedia and cookbook in one. Highly recommend.

The many benefits of home flour milling include taste and flavor and the appeal of making a healthy food that tastes good and is seriously nutritious. Home ground flour milling can also save countless dollars just in the cost of bread alone, especially for those with special dietary needs and restrictions, and improved health leads to reduced medical costs. This comprehensive how-to details the whole process behind home flour milling with features such as: The history of whole grains and grain anatomy Benefits of commercially milled flour vs home milled flour Tools and equipment for home flour milling Baking basics including mixing methods and techniques -- the importance of gluten and moisture Going with the grains -- a thorough description of grains such as barley, rye, kamut and buckwheat Nut flours such as almond Baking with freshly milled grains. There are also 100 recipes for tasty quick breads, rolls and buns, muffins, pancakes, coffee cakes, biscuit and scones, cookies, brownies and pastries, plus others that are gluten-free, dairy-free and vegan. The Home Ground Flour Book is ideal for anyone who wants to create their own flours.

About the Author Sue Becker is a popular speaker and teacher. Since 1992, she has been teaching others the healthful benefits of whole grain nutrition and baking with freshly milled flour. She is a business owner and has a degree in Food Science from the University of Georgia.