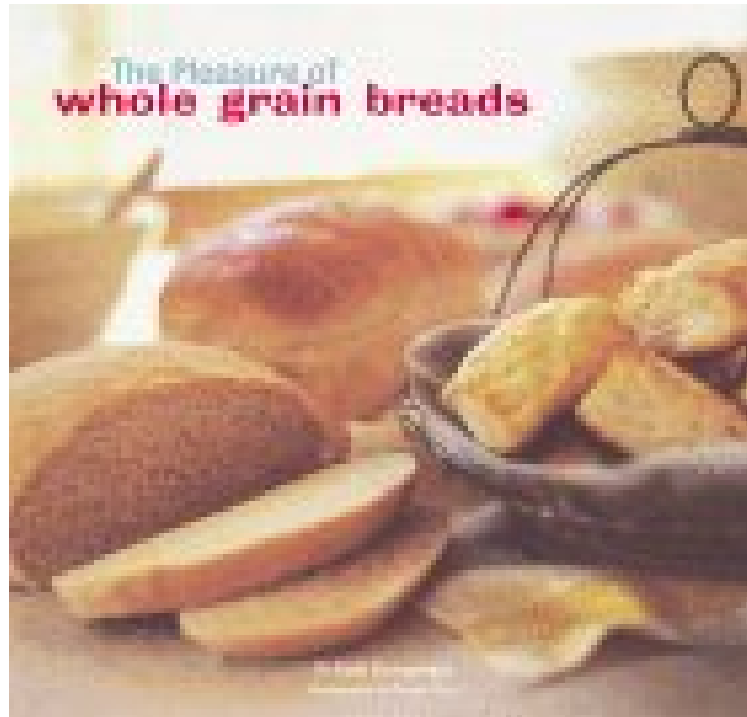


The Pleasure of Whole Grain Breads

Beth Hensperger

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



DOWNLOAD



READ ONLINE

#2177773 in Books Chronicle Books 1999-10-01Original language:EnglishPDF # 1 10.00 x .50 x 9.751,
#File Name: 0811814556180 pages | File size: 57.Mb

Beth Hensperger : The Pleasure of Whole Grain Breads before purchasing it in order to gage whether or not it would be worth my time, and all praised The Pleasure of Whole Grain Breads:

0 of 0 people found the following review helpful. Another great book by a great authorBy SamMy favorite "bread" book is by this author, the pages are stuck together, stains and spills abound, and now the pages are falling out-it is well used!! I received a grain mill for my kitchen aid at Christmas and started grinding my own grains, saw this book and thought I need a good whole grain cook book. I am very pleased. Beth Hensperger has easy to use recipes, it doesn't take ALL DAY to make bread- (as with another book I bought "Laurel's Kitchen" - wow the basic bread would have me at it all day). So if you are looking for a practical book to help you make good whole grain bread but actually have a life outside the kitchen, then this is a great book! The Bun recipe is my favorite -the first time I made 6 buns for hamburgers - and they are so light and fluffy, and also 12 smaller rolls to take to dinner at a friends, they all turned out wonderful! The next time I made increased the ingredients by half, and made 12 buns and 2 loaves of bread- they were huge, they rose too much in the pans, I thought for sure they would have big holes because of this- but nope - just nice, light slices that actually don't fit in the toaster! Yeah, I love this book!!!1 of 1 people found the following review helpful. Good bread recipesBy Kool KookI especially liked that it has lots of various whole grain recipes. The book also contains many recipes calculated for bread machines.1 of 1 people found the following review helpful. Bread making bookBy JoyceI was somewhat disappointed in this book. I have another book on bread making by the same author that is very useful. This one is not. Too many of the ingredients are unknown or unavailable. I have already given the book away to someone who might use it more than I.

With everything from raspberry-millet muffins to oatmeal rolls with herbs and sun-dried tomatoes, veteran bread maker and author Beth Hensperger is back with a delightful book on baking with whole grains. Using clear, easy-to-follow instructions, Hensperger lays out foolproof methods for handling over a dozen kinds of grains and flours, including tips and recipes for bread machine users. Filled with mouthwatering color photographs, *The Pleasure of Whole Grain Breads* offers speedy quick breads for the busy cook, slow-rising yeast breads for the dedicated baker, and intriguing cross-cultural recipes (including Ethiopian injera, French chickpea crepes, and quinoa tortillas) for the culinary globetrotter. Healthy, delicious, and surprisingly simple to bake, these are whole grain breads to please every eater.

.com A is for amaranth, b for barley. Or buckwheat. Look for corn, millet, oats, quinoa, rice, rye, and teff as well. Wheat and wild rice bring up the rear, along with a handful of specialty flours. Such are the base ingredients in Beth Hensperger's inspiring *The Pleasure of Whole Grain Breads*. You may recognize Hensperger as the author of *The Bread Bible*, *Beth's Basic Bread Book*, and *Baking Bread*. She knows of what she speaks. Hensperger includes recipes for everything from waffles to muffins (English and regular), tortillas and biscuits, spice bread and pancakes. But the heart of the book is a wonderful array of breads. Whole-wheat and unbleached all-purpose flour may be the workhorses of these recipes, but the magic happens with the addition of other whole grains you may not have considered. Each lends its own flavor and texture. You know going in that the Three-Grain Vanilla Waffles with amaranth flour and toasted amaranth seeds are going to take you places you have never been before. The book opens with some brief yet concise basic instructions on bread making and baking, as well as the how-to of kneading and rising. Hensperger also tips her hat to machines with specific recipes and with explicit recommendations for machines that do the necessary work. Anyone who has experienced the delight of home-baked bread is going to love adding this extra layer of experience to their repertoire. Let Beth Hensperger show you the way with *The Pleasure of Whole Grain Breads*. --Schuyler Ingle
From Publishers Weekly
Hensperger, author of *The Bread Bible*, puts to rest the stodgy image of whole-grain baking and its hockey-puck results. Grain-filled versions of familiar breads, such as Multigrain Sandwich Buns made with instant mashed potatoes and Sesame Semolina Bread, are reliable, but when Hensperger lets her imagination run wild, she scores with such fanciful fare as Fig-Pumpnickel Quick Bread and Oaten Rolls with Herbs and Sun-Dried Tomatoes. She also includes recipes for nonbread food: Buckwheat Blini, Three-Grain Vanilla Waffles and Quinoa Tortillas. All types of grains are featured (Oven-Baked Four-Grain English Muffins contain millet, oats, wheat flour and amaranth flour), as are specialty flours such as chestnut (in Chestnut Bread with Hazelnuts). A mail-order index makes these products accessible, and clear descriptions of the grains are full of historical facts (barley is named in a set of Babylonian clay tablets—the first known mention of any grain in writing). The photos of the breads are stunning, and this book's large-size format makes it extremely kitchen-friendly. (Jan.)
Copyright 1999 Reed Business Information, Inc. s from: Publisher's Weekly
Shape Hensperger, author of *The Bread Bible*, puts to rest the stodgy image of whole grain baking and its hockey-puck results. Grain-filled versions of familiar breads such as Multigrain Sandwich Buns made with instant mashed potatoes and Sesame Semolina Bread, are reliable, but when Hensperger let her imagination run wild, she scores with such fanciful fare as Fig-Pumpnickel Quick Bread and Oaten Rolls with Herbs and Sun-Dried Tomatoes. She also includes recipes for non-bread food: Buckwheat Blini, Three-Grain Vanilla Waffles and Quinoa Tortillas. All types of grains are featured (Oven-Baked Four-Grain English Muffins contain millet, oats, wheat flour and amaranth flour), as are specialty flours such as chestnut (in Chestnut Bread with Hazelnuts). A mail-order index makes these products accessible, and clear descriptions of the grains are full of historical facts (barley is named in a set of Babylonian clay tablets—the first known mention of any grain in writing). The photos of the breads are stunning, and this book's large-size format makes it extremely kitchen-friendly. Locating a loaf of healthy whole-grain bread in the typical supermarket bread aisle can be like finding a needle in a haystack. Why bother? *The Pleasure of Whole Grain Breads*, by