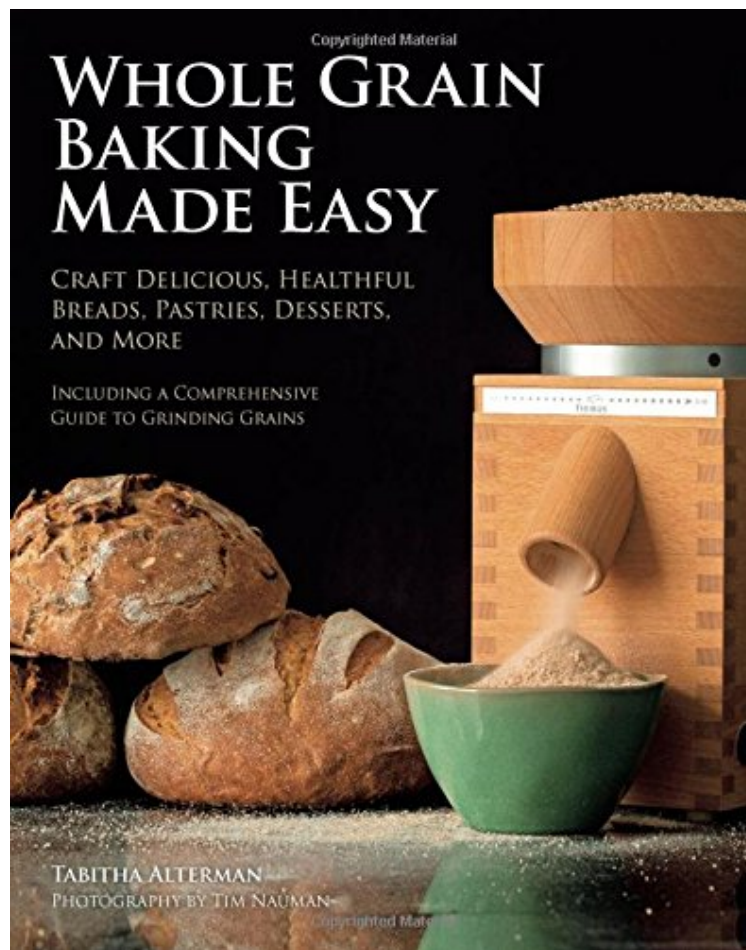


(Free) Whole Grain Baking Made Easy: Craft Delicious, Healthful Breads, Pastries, Desserts, and More - Including a Comprehensive Guide to Grinding Grains

## Whole Grain Baking Made Easy: Craft Delicious, Healthful Breads, Pastries, Desserts, and More - Including a Comprehensive Guide to Grinding Grains

Tabitha Alterman

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**Tabitha Alterman : Whole Grain Baking Made Easy: Craft Delicious, Healthful Breads, Pastries, Desserts, and More - Including a Comprehensive Guide to Grinding Grains** before purchasing it in order to gage whether or not it would be worth my time, and all praised Whole Grain Baking Made Easy: Craft Delicious, Healthful Breads, Pastries, Desserts, and More - Including a Comprehensive Guide to Grinding Grains:

15 of 15 people found the following review helpful. Whole Grain GoodnessBy Janet ReddingI understand the health benefits to baking with whole grains but never knew HOW to do it. I didn't even know WHAT to buy at the store to

make the change. I was curious if baking with whole grains would be difficult, expensive and would it taste good? This lovely book answered my questions. It is beautifully written with personal observations and tips from the author accompanied by captivating photos to illustrate just what the recipe should look like (even some step-by-step). I have tried about six recipes so far and plan to experiment this summer using fresh fruits and vegetables that the season offers in the muffins, breads, etc. This is a book I have already given to friends for their birthdays. I recommend this for anyone who seeks to bake with whole grains. 13 of 14 people found the following review helpful. A source of useful information with some disappointments. By P. Graham What I like about this book: a discussion of various seeds and grains from the milling and baking perspective. If the information is correct then it will save a great deal experimentation on my part trying adapt to grains like einkorn, emmer and spelt. A (small) part of this book is about milling and storing grains and that portion is far too small for a book with a picture of a Fidelity grain mill on the cover. The book also says to go to Tabitha's website for "much more detailed ingredient and equipment information". Sadly the website contains no useful information and since it says that Voyageur "will be publishing the book this winter" it would appear it hasn't been updated in more than a year. Fortunately all the links are clickable in the Kindle version. Unfortunately as is often the case with illustration rich Kindle books the formatting is off at times. I'm also of the opinion that the author is bit too supportive of grinding in things like a (Blendtec/Vitamix) blender. If you're serious about baking and want to convert from off the shelf flour you should save home milling until you've spent some time with whole grain flours from the sources in the book. A bag from King Arthur will provide a benchmark you can compare your grain-blender flour against. 3 of 3 people found the following review helpful. Good source of information By keb Great book and very educational on flours and their uses. It's helped me get into the home grinding process with better knowledge of which grains to use for what purpose. Great recipes.

Take control of the grains you eat. Written by Mother Earth Living food editor Tabitha Alterman, *Whole Grain Baking Made Easy* is a guide for bakers who want to maximize the nutritional value of their breads and desserts while experimenting with delicious new flavors of many different whole grains. Alterman includes recipes for a wide array of flours and flour blends - from amaranth to millet to teff - as well as guidance on all aspects of home milling, such as choosing a mill and properly storing your grain and flour. With straightforward instructions and full-color photography, Alterman teaches home bakers age-old methods for making deliciously tender breads and cakes out of whole-grain flours. So whether you want to bake low-gluten goodies, maximize the nutrition in your baked goods, become more self-reliant, or experiment with heirloom or heritage grains, *Whole Grain Baking Made Easy* puts you in charge of the grains in your diet from start to finish.

About the Author Food writer Tabitha Alterman is a contributing editor at Mother Earth News, the food and garden editor at Mother Earth Living, and author of Voyageur Press' *Whole Grain Baking Made Easy* (2014).  
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