

(Download) Wholefood Baking

## Wholefood Baking

*Jude Blereau*

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#4921464 in Books 2013-06-06Original language:EnglishPDF # 1 7.56 x 1.38 x 9.02l, .0 #File Name: 1742662595296 pages | File size: 67.Mb

**Jude Blereau : Wholefood Baking** before purchasing it in order to gage whether or not it would be worth my time, and all praised Wholefood Baking:

4 of 4 people found the following review helpful. The recipes are great and fun to makeBy S. BryceCan't believe there is only one review here. Folks you are missing out. This women is a legend. The recipes are great and fun to make. You feel like you are really cooking, it all tastes great, you learn heaps about the chemistry of baking, it is as healthy as baking gets, and my fussy teens eat it! I rarely write reviews but Jude Blereaux rocks. Thankyou for putting a lifetime of cooking experience into a book. You have transformed my cooking life. I also bought "Wholefood For The Family" by the same author. Ditto. Finally I have found vegetarian dishes the kids will actually eat. Each dish is packed with nutrition, and a wonderful experience to cook. I feel I am really nourishing my family. None of the recipes I have tried are fiddle or tricky. Jude Blereaux where have you been all my life!1 of 2 people found the following review helpful. Five StarsBy LisetteThis is a great book. She's one of the best!6 of 6 people found the following review helpful. The lady knows her stuffBy Alison WrightThis book is not just recipes, it's an entire wholefoods education. I must admit, I purchased it rather casually. Having never been a confident or committed baker,

I mainly thought to improve my repertoire for healthy things to make alongside my children in the treacherous post-school hours. In this I was somewhat disappointed. If you're looking for something to whip up quickly with a toddler at the helm, a notch more healthy than your average cupcake, then this is perhaps not the book for you. Use Pinterest instead. However, if you let it, this book will open up a whole new world of wholefood knowledge that you probably didn't know you needed. Jude's understanding of whole ingredients and how to use them to best effect is not to be overstated. Every recipe is a thoughtful combination of ingredients, presentation and above all, technique. There are those who will merely substitute buckwheat for wheat, or stevia for white sugar. Shame be upon them! Jude knows exactly where and how substitutions can be made without compromise to the finished product. Where unrefined grains and sweeteners are used, she can still achieve a crumb my grandma would be proud of. She'll introduce fruit, if necessary, or a special technique (even the weather must be considered) and the results will make your average gluten free muffin seem like a soggy tennis ball by comparison. Though I began tentatively, with a few false starts, I've gained in confidence with each recipe. So far I've had smashing success with Lemon-glazed Blueberry Scones, Sweet and Sour Dark Chocolate Cake, while the epic and beautiful Raspberry and White Chocolate Layer Buttermilk Cake is by far the prettiest thing I've seen on the pages of any cookbook. Most importantly, this book is a triumph over the legions of over-styled and image-driven cookbooks on the market. This book, though beautifully photographed and tastefully presented, is ultimately about the theory and practice of better baking, which I for one find a blessed relief. Even my children are beginning to agree. A note on special diets: Jude gives detailed information on when and how each recipe can be tweaked to accommodate dairy free, egg free, gluten free, nut free and grain free options. However, this is no so-called paleo cookbook. Jude believes the ingredients which have supported people for generations, unrefined and whole grains, fats and sweeteners, are worthy of inclusion in a healthy diet. They bring, above all, deliciousness. I'm with Jude.

Wholefood Baking is the ideal book for anyone looking for lighter, healthier versions of classic baking recipes and those with specific food allergies and intolerances. Natural foods chef and author Jude Blereau provides over 120 recipes for cakes, scones, biscuits, pastries and more. Dishes range from the classic scone through to apple and blackberry turnovers and a gluten and dairy-free chocolate shortcrust pastry. Thoroughly researched and beautifully photographed, Wholefood Baking contains detailed information on how to use natural sweeteners, whole flours and organic ingredients to achieve the best baking results every time.

About the Author Jude Blereau is a natural foods chef, author, food coach, cooking teacher and real food activist who has been involved with the organic and wholefoods industry for more than 18 years. In 1997, Jude co-founded The Earth Market, a much loved wholefood store and cafe in Perth, Western Australia. In 2001 she founded the Whole Food Cooking school and website. Her focus is on helping people learn about good food what it truly is, where to get it, how to use it and to give them the tools and information they need to make healthy eating a part of their everyday lives. The author of three cookbooks, she also writes for a number of magazines.