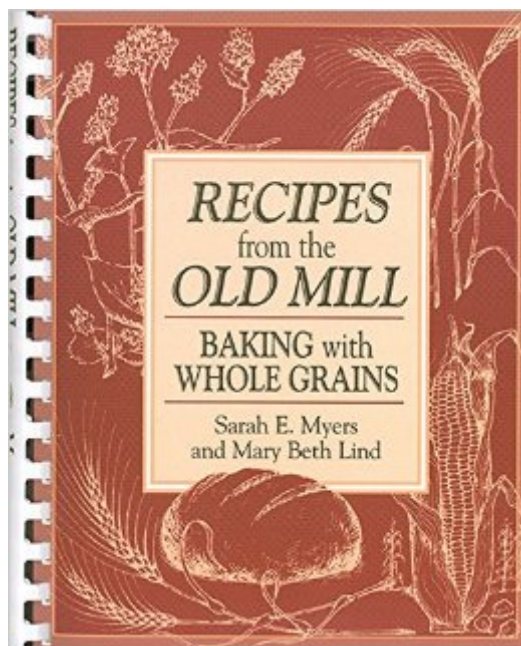


The book was found

Recipes From The Old Mill: Baking With Whole Grains



Synopsis

Simple grains yield rich breads that range from the mystically light to the substantially chewy. These breads offer incontestable food value and flavor; they will satisfy and delight those sensitive to nutritional concerns.

Book Information

Spiral-bound: 252 pages

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (28 customer reviews)

Best Sellers Rank: #725,443 in Books (See Top 100 in Books) #161 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains](#) #545 in [Books > Cookbooks, Food & Wine > Baking > Bread](#) #2707 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional](#)

Customer Reviews

This is the first time I have ever considered a book worthy of my time in writing a review. In response to the reviewer that complained of the use of white flour in many of the recipes in this book, she is right...many of them do call for white flour. However, I have never used processed white flour in any of the recipes, substituting instead fresh ground soft white wheat or simply using an equal measure of the whole grain already called for in the recipe, and have never been dissatisfied with the result. Our family is quite accustomed to the "heavy" taste of whole grains now and appreciates the full rich flavor and texture, so I get no complaints! I won't testify that it will work in all cases, as we have not tried "all" the recipes, but it has worked so far. Honestly, this book is our favorite along with the Breadbeckers recipe book, and we use one or both almost daily. Mostly we prepare quick breads, freshly ground grain prepared and baked at the moment we are ready to eat it! We have yet to prepare a recipe from this book that failed to live up to our expectations. It is chock full of very "doable", down-home recipes...unlike many books I have tried that list ingredients I don't usually have on hand. In fact, if you want to "sabotage" your plan to begin using fresh ground whole grains in your family's diet, just start with a book that makes your goal miserably unattainable...difficult

recipes, "exotic" flavors...there are a few of those gathering dust on my bookshelf.

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