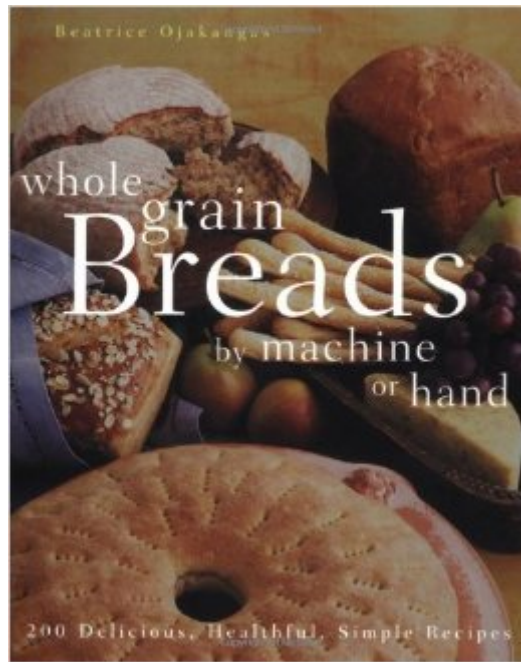


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# Whole Grain Breads By Machine Or Hand: 200 Delicious, Healthful, Simple Recipes



## Synopsis

"Possibly the best such bread book on the market . . . every recipe a winner."-New York Times  
This accessible book gives new and experienced bakers the freedom and flexibility they need to make excellent homemade loaves, with more than 190 recipes that range from a simple Sourdough Bread to a fancy Finnish Cardamom Coffee Braid. Celebrated as a "reliable and inventive recipe writer" by Publishers Weekly, Beatrice Ojakangas shares four ways to make each delicious whole-grain recipe step by step: by hand, mixer, food processor, and bread machine. Beatrice Ojakangas (Duluth, MN) is a well-known food writer, author, and consultant whose articles have appeared in Gourmet, Bon Appetit, Redbook, and other magazines. Her many books include the James Beard Award--winning Light and Easy Baking. She has been a guest on radio and television, including CNN, Martha Stewart Living, and Baking with Julia.

## Book Information

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## Customer Reviews

Some of the reasons I bought this book: First, each recipe has mixing directions for using a stand mixer, a food processor, a bread machine, or by hand. Since I have each of these and have even mixed bread the old fashioned way with my hands, I like having all these options available. Second, the recipes are more down to earth than many of the exotic bread machine cookbooks. They are more healthy and wholesome. The recipes utilize whole grains, but are not necessarily 100% whole grain. They utilize regular bread flour plus many different types of grain that the average joe would not normally associate with bread. Some reviews have been critical that the recipes are not 100% whole grain. There are some 100% whole wheat recipes but not every recipe in the book is 100%

whole grain. The problem here is using 100% whole wheat with another non-gluten 100% whole grain such as rye or spelt that has little or no gluten and getting the bread to rise properly. Many of the flours used in this book by themselves would not have enough gluten to make a decent loaf of bread and 100% whole wheat vs. bread flour also is challenged to make a decent loaf that rises and is not overly dense. Some of these exotic grains will only work if you use them to make quick, non yeast breads. So, the 100% whole grain charge is only partly correct. For example, who would try to make a 100% whole rye flour bread? You can incorporate whole grains along with bread flour and still eat very healthy and have a much better tasting loaf. That being said, she does have an entire chapter devoted to non-wheat breads such as "Buckwheat & Spelt" bread.

I have the hardcover edition of this book, and I've only tried the recipes in a bread machine. I wanted to like this book. That said, every recipe I've tried has needed significantly (up to 25%) more liquid. It's not necessarily a reason to avoid the book, but these are not set-it-and-forget-it recipes. I wish she had given flour weights instead of just volumes. As we know, volume measurements can give significantly different ratios of dry to wet ingredients. (I admit I haven't gone back to see how she measures flour.) Of course they can be adjusted, but you have to remember to weigh the ingredients and adjust the recipes whenever you try a new one. She also measures the capacity of a machine in cups where most authors measure it in pounds of bread. It's cool that she gives hand, mixer, food processor and bread machine variants for almost every recipe. I wonder if the developers tested every variant or made note of every adjustment made while kneading. She could have saved many, many pages by giving the directions for each method once at the beginning, and noting changes from the basics with each recipe -- most of the directions are identical, at least for bread machines. Three paragraphs could be one line, over and over and over again. As someone else said, most of the recipes in this book are mostly white flour. In a US "whole grain" bread book I expected most recipes to be at least 50% whole grain, but the latest one I've tried (tonight) is 1/3 cup whole wheat flour to 2 1/3 cup white flour -- whole wheat flour is 13% of the total.

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