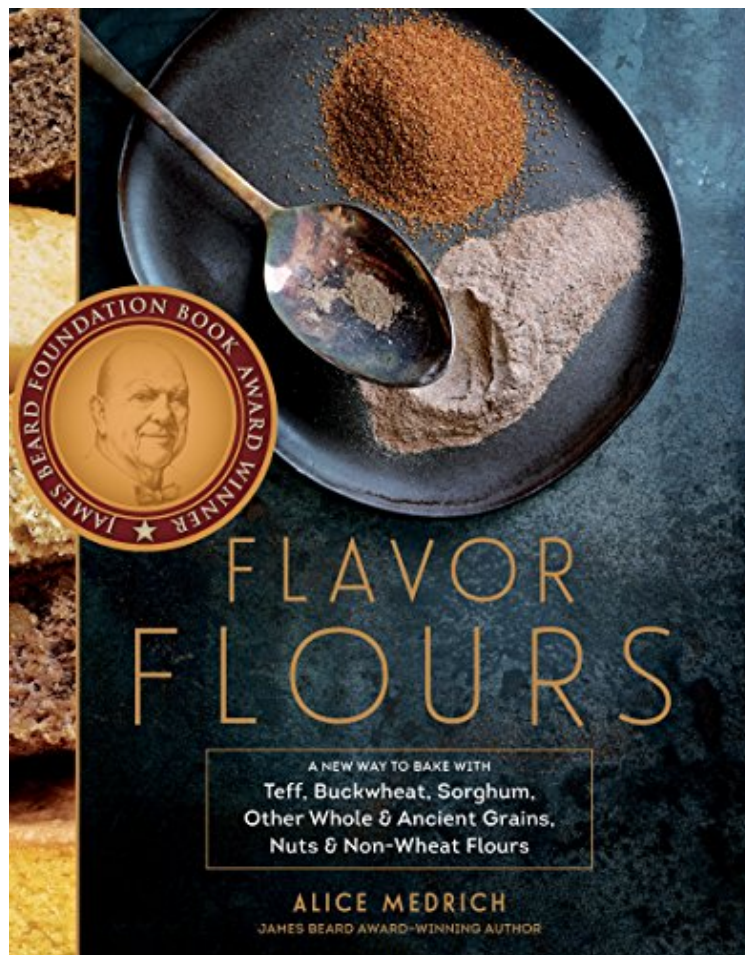


(Free read ebook) Flavor Flours: A New Way to Bake with Teff, Buckwheat, Sorghum, Other Whole Ancient Grains, Nuts Non-Wheat Flours

Flavor Flours: A New Way to Bake with Teff, Buckwheat, Sorghum, Other Whole Ancient Grains, Nuts Non-Wheat Flours

Alice Medrich

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Alice Medrich : Flavor Flours: A New Way to Bake with Teff, Buckwheat, Sorghum, Other Whole Ancient Grains, Nuts Non-Wheat Flours before purchasing it in order to gage whether or not it would be worth my time, and all praised Flavor Flours: A New Way to Bake with Teff, Buckwheat, Sorghum, Other Whole Ancient Grains, Nuts Non-Wheat Flours:

128 of 129 people found the following review helpful. Real Cake!By S. CrawfordIn this cookbook, a single gluten-free cake recipe won't require 5 different flours, cornstarch and a load of chocolate vanilla to cover up the taste of quinoa flour.These recipes embrace the taste of flavorful flours. I made a moist and delicious oat flour sponge cake that only contained oat flour, sugar, clarified butter, salt and eggs.Usually a combination of a flavor flour and rice flour is used for most recipes.The majority of the recipes don't use xanthan gum.The recipes range from easy to

complex. The cakes I baked were moist, delicious and not crummy or dry. I couldn't believe my eyes when I pressed a gluten-free sponge cake with a fork and it sprung back without crumbling. I made a jelly roll cake and the cake rolled-up beautifully. It didn't break or tear. I've been baking gluten-free for about 6 years. I've never encountered recipes like these. The recipes weren't developed to imitate wheat-based recipes. Rather, the recipes rely on and embrace the unique characteristics of non-wheat flours.

128 of 133 people found the following review helpful. "What if wheat flour did not exist?" By Kat L

Quickly: The good - a few basic recipes to experiment with, a sponge cake recipe for every flour presented, good overview of each flour at chapter start, nice photos and appealing recipes, thorough guidance in introduction and within each recipe, doesn't require all-purpose flour mix

The bad - larger emphasis than some might prefer on nuts and cream cheese, not all oat brands are gluten-free, no index in kindle version, does not give details on problem-solving performed by author for specific flours, weight measurements are only for (most) dry ingredients

Longer: I have a few friends who are gluten-free, so I am always looking for new recipes to try that everyone can enjoy instead of having to bake them something "special" that doesn't turn out as well as the wheat-full item I make. All these recipes are gluten-free (assuming you use gluten-free oats), but many are not nut-free. In case that's something you worry about, a rough estimate is that about 60 of these recipes contain nuts, which is roughly half of all the recipes. Also, cream cheese is used as a glue for quite a few recipes, serving a purpose similar to xanthan gum, which could be a problem for dairy-free or cream-cheese-disliking people.

Alice Medrich's recipe for Flourless Chocolate Cake is my go-to recipe for delicious, gluten-free chocolate dessert, so I figured she would have some good ideas. I absolutely love the fact that her first step in creating these recipes was to bake a génoise with every single flour independently, and observe how each flour behaved differently, and we get the perfected recipes here. I do wish that she had not chosen to leave out the details of testing and problem-solving for each of the flours. I feel like that could have made this book exceptional and the foremost source for baking with a single grain. While it's unfortunate that I will have to muddle through without knowing the details of what she's already tried and failed, I am reasonably happy with what is presented here. I really like not having to make an all-purpose gluten-free flour mix, so I am happy to follow Alice's lead in using just one or two flours in one recipe. It's exciting to learn more about the individual flavor of each grain.

This book is laid out by flours, rather than by baked-good type. I am not sure why, but there does not appear to be an index in the kindle version. There should be a general and flour-based index (there is in the print version) that comes after the acknowledgements, but my kindle version just has conversion charts and an about the author.

Across all the flours, there are 3 biscuit recipes, 3 cobbler recipes, 4 brownie recipes, ~51 cake recipes (in part because there is a génoise recipe for each flour), 11 frosting/glaze recipes, 39 cookie recipes, 11 tart recipes, 7 pudding recipes, 3 cracker recipes, a "general guideline" recipe for pancakes, waffles and crepes, as well as some other miscellaneous recipes (scones, soufflé, beignets). There is no recipe list at the beginning of each chapter, so it might be a bit hard to find what you are looking for in the kindle version.

At the beginning of each chapter, Alice tells us what the flavor affinities are for each flour, how to obtain it, and gives a brief history and description - plus a photo. One thing that I've noticed in reading through these recipes is that a substantial proportion of these recipes (especially the cookies, scones, tarts, and biscuits) require either a longish (but unattended) wait time, either prior to baking or after baking but before eating. There is roughly one photo to go along with every two or three recipes. Each recipe gives the volume measurements; only the flours, sugar, butter, and nuts/dry fruit also have a weight measurement. This is a bit odd since such an emphasis is placed on having exactly the perfect level of hydration in the batter, yet all liquid ingredients and also spices, yeast, salt, and fruit are left to be measured out with potentially lower precision than the flour.

The reason I still like this book, despite my misgivings, is that there are some really standout recipes with beautiful photos and there do not appear to be any obvious problems with recipe editing or measurements (none that I've caught anyways). I'm excited to try the lemon tart (corn flour), butterscotch pudding (rice flour), poppy seed pound cake (oat/rice flour), and sorghum layer cake with walnut praline buttercream (sorghum/rice). Alice writes her recipes and guidance very carefully here and I've never made a flop from any of her cookbooks, so I expect the trend will continue, now with gluten-free deliciousness.

5 of 5 people found the following review helpful. **Uniquely Gluten Free.**

By Customer Before my husband and son were diagnosed with celiac disease Medrich's baking books were among my favorites, so when I saw this book I was thrilled. Most gluten free baking call for multiple flour mixes which is a pain to store and keep on hand. Most of them are filled with weird ingredients. Medrich's approach is totally different from any of the other gf books I have. I made the Chocolate peanut butter brownies and they were amazing. The only issue I have with this book is that there are so many recipes with dairy in them. I am lactose intolerant and my son is not only celiac, but lactose intolerant as well. The recipes that I can use are really good. This book is wonderfully original in it's treatment of baking gluten free. I love how the recipes highlight the different flours and the flavors that work well with them. Even with lots of recipes I can't use, it's still a book worth having.

An addendum: I recently discovered Green Valley Organic lactose free dairy products and all, except recipes calling for whipping cream are now available to me. Everything I've made from this book has been excellent. It's full of sophisticated and delicious desserts. My grandson, who also has celiac disease, got a fabulous birthday cake this year. I made a fabulous Chocolate Chestnut Souffle and the Chestnut Walnut caramel was fabulous.

Winner, James Beard Foundation Award, Best Book of the Year in Baking Desserts In this monumental new work, beloved dessert queen Alice Medrich applies her baking precision and impeccable palate to flavor flours—wheat-flour alternatives including rice flour, oat flour, corn flour, sorghum flour, teff, and more. The resulting (gluten-free!) recipes show that baking with alternate flours adds an extra dimension of flavor. Brownies made with rice flour taste even more chocolaty. Buckwheat adds complexity to a date and nut cake. Ricotta cheesecake gets bonus flavor from a chestnut flour crust; teff is used to make a chocolate layer cake that can replace any birthday cake with equally pleasing results. All of the nearly 125 recipes—including Double Oatmeal Cookies, Buckwheat Gingerbread, Chocolate Chestnut Soufflé Cake, and Blueberry Corn Flour Cobbler—take the flavors of our favorite desserts to the next level. The book is organized by flour, with useful information on its taste, flavor affinities, and more. And because flavor flours don't react in recipes the same way as wheat flour, Medrich explains her innovative new techniques with the clarity and detail she is known for.

“Authoritative. . . . In [Medrich's] hands, earthy teff flour, nutty sorghum flour, sweet coconut flour and others are not just substitutes for wheat flour; they add complex and fascinating notes to baked goods of all kinds.”—New York Times “A sophisticated (and decidedly un-hippie) primer on using alternative flours like corn, oat, buckwheat and sorghum to add complexity to baked goods.”—Wall Street Journal “New, assiduously tested recipes for cakes, cookies, biscuits, and more. The book's genius is that . . . Alice began by isolating the best properties of a host of nonwheat flours, then created treats that spotlight their flavors. The results are delicious, and just happen to be gluten-free.”—Martha Stewart Living “Quietly revolutionary. . . . [The] thinking baking person's gluten-free cookbook.”—Paste “An entirely new approach to baking without wheat. This book is a game changer.”—Portland Oregonian “Demystifies the flavor and texture properties of the flours, with recipes that range from a dinner-party-worthy chocolate-chestnut soufflé cake to a raisin-studded dark and spicy pumpkin loaf for all-day snacking. Classic favorites like brownies, cookies and basic cakes are also part of the mix.”—San Francisco Chronicle “Flavor Flours . . . will liven up your baking routine, whether or not you're gluten-free.”—Food52 “When I hear that Alice Medrich . . . has a new book out, it's all I can do to keep myself from running to the nearest bookstore and shouting, ‘Shut up and take my money!’ at whoever's behind the counter.”—Library Journal “Her spin on gluten-free baking actually improves cakes, scones, and cookies.”—Refinery29 “Alice Medrich introduces us to a new round of flours, revising the classics as well as creating a spectacular, contemporary range of desserts for today's tastes using natural grains to dial up flavors. Flavor Flours breaks new ground for bakers, and each page tempts with a delicious new discovery.”—David Lebovitz, author of *My Paris Kitchen* “I'm thrilled that Alice Medrich, one of America's premier bakers, has embraced teff, buckwheat, oat, and rice flours. She understands that these flours are far more than substitutes for wheat flour. These flavor flours are stars on their own, full of character. Her recipes are sure to entice you to move into the kitchen and start baking.”—Shauna James Ahern, author of *Gluten-Free Girl Every Day*