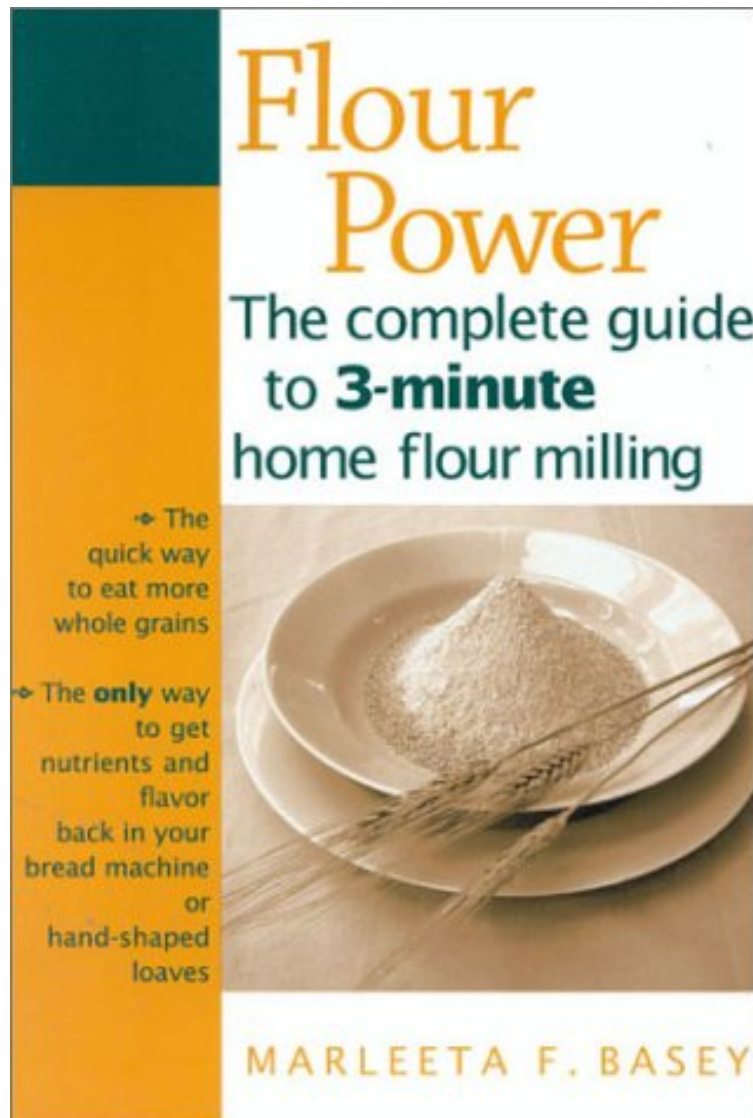


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## Flour Power: The complete guide to 3-minute home flour milling

Marleeta F. Basey

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**Marleeta F. Basey : Flour Power: The complete guide to 3-minute home flour milling** before purchasing it in order to gage whether or not it would be worth my time, and all praised Flour Power: The complete guide to 3-minute home flour milling:

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purchase of this book before anyone actually buys a grain mill of any kind this will not only help with the purchase but, help you decide if you even want to experience this for any length of time. 3 of 3 people found the following review helpful. Best Thing Since Sliced Bread !!!! By Randy S My wife read this book and was so excited about making bread at home, that I had to read the book myself to see what all the ruckus was about. I'll have to admit that before I opened the book, I thought that milling raw wheat and making bread was something reminiscent of the "foxfire" series of do-it-yourself books. Was I ever wrong. The book is at once engaging and entertaining. Ms. Basey's research is heads above any I've read. Her knowledge of grain mills, proteins, glutens, natural vitamins and minerals is amazing. Her practical bread-making technique and application is easy to follow and even a tough guy like me can make great bread. I'm not talking bread like some make from a pre-mixed bag of flour bought at the local market. I'm talking the bread that fills the house with that fresh baked smell one never forgets. The kind that causes you to drool waiting for the baking cycle to finish. The kind that begs for fresh butter and a hungry mouth. Thanks for this wonderful resource and congrats on creating the best book of it's kind since sliced bread !!! Pardon the pun, I couldn't resist.

Quick, Easy, Inexpensive. If you're looking for a whole-grain health bonanza with just a few minutes of kitchen time, you've picked up the right book! Modern flour mills and bread machines turn bread making into a task no more complicated than grinding beans and brewing breakfast coffee! Flour Power tells you how to compare, locate and buy one of the thirty different mills on the market, how to buy the "right" wheat and how to make delicious, light, whole-meal loaves -- every time. Guaranteed Whole-Grain Health. But why bother grinding flour at home? Flour Power explains why virtually all commercial flours (even "whole wheat") have lost fiber, vitamins, minerals, enzymes and phytochemicals during processing and storage. A diet rich in whole grains has been linked to vastly improved health and lower incidences of diseases such as bowel and colon cancer, hemorrhoids, diverticular disease and cardiovascular disease. But in many cases, researchers aren't absolutely certain which components in the whole grain are actually doing the good work. The only safe way to get all the health benefits is to eat all the grain! Flour Power also tells you how to get whole grains into the diets of gluten sufferers; grind flour manually, if you prefer; ensure food self-sufficiency in case of natural disasters; make a gourmet cook euphoric; prepare an endless variety of delicious (and healthful!) breads, cakes, cookies, muffins, biscuits, cornbread, etc.; grind other items like corn, rye, beans, spelt, quinoa, even peanut butter; and much, much more.

From the Publisher Flour Power is the only complete guide available on the subject of home milling. It provides never-before-compiled technical information and purchasing contacts for over thirty different flour mills, and complete instructions for comparing mills and selecting the one that is ideal for your lifestyle. About the Author The author, who has a B.A. from Stanford University, has been milling flour and making 100-percent whole meal bread for over 25 years. In the beginning, her bread was heavy, earthy and toothsome. After many trials, many errors and much research (including a review of cook books from the early 1900's), she learned how a few "secret" ingredients could turn her whole meal bombs into fluffy, light, flavorful loaves--without adding white flour or commercial gluten. The most secret of ingredients, it turned out, was the wheat that she milled into flour. For many years the author lived, worked and traveled abroad (Paris, Vienna, Saigon, Beijing and more). She did a solo six-week motorcycle trip in the former Yugoslavia, lived in San Francisco, wrote six failed mystery novels and crocheted a large bedspread using skinny thread. She has worked at many jobs, including contract writer, advertising manager, technical editor, solar and life insurance salesperson and secretary. These experiences have contributed humor, richness and depth to her writing.