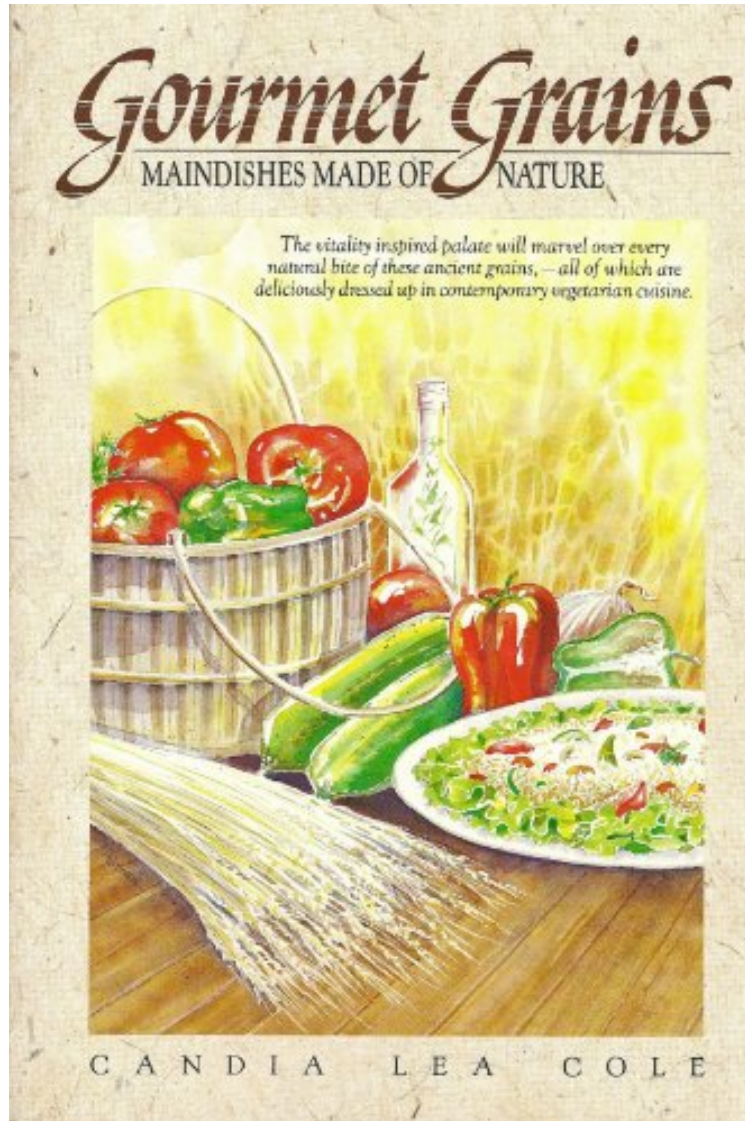


[Read free ebook] Gourmet Grains: Main Dishes Made of Nature

Gourmet Grains: Main Dishes Made of Nature

Candia Lea Cole

*audiobook / *ebooks / Download PDF / ePub / DOC*



DOWNLOAD



READ ONLINE

#1464603 in Books Woodbridge Pr Pub 1991-08 Original language: English PDF # 1 9.00 x 6.25 x 1.00l,
#File Name: 0880071877239 pages | File size: 71.Mb

Candia Lea Cole : Gourmet Grains: Main Dishes Made of Nature before purchasing it in order to gage whether or not it would be worth my time, and all praised Gourmet Grains: Main Dishes Made of Nature:

1 of 1 people found the following review helpful. Healthy wonderful recipes that are deliciousBy Dea BeaI buy this book whenever I can find it to give away as gifts to friends. Wonder diversity in the many grain recipes. Healthy wonderful recipes that are delicious.1 of 1 people found the following review helpful. Gourmet GrainsBy NJGThe directions to good health are simple.Step 1 - Put down your Weapons of Mass Destruction: white sugar and white flour; saturated and trans fats; food sprayed with poisonous insecticides and pesticides that are laden with

preservatives, artificial flavors and dyes during mass processing; animals treated with antibiotics, hormones and nitrates; and dead last - GMO's. The chemical list of our Mutually Assured Destruction goes on and on. The poison's are disguised by words on labels we cannot pronounce or decipher.

Step 2 - Pick up the book "Gourmet Grains" which invites you into the heart and hearth of author Candia Lea Cole. Twenty years ago I bought her book at my local co-op as a beginner vegetarian. It has been a staple in my pantry ever since. If you want to become a vegetarian but don't know how, Candia's warm writing combined with simple instructions, lets her step off the page and into your kitchen to easily guide you. Now as a veteran vegetarian, I appreciate the fact that Candia's recipes provide a wide variety of succulent mouth-watering flavors from our own backyard gardens to cultures from around the world. I highly recommend this book.

Step 3 - Let nature nurture you to good health with "Gourmet Grains". As I approach my 60's, I take no prescription drugs and have rarely been to a doctor except to let science prove that I am in as good of health as I feel. Thank you Candia Lea Cole!

6 of 6 people found the following review helpful. My Favorite Cookbook
By nkmcalli
This is my favorite cookbook. All the recipes in this book are based on this principle: Cook some grains, chop some vegetables, cook the vegetables and combine with the grains. Most of the dishes are hot, but there are a few cold "salad" dishes. This is my favorite because when I use this book I know I am getting an extremely healthy meal, and I don't have to worry about using many different recipes to come up with a meal. The grains in this book include brown rice, millet, quinoa, wehani rice, and others. Quinoa is excellent and cooks really fast. Millet is good to, but can be hard to deal with, so if you start with that, you might get discouraged. The hardest part of this book is that many of the recipes call for ghee, which is Indian clarified butter. You can make it yourself, or buy it in the store, or maybe just add extra oil. The recipes also vary widely in complexity. Some have very few ingredients, and some have many ingredients and separate sauces. Now that I've used the book for a long time it is easy to pick a simple or a complex recipe depending on my energy. If you are just starting out, try to pick a simple one and try not to get discouraged. The complex dishes are worth it!

Vegetarians and whole foods enthusiasts will love the recipes in *Gourmet Grains - Main Dishes Made of Nature*. In addition to well-known grains such as brown rice, wild rice, basmati rice, and millet, this book features ancient super grains such as quinoa, amaranth, teff and spelt, which the author artfully dresses in this book with a garden (and pantry) of delicious ingredients. Among the 75+ recipes in *Gourmet Grains* is Mexican Garden Fiesta Millet, which took top honors in Minnesota's "Great Growing Organic Food Fest" in 1989. Elegant dishes that can be table-ready in an hour or less include Savory Quinoa Parmesan with Green Beans and Quinoa Tabbouli Salad. Adventurous taste buds will appreciate the Eggplant Amaranth Souffle or Amaranth Stuffed Tortillas with Broccoli Cheese Sauce. Fans of ethnic food will like Basmati Rice with Dal. And lovers of rice will want to taste North Woods Wild Rice or Sesame Buttered Brown Rice and Vegetable Dish. Cole asserts in her book that whole grains provide the body with fiber and other vital food nutrients that function together to regulate digestion, balance blood sugar, and "keep our human ecology system running smoothly." The benefits to our environment (of eating grains) are numerous.

Candia Cole's vision of healthful eating . . . a spirit of adventure. -- Minneapolis Star-Tribune
Gourmet Grains: Main Dishes Made Of Nature invites nature-loving taste buds to a sumptuous buffet of vegetarian dining! *Gourmet Grains* is for the whole-foods cook that enjoys making new culinary discoveries with this compendium of grains: millet, quinoa, spelt, basmati rice, and more! *Gourmet Grains* offers such striking recipes as Mexican Garden Fiesta Millet with Salsa and Chips; Vegetarian Pizza Rice with Saucy Tempeh; Indian Basmati Rice with Spicy Seitan, and more! *Gourmet Grains* is a "must" for the vegetarian cookbook shelf. -- Midwest Book
About the Author
Candia Lea Cole is a widely celebrated author, nutritional alchemist, and a holistic health educator. She is regarded in her field as "The Eco-Conscious Cook" and the "Soulful Eco-Lifestyle Mentor." Candia Lea's experience with whole foods nutrition and "eco-intelligent" living began when she was a teenager seeking answers for health challenges that had an environmental origin. When she discovered the relationship between our planetary health challenges and her personal health problems, she adopted an organic whole foods diet and began experimenting in her kitchen with the creation of "eco-friendly" recipes. Candia Lea's recipes are regarded as "eco-friendly" because the ingredients they feature are conscious of the Earth's nutritional needs, as well as our own. If you're seeking a mentor who will make learning about good health and nutrition a creative, fun, and inspirational experience, Candia Lea is your teacher!