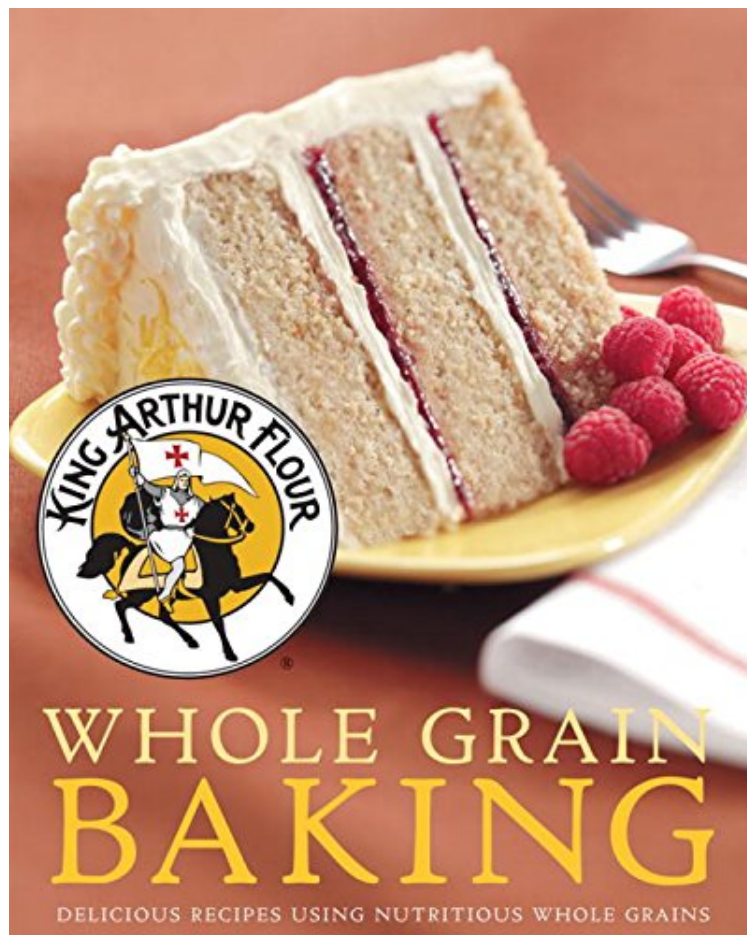


(Mobile ebook) King Arthur Flour Whole Grain Baking: Delicious Recipes Using Nutritious Whole Grains (King Arthur Flour Cookbooks)

King Arthur Flour Whole Grain Baking: Delicious Recipes Using Nutritious Whole Grains (King Arthur Flour Cookbooks)

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King Arthur Flour : King Arthur Flour Whole Grain Baking: Delicious Recipes Using Nutritious Whole Grains (King Arthur Flour Cookbooks) before purchasing it in order to gage whether or not it would be worth my time, and all praised King Arthur Flour Whole Grain Baking: Delicious Recipes Using Nutritious Whole Grains (King Arthur Flour Cookbooks):

19 of 19 people found the following review helpful. Great for the "Non-Baker" By C. A. Flann I am a good cook, and not afraid to try any recipe for any kind of food, but when it comes to baking, I am definitely in the category of "non-baker" -- that is someone who bakes cakes, pies and cookies with great satisfaction, but is scared to death to delve into the world of yeast baking. Forget the fear. I have had this book for two years and had not used it, then I got tired of looking at the pictures and decided to dive right in. This is a great book for any baker - beginner or expert. The

information contained in it has been invaluable to me. After I purchased the book, I purchased the basics from KAF online because we have limited sources up here in Michigan's Upper Peninsula and I reasoned that if I started with the best and failed, it had to be me and that would be the end of that. No worries. I purchased KAF whole wheat flour, bread flour, rye flour, their SAF instant yeast and regular active dry yeast and some other flavorings and enhancements and set out to bake. The next two things I bought were an OXO digital kitchen scale (from) fantastic and highly recommended, and a very good, large pizza stone, which was very reasonable and came with a beautiful, huge pizza peel (Cooking.com.) I started out simply with a recipe from the book I had wanted to make since I purchased it - Whole Wheat Pita Bread. I was raised on good pita bread and my husband and I both love it, but a good variety is impossible to find up here. I remembered going to a middle eastern bakery in the Eastern Market in Downtown Detroit when I was a child, but could this be the same bread I saw come out of the huge oven all puffed up and smelling fantastic? After years of purchasing only so-so imitations up here, I decided to bake my own. The recipe in the book seemed almost too simple. Could this actually be the bread we have been missing and craving? Voila! After a few minutes in the KitchenAid Mixer and a short rest, I was ready to bake my pita. Weeks after my first real "baking from scratch" experience, I am still amazed at the fantastic results. No more store bought imitations. This recipe was absolutely delicious. Good ingredients are important, but the real kicker is the pizza stone. After preheating it at 450 degrees for about 1/2 hour, and following the recipe, the bread baked in a matter of minutes and - surprise! - pita bread with a wonderful texture, a flavor to die for and a pocket! Believe me, this recipe alone is worth the price of the book (which is very reasonable on) and the equipment. I now bake pita at least once a week. The recipe makes eight loaves and in this house, they go fast because it is our bread of choice for sandwiches and all middle eastern cooking. I even divided the dough into 16 pieces instead of 8 and made mini-pitas, which I serve with appetizers. Wonderful, wonderful, wonderful. I have since been encouraged enough to buy a bread maker (I can highly recommend the Cuisinart Convection Breadmaker) and made my first loaf of rye bread with great success! The KAF flours and the rye enhancer they sell make your home smell like the local bakery and the flavor is outstanding! Makes the most wonderful toast, not to mention sandwiches. That aroma alone is worth the price of the bread maker. My next adventure making simple whole wheat bread, without the breadmaker, was a complete success as well. Pizza dough recipe from the book is outstanding and perfect for oven or grilling. So, now I am an amateur baker instead of a non-baker and am working my way toward good baker, hopefully on the way to expert. Good flours and good equipment are essential. Bob's Red Mill flours are also very, very good. The other things I learned from my baking books is that even the most popular measuring cups -like the Pyrex we all have been buying for years - are as much as 14% off in accuracy. Hence, the OXO kitchen scale. You can place your large KitchenAid mixing bowl on it, (zero it out) add your flour (zero it out) add your next flour or ingredient (zero it out) and keep repeating even with liquids, until you get the entire recipe in the bowl for mixing. It's amazing. If you put in too much of a dry ingredient, just take out a little at a time until you get the measurements exact. Very easy and the results are very gratifying! This book, combined with good equipment and good products can make a baker out of anyone, and I am living proof. Once you have this book, come back to and order The Art and Soul of Baking by Sur La Table. Another excellent must have baking book. I hope you enjoy them as much as I do! 3 of 3 people found the following review helpful. Great recipes! By N. Trachta A friend of mine at work was talking about the King Arthur Flour books and being familiar with their flour (my first pick) I decided to pick up the book and see what it was like. A simple answer, wow! Outstanding recipes! My favorite is their pizza dough recipe, we bake it in cast iron and use assorted toppings. Never fails! The best part is you can substitute easily (ale for water for you pizza dough) and very taste! I need to cook more recipes but have to say outstanding job! 4 of 4 people found the following review helpful. Great Cookbook By M. Withrow This cookbook is full of amazing recipes (who knew whole wheat brownies could be so rich and moist). It has easy to follow instructions, uses ingredients that I can find at my local Natural Groceres, and includes the nutrition info for the recipes. It is very well thought out and a great addition to any kitchen!

Hang on to your pie plate? King Arthur Flour Whole Grain Baking will change the way every baker thinks about whole grains. Forget what you know about whole grain baking. Instead, envision light, flaky croissants; airy cakes; moist brownies; dreamy pie crusts; and scrumptious cookies? all made with whole grains. This is what you get in King Arthur Flour Whole Grain Baking, a revolutionary cookbook that breathes new life into breads, cakes, cookies, pastries, and more by transforming the dark and dense alchemy of whole grain baking into lively, flavorful, sweet, and savory treats of all types. King Arthur Flour Whole Grain Baking is a book that only the bakers at King Arthur Flour could successfully complete, opening up the home baker's repertoire to new flours, new flavors, and new categories of whole grain baked goods. It spills over with helpful tips, how-to illustrations, sidebars on history and lore, and a friendly voice that says to readers, "Come into the kitchen with me and let's bake." Thousands of hours were spent testing these recipes, making sure that each one met their high standards. The final result is more than 400 delicious, inviting, and foolproof recipes that have earned a place in King Arthur Flour Whole Grain Baking? the next generation whole grain cookbook. 16 pages of full-color photographs and 125 black-and-white illustrations

From Publishers Weekly There's only so much room on the kitchen bookshelf for those 600-page baking bibles on the kitchen bookshelf, but this one's worth its weight in whole wheat flour. This fun, easy-to-follow tome is broken down into 11 basic chapters (including Yeast Breads, Cakes, Pastry and Pies), and will satisfy both health conscious bakers (Spelt Pita, Sesame Barley Bread) as well as the more gluttonous (Carmel Blitz Torte, Banana Chocolate Chip Muffins, and Triple Ginger Pancakes). Methods such as kneading dough and folding pie crust are depicted with easy-to-follow black-and-white illustrations. Sidebar topics, however, are a little haphazard—ranging from Enjoying Soybeans to Organic Plastic—yet recipe headnotes are helpful and worth the ink. Each recipe ends with detailed nutrition information, broken down per serving (including caffeine, calcium and iron amounts). In the end, this is a good buy for more than just the whole-grain enthusiast. (Oct.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. “[W]orth its weight in whole wheat flour. This fun, easy-to-follow tome is broken down into 11 basic chapters....recipe headnotes are helpful and worth the ink.” - Publishers Weekly

About the Author King Arthur Flour is the largest single educator of bakers in the world. Employee owned since 1996, the company conducts a yearly national baking class tour that has provided free baking classes to many thousands of bakers across the U.S. The company also publishes The Baking Sheet, a newsletter of recipes and baking information. The Baker's Catalogue, a wholly owned subsidiary, sponsors an online baking forum, The Baking Circle, on its parent company's Web site. The company's 2003 release, The King Arthur Flour Baker's Companion, was selected as one of the best cookbooks of the year by Food Wine, People, and many other national publications. Other books by King Arthur Flour include The Original King Arthur Flour Cookbook, The King Arthur Flour Cookie Companion, and King Arthur Flour Whole Grain Baking. All the bakers at King Arthur Flour work from their 12-sided post-and-beam headquarters in Norwich, Vermont.