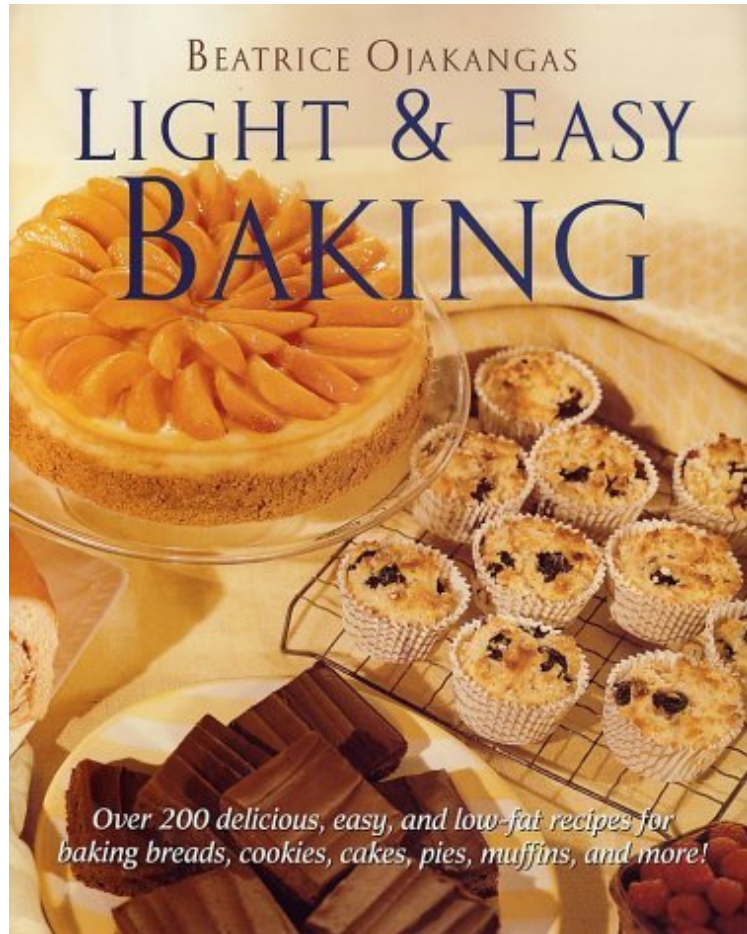


[Free] Light and Easy Baking

Light and Easy Baking

Beatrice Ojakangas

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Beatrice Ojakangas : Light and Easy Baking before purchasing it in order to gage whether or not it would be worth my time, and all praised Light and Easy Baking:

0 of 2 people found the following review helpful. Endless Pantry NeededBy M. GoodmanYes, the recipes in this book look like good healthy recipes. The one I have made came out just delicious but I rarely bake from this book. Why?The ingredients needed to make almost all the recipes are all over the place. Few of us stock all the ingredients called for in most of these recipes. And it is not a group of regular ingredients, it varys widely.Somewhat seems excessive to me, I know I am not professional cook (I am a chef's mother however) but my overall impression of these recipes is that is it someways *something*.Some extra step or 2, some unusual ingredient, something. Each time I have gone to bake from this book I have stopped because I did not have one of the ingredients called for.(do muffins have to be so complicated?)I always seem to end up baking whatever it is out of my old Betty Crocker and it comes out great.8 of 8 people found the following review helpful. Fun, Tasty, Easy to follow, and Good for youBy Robin C.With simple instructions, a practical approach to baking, and goods that reliably turn out well, there's a lot to

recommend Beatrice Ojakangas' *Light and Easy Baking*. As a newcomer to baking, I've had my copy for two months now, and continued success with recipe after recipe has spurred me to try at least a dozen items from muffins to cheesecake. Ojakangas' basic philosophy is to take recipes that were already pretty low in fat, and make them lower *without* adding artificial ingredients or sweeteners. Hence, the selection in the book skews more towards unique and healthy items than "favorites" such as brownies and cakes, although both are certainly present. For those favorites NOT present, Ojakangas offers a good compromise; The book has an (short - less than 10 page) introduction explaining her strategies, and each recipe has a paragraph or two that discusses what was changed to make the recipe healthier. That way, a savvy reader can make their own healthy modifications to a favorite. For those who just like to follow recipes, the ones in this book cover a pretty wide range of baked goods (and not just desserts). I would have preferred fewer breads and more breakfast items and bar candies, but no matter which type of baked good is your favorite, there's certainly enough in each to keep a baker trying new things for quite a while. Some may be turned off by the number of 'nonstandard' ingredients required by this book; things like wheat or cake flour, egg whites, raisins, nonfat plain yogurt, and nonfat sour cream are not unusual to see in the list of ingredients. Almost all CAN be found at a normal grocery store, though, and all are required consistently enough that the cupboards won't fill with one-recipe items, although expiration can be a problem on the dairy sometimes. Nutrition info is provided for each recipe, giving calories, grams of fats, grams of fiber, and percentages. I would have loved to see total grams of sugar or a protein/carb breakdown, but the info provided is enough for most calorie-counters or Weight Watchers. Overall, this is a great book to follow if you're open-minded about what you'll try, or curious to try someone else's philosophies for cutting back on fat. The recipes are easy to follow and turn out well (indistinguishable from normal-fat baking, in most cases), and something that's reduced-fat without tasting like it is always a hit. 58 of 58 people found the following review helpful. Great Addition to the Healthy Bookshelf By A Customer Having been an avid foodie and snobbish dessert baker for the last 10 years, I generally ignore both foods and cookbooks that are labeled "light." However, my vanity and aging metabolism have recently convinced me to foray into the realm of healthy and moderate cooking and I've purchased a dozen or so such cookbooks in the last few months. Beatrice Ojakangas is an excellent baker and teacher (she was featured in "Baking with Julia") and this book is a great addition to my personal collection. The author follows a really reasonable approach of presenting recipes that are either intrinsically light or which can be lightened without sacrificing overall appeal. This book doesn't strive to present lowfat versions of rich desserts that are better left alone. Nor does it use any strange artificial ingredients. What it does do is provide some top-notch recipes that satisfy my most common sweet-tooth cravings: for cake, cookies, something chocolatey, etc. This book won't be a disappointment!

Over 200 low fat, easy, and delicious recipes for baking everything from breads to buns, pies and tarts, muffins and rolls, cobblers, crisps, cakes, and cookies. The author is a highly regarded author of 18 cookbooks, and is a spokesperson for Sears Roebuck and a consultant for Pillsbury. In this book she provides sensible tips and techniques for flavorful and low fat baking, including a section on bread machine breads and doughs.

From the Inside Flap Over 200 low fat, easy, and delicious recipes for baking everything from breads to buns, pies and tarts, muffins and rolls, cobblers, crisps, cakes, and cookies. The author is a highly regarded author of 18 cookbooks, and is a spokesperson for Sears Roebuck and a consultant for Pillsbury. In this book she provides sensible tips and techniques for flavorful and low fat baking, including a section on bread machine breads and doughs.