



## Cooking with Ancient Grains

By Laura Blake McBride

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 280 x 214 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Cooking with Ancient Grains has over 140, easy-to-follow recipes using ancient grains such as amaranth, barley, buckwheat, einkorn, emmer, farro, spelt, kamut, millet, oats, quinoa, rice, rye, sorghum and teff. It also uses traditional methods for preparing them such as sprouting, fermenting, soaking and resting. This cookbook includes recipes for sprouted flour, sprouted milk, homemade yogurt, no-knead breads, delicious deserts, healthy snacks, hearty entrees and more. In the bread section, you will find yeast-free recipes for breads including buckwheat pancakes, scones, muffins, waffles, granola, crepes and tortillas. In the sprouted-grains section, you will find recipes for dinner rolls, hamburger rolls, tortillas and other sprouted breads. In the yeast-bread section, you will find recipes for fried rolls, steamed rolls, bagels, cinnamon rolls, beer bread, gluten-free bread, oatcakes and pita bread. In the sourdough-yeast bread section, you will find recipes for sourdough breads, pancakes, English muffins and Jewish rye bread. In the naturally-fermented breads section, you will find recipes for making artesian bread and pancakes using natural yeast. And, in the deserts and snacks section, you will...



**READ ONLINE**  
[ 922.93 KB ]

### Reviews

*This is the very best publication i actually have read until now. It really is packed with knowledge and wisdom I am happy to let you know that this is the very best publication i actually have read in my very own existence and could be he greatest pdf for ever.*

-- **Dr. Nelda Schuppe**

*Complete information for publication fanatics. It is actually rally intriguing through reading period of time. I am happy to explain how this is actually the greatest publication i actually have read inside my own daily life and may be he finest ebook for possibly.*

-- **Ms. Heidi Rath**

## See Also



### [Weebies Family Halloween Night English Language: English Language British Full Colour](#)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



### [The Ultimate Healthy Snack List Including Healthy Snacks for Adults Healthy Snacks for Kids: Discover Over 130 Healthy Snack Recipes - Fruit Snacks, Vegetable Snacks, Healthy Snacks for Weight Loss, Healthy Smoothies, Quick Healthy Snacks, Fat Burning F \(](#)

Createspace, United States, 2011. Paperback. Book Condition: New. 239 x 165 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Please note: This Healthy Snacks cookbook kindle version has clickable Table of Contents. Just some of the reviews below: .....



### [Chicken Licken - Read it Yourself with Ladybird: Level 2](#)

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he decides he must tell the king that...



### [Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 5: Egg Fried Rice \(Hardback\)](#)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...



### [Let's Find Out!: Building Content Knowledge With Young Children](#)

Stenhouse Publishers. Paperback. Book Condition: new. BRAND NEW, Let's Find Out!: Building Content Knowledge With Young Children, Sue Kempton, Ellin Oliver Keene, In her new book, Let's Find Out!, kindergarten teacher Susan Kempton talks about the importance of helping children build the...



### [Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade](#)

Book Condition: Brand New. Book Condition: Brand New.