

THE SPELT COOKBOOK

Spelt is a healthy, gluten-free grain that is easy to cook and delicious to eat. It is a great addition to any diet and can be used in a variety of recipes. This cookbook provides a variety of recipes for spelt, including breakfast, lunch, dinner, and dessert. It also includes information on how to cook spelt and how to use it in recipes.

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COOKING WITH WHOLEGRAIN GRAIN FOR LIFE



WELLS & WOODS

Spelt Cookbook Cooking With Natures Grain For Life

Lingsheng Yao



Spelt Cookbook Cooking With Nature's Grain For Life:

The Spelt Cookbook Helga Hughes, 1995-05-01 The story of spelt goes back over 9 000 years but only recently has this marvelous little grain's unique nutlike taste been rediscovered. Spelt makes the perfect ingredient for breads, cakes, cereals, side dishes, and it is a gluten-free, nutrient-rich alternative to wheat. In *The Spelt Cookbook*, Helga Hughes shares an exciting collection of over 175 easy-to-prepare recipes that marry the rich taste of golden spelt with a variety of fresh and flavorful ingredients, including Old World Buttermilk Waffles, White Bean Chili with Elbows, and Hazelnut Granola. Whether you are looking for a wheat alternative or simply want to mix up your mealtime routine, *The Spelt Cookbook* is the only guide you'll need to the delicious world of spelt cookery.

The Spelt Cookbook Helga Hughes, 1995-05-01 The story of spelt goes back over 9 000 years but only recently has this marvelous little grain's unique nutlike taste been rediscovered. Spelt makes the perfect ingredient for breads, cakes, cereals, side dishes, and it is a gluten-free, nutrient-rich alternative to wheat. In *The Spelt Cookbook*, Helga Hughes shares an exciting collection of over 175 easy-to-prepare recipes that marry the rich taste of golden spelt with a variety of fresh and flavorful ingredients, including Old World Buttermilk Waffles, White Bean Chili with Elbows, and Hazelnut Granola. Whether you are looking for a wheat alternative or simply want to mix up your mealtime routine, *The Spelt Cookbook* is the only guide you'll need to the delicious world of spelt cookery.

New Good Food Margaret M.

Wittenberg, 2007 Offers advice on organics, buying local, whole grains, and sustainability while explaining food labels, common misperceptions, and marketing claims.

Extension Bulletin, 1978

Books in Print Supplement, 2002

Forthcoming Books Rose Arny, 2001-06

The Science of Skinny Cookbook Dee McCaffrey, 2014-12-23 The *Science of Skinny Cookbook* offers a quick primer on the eating plan and shares 125 easy, delicious, healthy recipes using the SOS principles.

Vegetable Literacy Deborah Madison, 2013-03-12 In her latest cookbook, Deborah Madison, America's leading authority on vegetarian cooking and author of *Vegetarian Cooking for Everyone*, reveals the surprising relationships between vegetables, edible flowers, and herbs within the same botanical families and how understanding these connections can help home cooks see everyday vegetables in new light. For over three decades, Deborah Madison has been at the vanguard of the vegetarian cooking movement, authoring classic books on the subject and emboldening millions of readers to cook simple, elegant, plant-based food. This groundbreaking new cookbook is Madison's crowning achievement, a celebration of the diversity of the plant kingdom and an exploration of the fascinating relationships between vegetables, edible flowers, herbs, and familiar wild plants within the same botanical families. Destined to become the new standard reference for cooking vegetables, *Vegetable Literacy* shows cooks that because of their shared characteristics, vegetables within the same family can be used interchangeably in cooking. It presents an entirely new way of looking at vegetables, drawing on Madison's deep knowledge of cooking, gardening, and botany. For example, knowing that dill, chervil, cumin, parsley, coriander, anise, lovage, and caraway come from the umbellifer family makes it clear why they're such good matches for carrots, also a member of that family. With more than 300

classic and exquisitely simple recipes Madison brings this wealth of information together in dishes that highlight a world of complementary flavors Griddled Artichokes with Tarragon Mayonnaise Tomato Soup and Cilantro with Black Quinoa Tuscan Kale Salad with Slivered Brussels Sprouts and Sesame Dressing Kohlrabi Slaw with Frizzy Mustard Greens and Fresh Peas with Sage on Baked Ricotta showcase combinations that are simultaneously familiar and revelatory Inspiring improvisation in the kitchen and curiosity in the garden Vegetable Literacy an unparalleled look at culinary vegetables and plants will forever change the way we eat and cook *Recipe for Life 2* Dorothy Edgelow, 2008-08-13 Why would you want to make changes to your style of eating and cooking We need good reasons to make changes they can be upsetting to our usual routine and to other family members Changing this basic activity may be expensive and time consuming as well but the benefits can be long lasting Food is naturally associated with life and it is steadily being proven and accepted that it plays a part in how good that life is Vegetarian Times , 1990-03 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both

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