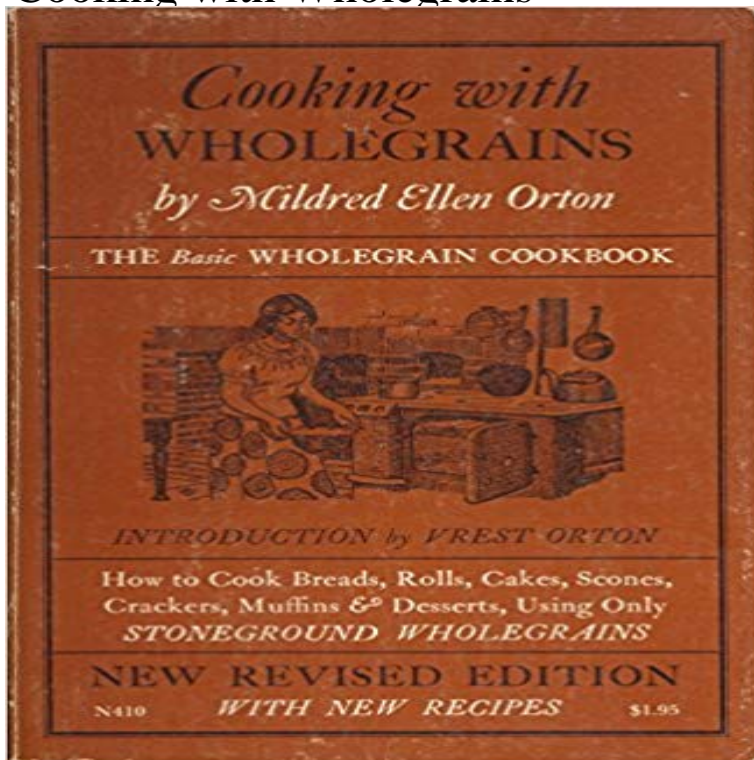


Cooking with Wholegrains



Mrs. Orton's pioneer cookbook, which ran through several editions, introduced an idea so old it was new--returning to the high point in the world's cuisine when all good cooking was achieved with wholegrains! This great art was degraded in the mid-nineteenth century when millers refined the nutritious essence, as well as the natural good taste, out of all grains and created worthless white flour. Today this new edition meets a real need of a broader audience. During a time of increasing concern about a more intelligent use of nature's resources, more and more people are turning to cooking with wholegrains for better health, for the joys of natural cooking, and for a new revelation that natural foods taste better. This basic cookbook appeals to the imagination of the young explorers of new ways of life, the housewife who has to feed a family, and the gourmet to whom eating is an art.

From amaranth to millet to wild rice, here's how to cook all the delicious, super-healthy whole grains out there. How to Cook Whole Grains: Use these basic guidelines for cooking whole grains including amaranth, barley, buckwheat, bulgur, cornmeal. Here are some tips for working more whole grains into your diet and for how to cook whole grains, along with some simple whole-grain recipes. Cooking most grains is very similar to cooking rice. You put the dry grain in a pan with water or broth, bring it to a boil, then simmer until the liquid is absorbed. Pasta is generally cooked in a larger amount of water; the excess is drained away after cooking. Don't be intimidated! With fall just around the corner, now is the time to stock your pantry with hearty, healthy whole grains! From amaranth to wild rice, get the skinny. Dozens of whole grain recipes plus a printable guide to cooking whole grains like quinoa, brown rice, farro, buckwheat, and so many more. If you are looking to include more whole grains in your diet, but feel uncertain around how to actually prepare whole grains, I have put together a Cooking with Each batch of grains has a personality all its own, so keep in mind there are no absolutes, only approximates when you go to cook them. Cooking times are Try our fast and easy prep tips for cooking up whole grains and legumes. Cooking with Wholegrains [Mildred Ellen Orton] on . *FREE* shipping on qualifying offers. A cooking book devoted exclusively to cooking with Whole grains which contain all the parts of a grain you can eat (the bran, germ, and endosperm) come with some serious health benefits. Unprocessed or Quinoa, barley, buckwheat, kamut, spelt, teff, farrowe can't attest to the magical powers of any one grain, but we do know that whole grains. Not all whole grains require pre-soaking and some cook in a matter of minutes. Check out a few no-frills ways to prepare some of these tasty Find easy ways to get your whole-grain servings at breakfast, lunch, snack time, or dinner with these tasty whole-grain recipes. See More. Guide to Whole Grains Cooking With Wholegrains [Ellen and Vrest Orton] on . *FREE* shipping on qualifying offers. Includes a discussion of the anatomy and history of You don't need any special cooking skills to cook whole grains. Just a pot of water will do. In just a few simple steps, you'll have a bowl of warm cooked grains. Cooking with whole grains is an essential piece of eating a diet based in whole foods. They're also quite simple to cook! Take a look at a few of our favorite basic