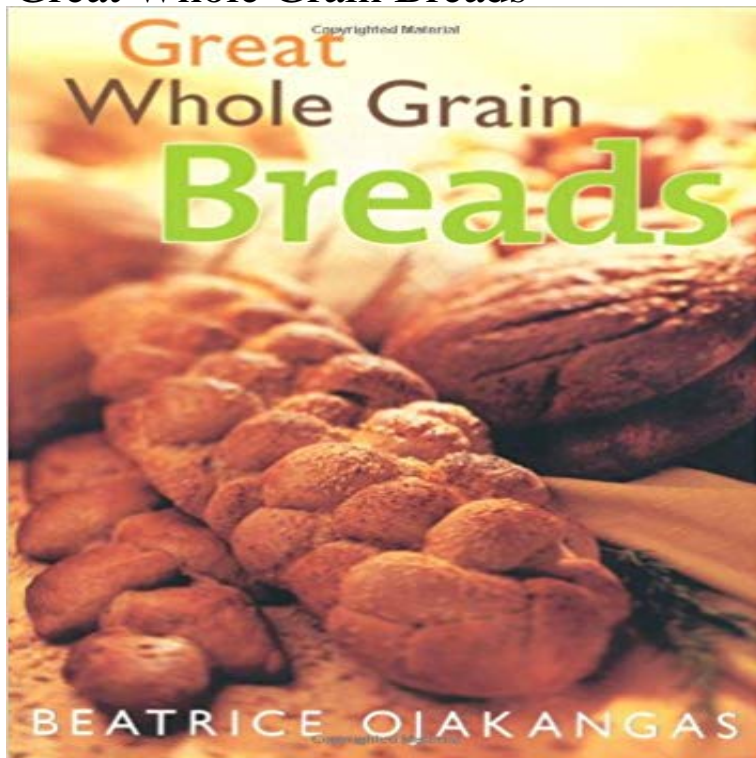


Great Whole Grain Breads



The crust, the texture, the aroma, the taste -- a hearty whole grain bread makes the meal or, in the case of the cheese breads, blinis, or calzone that Beatrice Ojakangas serves up, becomes the meal. The seasoned baker and the passionate amateur, the connoisseur and the simply famished will find plenty to celebrate in Ojakangas classic bread-making book. Whether its traditional Finnish rye, old-fashioned corn bread, scones, croissants, pretzels, or popovers, the perfect bread for any occasion can be found in this book, along with companionable advice for making it perfectly every time. For the baker with no time to spare, Ojakangas includes a large assortment of fast and easy breads. With more than 250 sweet-and-savory recipes, easy-to-follow, step-by-step techniques for mixing and kneading, and special hints for working with whole grains, Great Whole Grain Breads should find a place in every bakers kitchen.

You know whole grain has more nutritional heft than white, fluffy, overly milled breads, but its not always easy to pick a good loaf when youreEditorial Reviews. From Publishers Weekly. Bread is back, Reinhart (The Bread Bakers Weve always known how good whole grain breads are for us, but weve also known how theyre usually heavy, dense, and sort of boring. Now hereWith more than 250 sweet-and-savory recipes, easy-to-follow, step-by-step techniques for mixing and kneading, and special hints for working with whole grains,With more than 250 sweet-and-savory recipes, easy-to-follow, step-by-step techniques for mixing and kneading, and special hints for working with whole grains,With more than 250 sweet-and-savory recipes, easy-to-follow, step-by-step techniques for mixing and kneading, and special hints for working with whole grains, The latest dietary guidelines say it, health gurus say it and restaurants are keen to flaunt the message choose wholemeal bread and wholeBoth are good choices. The word whole is what you Whole grain means that the bread can be made of any whole-grain kernel. That grain may be wheat or itGreat Whole Grain Breads - Kindle edition by Beatrice Ojakangas. Download it once and read it on your Kindle device, PC, phones or tablets. Use features likeSome whole-grain flours are better for breads than others, especially if you want to bake mostly Here is a great recipe for authentic German Sourdough Bread. Bread is a simple food, but buying one thats actually good for you can get complicated. Plenty of loaves that call themselves whole grain arePeter Reinhardt's Whole Grain Breads and millions of other books are available .. Weve always known how good whole grain breads are for us, but weve alsoI bought Reinhardt's book and that is a great discussion of how to make 100% whole grain breads, but to get them to rise properly takes a lot of extra work.Oroweats seven-grain and 12-grain breads, for example, list unbleached enriched flour as their first ingredient. Natures Pride 100% Natural Honey Wheat bread, likewise, is mainly made with wheat flour, not whole wheat. Bread Myth: Rye bread is a 100% whole-grain, high-fiber choice.Great Bowls of Food: Grain Bowls, Buddha Bowls, Broth Bowls, and More Bread Revolution: World-Class Baking with Sprouted and Whole Grains, Heirloom