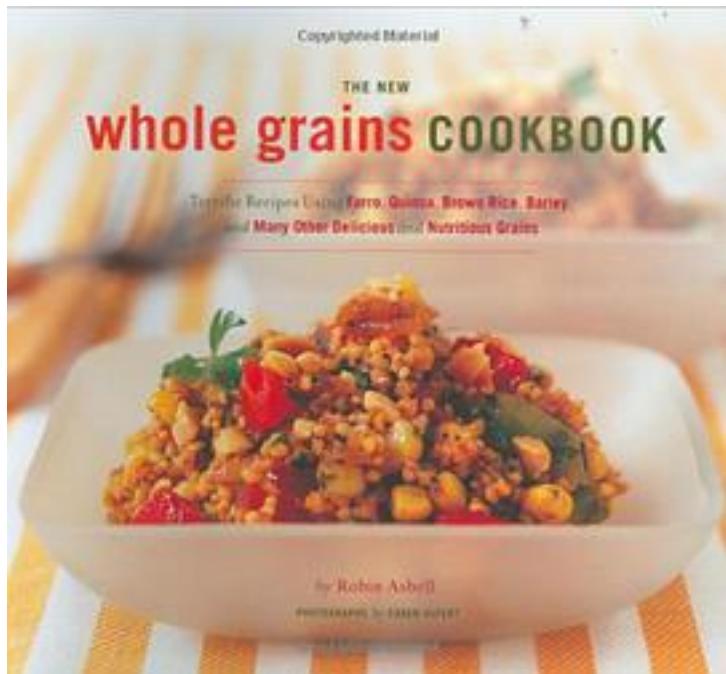


New Whole Grain Cookbook



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In "The New Whole Grains Cookbook", author Robin Asbell shares her passion for whole grains with more than 75 recipes created to take advantage of the wide range now available at supermarkets and specialty shops. From familiar favourites like whole wheat, oats, and rice to newly available varieties such as farro, barley, and quinoa, no grain is left unturned. Start your day with Maple-Cinnamon Granola Bars. Loaded with whole-wheat and rolled oats and sweetened with brown sugar and maple syrup, you'll never buy another packaged bar again. Quick Skillet Flatbreads can be made with millet or teff (a delicious gluten-free grain from Ethiopia) are perfect served alongside a steaming bowl of soup or topped with melted cheese. Peruvian quinoa makes the perfect crunchy coating for shrimp chicharrones, a Latin-inspired favorite with a spicy,

citrusy dipping sauce - not to mention a terrific appetizer. Lamb and rye berries braised in red wine makes a hearty main course and the leftovers taste even better. Even desserts get the whole grain touch with such sweets as Chocolate-Chunk Buckwheat Cookies, Fruit Crisps made with seasonal fruits and a buttery oat topping, and a luscious tropical pudding that features the sticky, sweet goodness of black rice.

作者介绍:

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