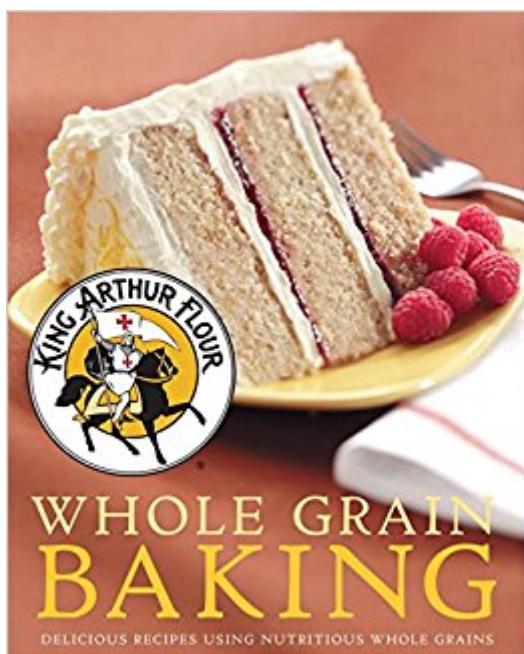


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# King Arthur Flour Whole Grain Baking: Delicious Recipes Using Nutritious Whole Grains (King Arthur Flour Cookbooks)



## Synopsis

Hang on to your pie plate—King Arthur Flour Whole Grain Baking will change the way every baker thinks about whole grains. Forget what you know about whole grain baking. Instead, envision light, flaky croissants; airy cakes; moist brownies; dreamy pie crusts; and scrumptious cookies—all made with whole grains. This is what you get in King Arthur Flour Whole Grain Baking, a revolutionary cookbook that breathes new life into breads, cakes, cookies, pastries, and more by transforming the dark and dense alchemy of whole grain baking into lively, flavorful, sweet, and savory treats of all types. King Arthur Flour Whole Grain Baking is a book that only the bakers at King Arthur Flour could successfully complete, opening up the home baker's repertoire to new flours, new flavors, and new categories of whole grain baked goods. It spills over with helpful tips, how-to illustrations, sidebars on history and lore, and a friendly voice that says to readers, "Come into the kitchen with me and let's bake." Thousands of hours were spent testing these recipes, making sure that each one met their high standards. The final result is more than 400 delicious, inviting, and foolproof recipes that have earned a place in King Arthur Flour Whole Grain Baking—the next generation whole grain cookbook. 16 pages of full-color photographs and 125 black-and-white illustrations

## Book Information

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## Customer Reviews

There's only so much room on the kitchen bookshelf for those 600-page baking bibles on the kitchen bookshelf, but this one's worth its weight in whole wheat flour. This fun, easy-to-follow tome

is broken down into 11 basic chapters (including Yeast Breads, Cakes, Pastry and Pies), and will satisfy both health conscious bakers (Spelt Pita, Sesame Barley Bread) as well as the more gluttonous (Carmel Blitz Torte, Banana Chocolate Chip Muffins, and Triple Ginger Pancakes). Methods such as kneading dough and folding pie crust are depicted with easy-to-follow black-and-white illustrations. Sidebar topics, however, are a little haphazard—ranging from Enjoying Soybeans to Organic Plastic—but recipe headnotes are helpful and worth the ink. Each recipe ends with detailed nutrition information, broken down per serving (including caffeine, calcium and iron amounts). In the end, this is a good buy for more than just the whole-grain enthusiast. (Oct.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

“[W]orth its weight in whole wheat flour. This fun, easy-to-follow tome is broken down into 11 basic chapters....recipe headnotes are helpful and worth the ink.” - Publishers Weekly

This is the baking book I use the most, and the only one I decided to buy rather than check out from the library. Though I'm sure there are some things it doesn't have a recipe for, it is quite comprehensive. There are recipes for lots of different pancakes and waffles, scones, coffeecakes, fruit desserts, sandwich and rustic breads, crackers, cookies, bars, muffins, cakes and pastries. If you want to make whole grain croissants, pretzels, chocolate chip cookies, or Russian tea cakes, your recipe is here. Each section has a whole grain version of familiar classics, and a few exotic or unusual ones. A very few recipes call for unusual ingredients you would have to order from King Arthur Flour's website or catalog, like cinnamon chips, or things even they don't sell, like barley flour (which is delicious and worth a search). Most, though, can be made with common ingredients found in a well-stocked pantry or at an average grocery store. Best of all, the recipes are reliable. KAF runs a test kitchen and it is clear that each of the recipes in the book has been tested many times with different techniques and ingredient combinations and that you are getting a recipe that they think is a winner. Once or twice, I have found a recipe that was not quite to my liking (the peach coffeecake comes to mind), or that I think is worth making with white flour, but generally if I read one of their recipes and it sounds good on paper, I like the way it turns out. Though many of the recipes here do not try to hide the taste of whole grains, people are often pleasantly surprised to hear of the wholesomeness of what they have just gobbled up. Purists may object that most of the recipes are only about 80% whole grain (though many are 100%), but the authors really show whole grains at their best without sacrificing flavor and texture on the altar of nutrition. The recipes are interspersed

with helpful little informational boxes on technique or ingredient choice relevant to a nearby recipe, like what kind of apples to use for certain things, the best way to cut biscuits and why, or when to take muffins out of the pan. Throughout the book, they are very good about explaining why they call for a certain ingredient or tell you to do something one way rather than another. Many of the recipes, especially in the cookie and bread sections, require an overnight rest for the dough or the final product, after baking, so if you are looking for something to whip up for a quick afternoon treat, you may find what you had in mind wouldn't be ready for another 24 hours. It depends a lot on the section, though; some contain mostly recipes that need to rest and some have very few. Allowing them the full resting time called for in the recipe really improves their texture dramatically, so I have started planning my desserts a bit in advance. The only other thing I can think of that might bother some readers is that it is not one of the coffee table style cookbooks that have become fashionable lately. It is printed in dark brown font on cream pages, with line drawings when illustrations are necessary to show a certain step. The hardcover edition has a sturdy binding that does not develop unsightly creases, and that stays open on the counter. There is a section in the middle with color photographs of several recipes, but most recipes you just have to imagine. I find that the introductory paragraph at the top of each recipe usually gives me a pretty good idea of how it will turn out, and don't mind the lack of pictures. My favorite recipes so far are the spelt pancakes, corn and green chili muffins, cherry-chocolate scones, brownies, soft barley sugar cookies, and whole wheat pita.

After becoming vegetarian in 2003, I became much more conscious about adding whole grains to my diet, to the point of replacing white flour with whole grains whenever possible. In the past, baked goods with whole wheat and other grains were easily detectable as "health food." However, the talented kitchen staff at King Arthur has found ways to tone down whole wheat that pass as full-flavored, healthier counterparts of traditional favorites such as scones, pie crust, croissants, and other delectable goodies. The book begins, appropriately enough, with breakfast (porridges, oatmeal, granolas, waffles, pancakes, French toast, muffins and scones). After a hearty foundation, quick breads, muffins, coffeecakes, biscuits and scones are explored, followed by crisps, cobblers and puddings, flatbreads and crackers, yeast breads, sourdough, cookies and bars, cakes, pie and quiche, pastry, and a guide to whole grains. This is my first King Arthur cookbook, and I appreciate the fact that when they discuss kinds of flour to buy, they do not endlessly promote their own brand as the only choice (in fact, there are precious few mentions of King Arthur flours). If I had to choose one baking book to have in my collection, it would be this one. The clear instructions and healthier

updates of many classics are crowd-pleasers, and the cookbook itself is beautiful to look at. This is the perfect gift for your favorite (health-conscious) baker.

I am a good cook, and not afraid to try any recipe for any kind of food, but when it comes to baking, I am definitely in the category of "non-baker" -- that is someone who bakes cakes, pies and cookies with great satisfaction, but is scared to death to delve into the world of yeast baking. Forget the fear. I have had this book for two years and had not used it, then I got tired of looking at the pictures and decided to dive right in. This is a great book for any baker - beginner or expert. The information contained in it has been invaluable to me. After I purchased the book, I purchased the basics from KAF online because we have limited sources up here in Michigan's Upper Peninsula and I reasoned that if I started with the best and failed, it had to be me and that would be the end of that. No worries. I purchased KAF whole wheat flour, bread flour, rye flour, their SAF instant yeast and regular active dry yeast and some other flavorings and enhancements and set out to bake. The next two things I bought were an OXO digital kitchen scale (from ) fantastic and highly recommended, and a very good, large pizza stone, which was very reasonable and came with a beautiful, huge pizza peel (Cooking.com.) I started out simply with a recipe from the book I had wanted to make since I purchased it - Whole Wheat Pita Bread. I was raised on good pita bread and my husband and I both love it, but a good variety is impossible to find up here. I remembered going to to middle eastern bakery in the Eastern Market in Downtown Detroit when I was a child, but could this be the same bread I saw come out of the huge oven all puffed up and smelling fantastic? After years of purchasing only so-so imitations up here, I decided to bake my own. The recipe in the book seemed almost too simple. Could this actually be the bread we have been missing and craving? Voila! After a few minutes in the KitchenAid Mixer and a short rest, I was ready to bake my pita. Weeks after my first real "baking from scratch" experience, I am still amazed at the fantastic results. No more store bought imitations. This recipe was absolutely delicious. Good ingredients are important, but the real kicker is the pizza stone. After preheating it at 450 degrees for about 1/2 hour, and following the recipe, the bread baked in a matter of minutes and - surprise! - pita bread with a wonderful texture, a flavor to die for and a pocket! Believe me, this recipe alone is worth the price of the book (which is very reasonable on ) and the equipment. I now bake pita at least once a week. The recipe makes eight loaves and in this house, they go fast because it is our bread of choice for sandwiches and all middle eastern cooking. I even divided the dough into 16 pieces instead of 8 and made mini-pitas, which I serve with appetizers. Wonderful, wonderful, wonderful. I have since been encouraged enough to buy a bread maker (I can highly recommend the Cuisinart

Convection Breadmaker) and made my first loaf of rye bread with great success! The KAF flours and the rye enhancer they sell make your home smell like the local bakery and the flavor is outstanding! Makes the most wonderful toast, not to mention sandwiches. That aroma alone is worth the price of the bread maker. My next adventure making simple whole wheat bread, without the breadmaker, was a complete success as well. Pizza dough recipe from the book is outstanding and perfect for oven or grilling. So, now I am an amateur baker instead of a non-baker and am working my way toward good baker, hopefully on the way to expert. Good flours and good equipment are essential. Bob's Red Mill flours are also very, very good. The other things I learned from my baking books is that even the most popular measuring cups -like the Pyrex we all have been buying for years - are as much as 14% off in accuracy. Hence, the OXO kitchen scale. You can place your large KitchenAid mixing bowl on it, (zero it out) add your flour (zero it out) add your next flour or ingredient (zero it out) and keep repeating even with liquids, until you get the entire recipe in the bowl for mixing. It's amazing. If you put in too much of a dry ingredient, just take out a little at a time until you get the measurements exact. Very easy and the results are very gratifying! This book, combined with good equipment and good products can make a baker out of anyone, and I am living proof. Once you have this book, come back to and order The Art and Soul of Baking by Sur La Table. Another excellent must have baking book. I hope you enjoy them as much as I do!

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