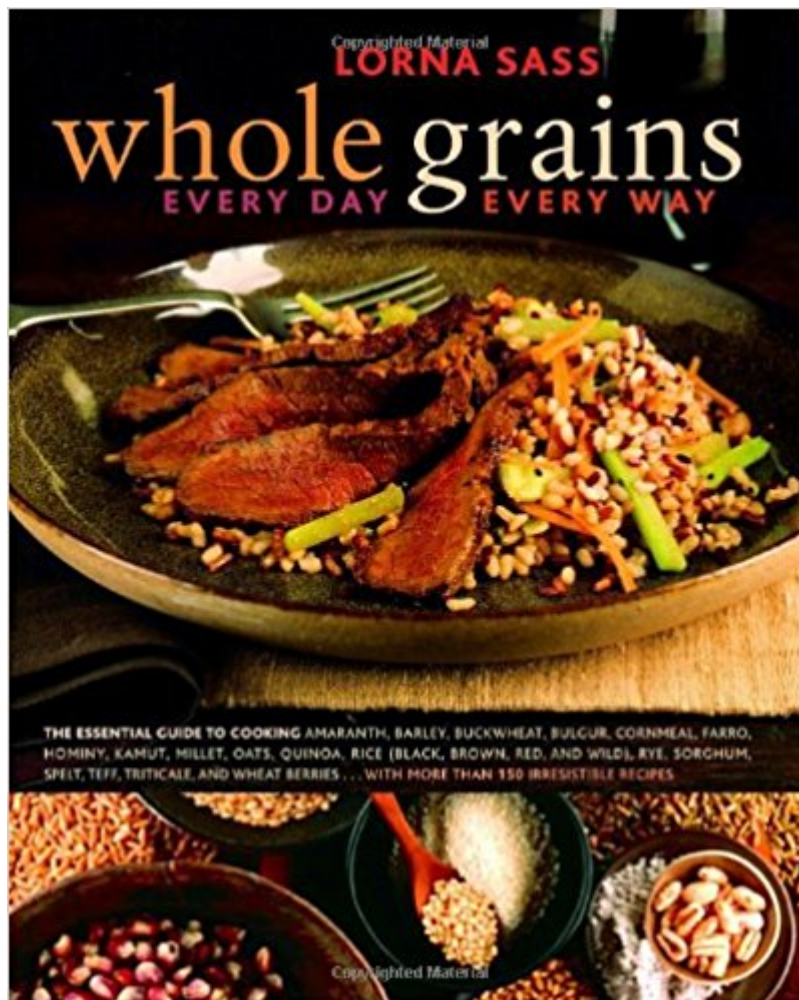


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# Whole Grains Every Day, Every Way



## Synopsis

Thanks to the low-carb movement and the updated USDA food pyramid, we all know we should be eating more whole grains (the “good carbs”). But what exactly are whole grains? And how can we make them not only what we should eat, but what we really want to eat? In *Whole Grains Every Day, Every Way*, bestselling cookbook author Lorna Sass demystifies whole grains with a thorough grain-by-grain primer followed by more than 150 irresistible recipes. In this extensive guide to the wide range of fantastic whole grains available “many of which are gluten-free” Sass introduces home cooks to dozens of grains, including amaranth, barley, buckwheat, hominy, popcorn, polenta, Job’s tears, millet, oats, quinoa, brown rice, red rice, black rice, rye, triticale, sorghum, teff, farro, grano, green wheat, kamut, spelt, wheat berries, and wild rice. She shares tips for buying and storing these grains as well as the best and simplest way to cook them. And then there are the boldly flavored, contemporary recipes that will truly change the way you cook, covering soups, salads, main courses, and side dishes all the way to quick breads, cookies, and desserts, with a groundbreaking section on whole-grain baking outlining tempting, healthy options. *Whole Grains Every Day, Every Way* will delight carnivores and vegetarians alike with recipes such as Farro Salad with Prosciutto and Asparagus, Masa Harina “Beef Casserole, Posole with Pork and Chipotle, Millet with Gingered Beets and Orange, and Coconut “Black Rice Pudding. This is the book America has been asking for: the definitive guide that will make it easy and delicious for us to incorporate healthful whole grains into our diets with innovative recipes for every meal of the day.

## Book Information

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## Customer Reviews

In this incredibly thorough, A-to-wheat berries guide to whole grains, Sass (Cooking Under Pressure) begins with a thoughtful and extensive primer on whole grains, including detailed profiles and basic cooking instructions for each. She covers no fewer than 20 kinds of rice (Bhutanese red, black Japonica) and just as many types of wheat before launching into recipes for soups and salads, main courses, side dishes, breakfast foods and desserts. The dishes are surprisingly tempting and varied, and the entries are more sophisticated than one might expect in a whole grain book. Thai Chicken Soup with Chinese Black Rice; Quinoa and Calamari Salad; Corn Polenta with Sausage and Peppers; Popcorn-Crusted Catfish; and Wild Rice Medley with Braised Chicken in Balsamic-Fig Sauce. And the sweets and desserts, like Chocolate Chip-Hazelnut Cookies, Popcorn-Almond-Caramel Balls, and Tarragon-Scented Rustic Nectarine Tart, prove that incorporating whole grains into the diet can be downright decadent. (Nov.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

“Lorna Sass has created a thoughtful and comprehensive guide from amaranth to triticale that manages to be provocative as well as pleasing; we should all think as carefully about whole grains as she has, and we should try to have at least half as much fun doing it. This book is a great place to start.” —Dan Barber, chef-owner, Blue Hill and Blue Hill at Stone Barns “Lorna Sass’s new book makes whole grains look absolutely mouthwatering! Putting grains in the company of other good foods, where they should have been all along, gives these recipes such style and panache that they are hard to resist. No longer do grains have to be exiled to some dull place of earnest health. Good for Lorna for giving them the star billing they deserve.” —Deborah Madison, author of *Local Flavors: Cooking and Eating from America’s Farmers’ Markets* “This is an exciting new book for all of us who love good food and want to cook food that’s good for us. Lorna Sass has been our trusted guide to the world of healthful eating for years; now she gives us an indispensable primer, simple techniques, and great recipes for the grains we’ve always loved and the ones we’ve always wanted to learn more about. At last I know what to do with kamut, teff, sorghum, and amaranth, too—and so will you.” —Dorie Greenspan, author of *Baking: From My Home to Yours* “This book is a must for anyone trying to make sense of whole-grain recommendations and labels. It should immediately become an essential tool for cooks, timid or adventurous, who want to make delicious meals from basic wheat and rice or the more exotic teff and Job’s tears.” —Marion Nestle, professor of nutrition, food studies, and public health, New York University, and author of *What to Eat* “The title says it all: Lorna Sass has created an irresistible and wide-ranging collection of recipes that make both familiar and exotic

grains easily accessible for everyday meals. I highly recommend this superb and useful cookbook. • "Paula Wolfert, author of *The Slow Mediterranean Kitchen: Recipes for the Passionate Cook* • A first-class, accessible resource for building truly delicious whole-grain dishes into your daily meals. • "K. Dun Gifford, president, Oldways, and founding member, Whole Grains Council

This book is great. It covers countless grains, most of which I have handy, and those that I don't are shown at end of recipe as perhaps a substitute for that particular recipe. It helps one think out of the box which I appreciate. I can find no major fault with this book. Perhaps some would want a pic with every recipe along w/nutritional breakdowns; there are some pics and common sense says that using whole grains is going to be nutritionally more sound and less caloric b/c of the fiber that lesser grains don't have. The book is broken down by category--dinner, breakfast/brunch, side dishes, desserts, soups and salads--salads being especially good now, at this very hot time of the year. These are dishes that are easily served and eaten at room temp and good for bringing to a friend's house without it suffering in transit in taste or appearance. Many dishes need to be served directly from oven to table, not these. I made a farro salad tonight and changed up the herbs/veggies by adding what was in my garden. It had an Italian flare so I added some cut-up sun-dried tomatoes from the fridge too. I bought some hulled barley online, more fiber than pearled, and used that in one of the stir fry recipes. I swapped out chicken for shrimp. The flavor base in the 'sauce' was tasty w/just the right kick, and the addition of barley into the stir fry, rather than using a bed of rice, allowed the sauce to thicken w/o need of a cornstarch slurry. I appreciated that timesaver too. The author is also an expert on pressure cooking, so there is a section in here on how long to cook what grains...I find it a helpful reference for cooking raw, packaged beans and other grains in my digital pressure cooker. All in all, I have tagged many pages and look forward to trying more recipes. What's more--because these recipes are so simple and uncomplicated, they are pleasureable to make.

Why eat whole grains? How about three compelling reasons? A recent study at the University of Minnesota demonstrated that eating just three daily servings of whole grains can reduce your risk of heart disease by 25 to 36 percent, stroke by 37 percent, and type 2 diabetes by 21 to 27 percent. In addition, whole grains reduce constipation, help reduce blood cholesterol levels, boost your immune system, and help with weight management. Many people don't know exactly what a whole grain is, or how many different whole grains we can include in our diets. Enter chapter 1 of Lorna Sass's

whole grain masterpiece, which explains what a whole grain is, the health benefits, and how to get started including them in our everyday meals. The "meat" (metaphor only) of the book profiles 14 different grain and grain families and offers more than 150 recipes, most of which are easy and delicious. This book appeals to vegetarians, meat-eaters, and everyone in between. You'll learn exactly what to do with grains you probably have never heard of, whether soups, salads, risottos, pilafs, stir fries, or casseroles are your fancy. Have a kitchen? Interested in your health? Then this book belongs in your kitchen. Lynette Fleming, Coauthor of *Lunch Buddies*

Although I'm not a certified chef, I have been cooking from "scratch" and cooking gourmet for many years and have recently began adding organic foods and raw recipes to my collection.

Understanding that many nutrients Americans are lacking can be found in whole grains that, for some reason, aren't part of the American diet (but are fed to American farm animals--go figure!), I decided I needed a book that was serious about whole grain cooking/baking. This book contains everything you'd want and need to know about each grain (and there are many and, if you are a typical American, you will not have heard of most), how to select them and store them, and certainly how to use them. It is wonderful and I don't know of any other book as thorough on this subject as this one. If you are serious about adding real whole grains to your life, this is definitely the book you'll need before venturing off to the natural food store to get those grains and then using them. Lorna Sass has done us all an immense favor by taking the time to create this masterpiece!

I hesitated to buy this book for some time because I was not a fan of one of the author's other books which I had come across some years ago. Finally, I did decide to buy it and I was pleasantly surprised at the variety of grains used and the particular ways they are used in the recipes.

Immediately I was able to find at least a dozen recipes that appealed to me, my husband, and our five children. I recently tried the Bulgar Pilaf with Moroccan Roast Chicken and Farro Soup with Kale and Cannellini. Both recipes were absolutely amazing and I can definitely see the roast with bulgar pilaf as a guest dish. I would recommend this to anyone looking for interesting and delicious ways to prepare whole grains and I plan to give copies of this book as gifts to my friends who enjoy cooking.

This book can tell you pretty much everything you've ever wanted to know about whole grains. It has the basic cooking instructions for a wide variety of grains, among others... teff, amaranth, sorghum, triticale, Kamut and more. The recipes are, in my opinion, not very complicated but some

have a long ingredient list and most of them ask for already cooked grains that can prolong the cooking time if you're not planning ahead. Author solves this by having a "Grain Bank" - basically cooking larger amounts of grain when you have time and storing them in the fridge or freezer ready for future uses... an awesome idea especially for those fast weekday suppers. All in all, great book for those who are trying to incorporate more whole grains into their diets. My most favorite recipe so far... Teff Waffles with Caramelized Bananas.

This book seems to have it all. Contains just about every grain I have wanted to look up. Tells you how to prepare and store grains. Tells you how to make dishes sweet or savory. I have discovered many new grains that I have added to my pantry.

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