

The book was found

Flavor Flours: A New Way To Bake With Teff, Buckwheat, Sorghum, Other Whole & Ancient Grains, Nuts & Non-Wheat Flours



Synopsis

Winner, James Beard Foundation Award, Best Book of the Year in Baking & Desserts In this monumental new work, beloved dessert queen Alice Medrich applies her baking precision and impeccable palate to flavor floursâwheat-flour alternatives including rice flour, oat flour, corn flour, sorghum flour, teff, and more. The resulting (gluten-free!) recipes show that baking with alternate flours adds an extra dimension of flavor. Brownies made with rice flour taste even more chocolaty. Buckwheat adds complexity to a date and nut cake. Ricotta cheesecake gets bonus flavor from a chestnut flour crust; teff is used to make a chocolate layer cake that can replace any birthday cake with equally pleasing results. All of the nearly 125 recipesâincluding Double Oatmeal Cookies, Buckwheat Gingerbread, Chocolate Chestnut Souffl   Cake, and Blueberry Corn Flour Cobblerâtake the flavors of our favorite desserts to the next level. The book is organized by flour, with useful information on its taste, flavor affinities, and more. And because flavor flours donât react in recipes the same way as wheat flour, Medrich explains her innovative new techniques with the clarity and detail she is known for.

Book Information

File Size: 33679 KB

Print Length: 368 pages

Publisher: Artisan (October 28, 2014)

Publication Date: October 28, 2014

Sold by:   Digital Services LLC

Language: English

ASIN: B00MEY9T66

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #288,880 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #128

in   Books > Cookbooks, Food & Wine > Special Diet > Wheat Free #186 in   Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Baking > Desserts #254 in   Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Gluten-Free

Customer Reviews

Quickly: The good - a few basic recipes to experiment with, a sponge cake recipe for every flour presented, good overview of each flour at chapter start, nice photos and appealing recipes, thorough guidance in introduction and within each recipe, doesn't require all-purpose flour mix
The bad - larger emphasis than some might prefer on nuts and cream cheese, not all oat brands are gluten-free, no index in kindle version, does not give details on problem-solving performed by author for specific flours, weight measurements are only for (most) dry ingredients
Longer: I have a few friends who are gluten-free, so I am always looking for new recipes to try that everyone can enjoy instead of having to bake them something "special" that doesn't turn out as well as the wheat-full item I make. All these recipes are gluten-free (assuming you use gluten-free oats), but many are not nut-free. In case that's something you worry about, a rough estimate is that about 60 of these recipes contain nuts, which is roughly half of all the recipes. Also, cream cheese is used as a glue for quite a few recipes, serving a purpose similar to xanthan gum, which could be a problem for dairy-free or cream-cheese-disliking people. Alice Medrich's recipe for Flourless Chocolate Cake is my go-to recipe for delicious, gluten-free chocolate dessert, so I figured she would have some good ideas. I absolutely love the fact that her first step in creating these recipes was to bake a gÃ©noise with every single flour independently, and observe how each flour behaved differently, and we get the perfected recipes here. I do wish that she had not chosen to leave out the details of testing and problem-solving for each of the flours.

[Download to continue reading...](#)

Flavor Flours: A New Way to Bake with Teff, Buckwheat, Sorghum, Other Whole & Ancient Grains, Nuts & Non-Wheat Flours
How to Grow More Vegetables, Eighth Edition: (and Fruits, Nuts, Berries, Grains, and Other Crops) Than You Ever Thought Possible on Less Land Than You ... (And Fruits, Nuts, Berries, Grains,) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes Cooking With Buckwheat Flour -: 20 high fiber recipes (Wheat flour alternatives Book 4) The Everything Sprouted Grains Book: A complete guide to the miracle of sprouted grains (EverythingÂ©) Wheat Free Diet: Lose the belly fat weight loss plan and wheat free recipe cookbook. Ideal diet for wheat, gluten and food allergy sufferers WHEAT BELLY DIET FOR

BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Wheat Belly Diet: For Beginners A Guide On Weight Loss and Total Health (Wheat Free Cookbook Included, Now With 20 Delicious Recipes) (wheat belly diet weight loss cure) Healthier Without Wheat: A New Understanding of Wheat Allergies, Celiac Disease, and Non-Celiac Gluten Intolerance. Healthy Bread in Five Minutes a Day: 100 New Recipes Featuring Whole Grains, Fruits, Vegetables, and Gluten-Free Ingredients The Allergy-Free Pantry: Make Your Own Staples, Snacks, and More Without Wheat, Gluten, Dairy, Eggs, Soy or Nuts The Ultimate Allergy-Free Cookbook: Over 150 Easy-to-Make Recipes That Contain No Milk, Eggs, Wheat, Peanuts, Tree Nuts, Soy, Fish, or Shellfish No-Bake Cheesecake: 40 Low-Carb, No-Bake Cheesecake Recipes That You Can Indulge in Without Guilt (Guilt-Free Desserts) No-Bake Cookies: Top 50 Most Delicious No-Bake Cookie Recipes [A Cookie Cookbook] (Recipe Top 50s Book 128) Fat Witch Bake Sale: 65 Recipes from the Beloved Fat Witch Bakery for Your Next Bake Sale or Party Great British Bake Off: Celebrations (The Great British Bake Off) Small-Scale Grain Raising: An Organic Guide to Growing, Processing, and Using Nutritious Whole Grains for Home Gardeners and Local Farmers, 2nd Edition

[Dmca](#)