

# Spelt

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A "go-to" cooking and baking guide, this reference demonstrates how to use whole-grain spelt in all its forms. Containing more than 200 recipes—all keyed by blood-type diet notations—in an easy-to-follow, 1-2-3 format, the cookbook

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provides guidelines and illustrations for the creation of a wide range of dishes, including bagels, biscuits, bread, calzones, pizza, and waffles. Beginning with an introduction to the ancient grain, the text examines spelt's heritage, composition, nutritional benefits, and appeal for those suffering from diabetes, food allergies, gluten intolerance, and other food sensitivities. A "Knead to Know" section presents tips on techniques for cooking and baking with spelt, such as how to measure and "fluff" the flour, gauge rising times and consistency of the dough, and test for readiness. Using the handy conversion tables, readers will also learn how to adapt their favorite recipes to substitute spelt for wheat. Nautilus 2007 Book Award Finalist A "go-to" cooking and baking guide, this reference demonstrates how to use whole-grain spelt in all its forms. Containing more than 200 recipes—all keyed by blood-type diet notations—in an easy-to-follow, 1-2-3 format, the cookbook provides guidelines and illustrations for the creation of a wide range of dishes, including bagels, biscuits, bread, calzones, pizza, and waffles. Beginning with an introduction to the ancient grain, the text examines spelt's heritage, composition, nutritional benefits, and appeal for those suffering from diabetes, food allergies, gluten intolerance, and other food sensitivities. A "Knead to Know" section presents tips on techniques for cooking and baking with spelt, such as how to measure and "fluff" the flour, gauge rising times and

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bokhandlaren - Susannes Jul

A sensational grain cookbook devoted to the grain-of-the-moment—spelt—written by an expert in this wholesome, delicious and versatile food Spelt is becoming the go-to grain due to its nutritional benefits. The Romans called spelt their “Marching Grain” because of its high energy content. It is generally higher in protein, easier to digest, and has a much broader spectrum of nutrients than our modern inbred wheat. What’s more, it contains plant lignans, which are thought to help prevent various diseases and ailments, including bowel cancer, heart disease, and asthma. Once widely grown in Europe, and used in the Bronze Age, spelt is a versatile grain, as well as being super-healthy. Flick through the book and you’ll find delicious recipes for pearled spelt—which is perfect for Beet, Goat Cheese, Hazelnut and Dill Salad, for example—or Moroccan-spiced Lamb “Speltotto”. Try delicious, light breads with a sweet and nutty flavor, an upside-down Summer Raspberry Cake and Spelt Cookies that will turn out like a dream, or even a fantastic Farmhouse Granola with low GI/slow release carbs. Spelt is a bundle of good things in one simple grain—and here you’ll find a variety of mouth-watering ways to enjoy it.

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Chronologically documents the colonisation of a clay inland location north-west of Cambridge at the village of Longstanton and outlines how it was not an area on the periphery of activity, but part of a fully occupied landscape extending back into the Mesolithic period.

Richard's first book *Dough*, was winner of the Guild of Food Writers' Award for Best First Book, the Julia Child Award, the IACP Best Cookbook of the Year Award and a James Beard Foundation Book Award. 'The master of French breadmaking.' Sainsbury's magazine 'Master baker Richard Bertinet reveals how you can become an artisan bread maker at home.' Food & Travel 'This book will be a great help if you want to make your own sourdough, brioche, baguettes, ciabatta or bagels. The recipes are clearly laid out and the pictures are helpful and beautiful at the same time.' Independent Magazine Richard Bertinet's revolutionary and simple approach gives you the confidence to create really exciting recipes at home. He begins by mastering the mighty Sourdough and

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making your own ferments so that you can make bread anytime. And then he takes a look at speciality breads, using a range of flours and flavours - why not try making Spelt Bread or experiment with Bagels and Pretzels? He follows by exploring the Croissant and all its wonderful variations as well as covering other deliciously tempting sweet breads such as Stollen and Brioche. With stunning step-by-step photography, simple advice and helpful techniques throughout, Crust is a worthy following to a remarkable debut.

The story of spelt goes back over 9,000 years, but only recently has this marvelous little grain's unique nutlike taste been rediscovered. Spelt makes the perfect ingredient for breads, cakes, cereals, side dishes—and it is a gluten-free, nutrient-rich alternative to wheat. In *The Spelt Cookbook*, Helga Hughes shares an exciting collection of over 175 easy-to-prepare recipes that marry the rich taste of golden spelt with a variety of fresh and flavorful ingredients, including Old-World Buttermilk Waffles, White Bean Chili with Elbows, and Hazelnut Granola. Whether you are looking for a wheat alternative, or simply want to mix up your mealtime routine, *The Spelt Cookbook* is the only guide you'll need to the delicious world of spelt cookery.

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