



Gourmet Grains

Gene Logsdon



Gourmet Grains:

Gourmet Grains, Beans, and Rice Dotty Griffith, 1992-01-01 A selection of recipes influenced by the flavors of Southwestern Mexican and Asian cuisines includes sections on vegetarian dishes soups salads entrees breakfasts and desserts **Gourmet Grains** Candia Lea Cole, 1991 **Whole Grains Every Day, Every Way** Lorna Sass, 2013-12-11 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 *The Ethical Gourmet* Jay Weinstein, 2010-06-02 More and more of us want to ensure that what we eat doesn't deplete resources cause animal or human suffering or lead to pollution And at the same time we also want delicious food If you are concerned about the environment but unsure how to make a difference here is a handbook for finding and cooking environmentally friendly and ethically produced foods Chef and environmentalist Jay Weinstein has written the bible for those who care about both the well being of the world and flavorful food He informs us When organics really matter Where to source humanely raised meats and other ethically produced foods How to make choices with a clean conscience when dining out He also explores subjects ranging from genetically modified foods to being savvy about farmed fish and why to avoid disposable wooden chopsticks and bottled water By providing 100 healthy sophisticated and mouthwatering recipes Jay Weinstein ensures that our ethical impulses are well rewarded Dishes like Manchego Potato Tacos with Pickled Jalapeños Zucchini Spaghetti with Garlicky Clams and Grilled Bluefish Pumpkin Basmati Rice Pilaf and Coco Vegetable Rice with Tamarind Chicken Skewers feature creative ways to use eco friendly vegetables and legumes sustainable seafood and humanely raised animals **Grain Mains** Bruce Weinstein, Mark Scarbrough, 2012-08-21 A long overdue cookbook that takes whole grains from good for you side dish

to sophisticated and satisfying main course We all know that choosing whole grains over processed ingredients is better for our health yet the likes of millet quinoa and barley are still stuck on the culinary sidelines Bruce Weinstein and Mark Scarbrough bring these unheralded culinary superstars to the center of the plate with more than 100 recipes showing that their range of textures and flavors is greater than any other food group they re incredibly versatile they re economical and they can anchor a meal Readers will be surprised at how easily and creatively whole grains can be used as the base for breakfast dessert and elegant entrees Baked Barley Grits with Apples and Sausage will far outdo the standard cornmeal and Millet Burgers with Olives Sun dried Tomatoes and Pecorino won t leave anyone missing the meat Tips on quick cooking grains or precooking ahead of time make cooking with these hearty staples practical for weeknights and many are appropriate or can be modified for vegetarian and vegan diets Grain Mains is a modern manifesto for whole grains with inventive and tantalizing recipes Choose a Diet with Plenty of Vegetables, Fruits, and Grain Products ,1993 **Health Related Cookbooks** Tian-Chu Shih,1991 Will assist in researching cookbooks designed for those with specific diseases or disorders as well as for special diets for general health extremely comprehensive CHOICE a good addition to public libraries of any library that supports a dietary or food services program ARBA Creating Value Laura R. Oswald,2015 In global consumer culture brands structure an economy of symbolic exchange that gives value to the meanings consumers attach to the brand name logo and product category Brand meaning is not just a value added to the financial value of goods but has material impact on financial markets themselves Strong brands leverage consumer investments in the cultural myths social networks and ineffable experiences they associate with marketing signs and rituals Creating Value The Theory and Practice of Marketing Semiotic Research is a guide to managing these investments by managing the cultural codes that define value in a market or consumer segment The book extends the discussion beyond the basics of semiotics to post structural debates related to ethnographic performance multicultural consumer identity the digitalized consumer and heterotopic experiences of consumer space The book invites readers to challenge the current thinking on topics ranging from cultural branding and brand rhetoric to digital media management and service site design It also emphasizes the role of product category codes and cultural trends in the production of perceived value Creating Value explains theory in language that is accessible to academics and students as well as research practitioners and marketers By applying semiotics to the everyday world of the marketplace the book makes sense of the semiotics discipline which is often mystified by technical jargon and hair splitting debate in the academic literature The book also provides practitioners and professors with a practical guide to the methods used in semiotic research across the marketing mix **Rawlicious** Peter Daniel,Beryn Daniel,2012-06-05 Considered the kitchen bible by healthy foodies around the world this is an accessible how to guide and cookbook for anyone interested in a raw food diet No longer on the outermost fringe of the food world the raw food diet is becoming increasingly mainstream as its health benefits have become clearer and celebrities such as Demi Moore become enthusiastic converts Eager to show that

a diet that includes a high percentage of raw foods is not difficult to achieve chefs Peter and Beryn Daniel created this beautiful accessible cookbook and guide to raw kitchen basics Rawlicious introduces readers to a lifestyle that marries long term health benefits and higher energy levels with delicious and simple raw recipes Rawlicious covers a broad spectrum of recipes and raw principles from basics like stocking your raw kitchen juicing salad preparation and making smoothies to more advanced gourmet dishes Stunning full color photos throughout will inspire readers to get into their kitchen and clear easy instructions to 144 recipes will encourage them to stay Clean design and clear explanations of raw food principles and recipes make this one of the most inviting raw recipe books on the market The new edition offers both U S and metric measurements for an international audience

Sunday Best Adrienne Cheatham, 2022-04-12 JAMES BEARD AWARD NOMINEE Make everyday meals something to celebrate with more than 100 recipes inspired by the Southern roots and Sunday suppers of Top Chef finalist Adrienne Cheatham s upbringing Adrienne channels so much joy and care into her delicious recipes you can feel the warmth and knowledge on every page Gail Simmons ONE OF THE BEST COOKBOOKS OF THE YEAR Epicurious At the core of chef Adrienne Cheatham s debut book is the deep sense that everyday moments should be appreciated celebrated and made special for those you love In this stunning personal collection Adrienne showcases her signature style of cooking sharing more than 100 recipes that combine her family s Southern roots her classical training in professional kitchens and her distinct point of view full of multicultural influences Adrienne captures the culinary essence of Sunday best with fresh but familiar recipes that include a feast worthy pork roast crusted with pecans charred okra roasted with tomatoes and warm spices skirt steak topped with chimichurri of sharp mustard greens and Brussels sprouts tossed with a nutty brown butter She also shares tips and methods for upgrading classic staple recipes into a dish worth talking about like a roasted chicken that gets incredibly deep flavor from a marinade made with stout and soy sauce or a split pea salad that suddenly feels special when tossed with a bacon sherry vinegar glaze Full of dishes that will soon be part of your own family s beloved repertoire Sunday Best will help you celebrate home cooking every day of the week

The Tastemakers David Sax, 2014-05-20 Tastemaker n Anyone with the power to make you eat quinoa Kale Spicy sriracha sauce Honeycrisp apples Cupcakes These days it seems we are constantly discovering a new food that will make us healthier happier or even somehow cooler Chia seeds after a brief life as a novelty houseplant and I Love the 80s punchline are suddenly a superfood Not long ago that same distinction was held by pomegranate seeds a berries and the fermented drink known as kombucha So what happened Did these foods suddenly cease to be healthy a few years ago And by the way what exactly is a superfood again In this eye opening witty work of reportage David Sax uncovers the world of food trends Where they come from how they grow and where they end up Traveling from the South Carolina rice plot of America s premier grain guru to Chicago s gluttonous Baconfest Sax reveals a world of influence money and activism that helps decide what goes on your plate On his journey he meets entrepreneurs chefs and even data analysts who have made food trends a mission and a business The

Tastemakers is full of entertaining stories and surprising truths about what we eat how we eat it and why **Brunch Elevated** Barrett Williams, ChatGPT, 2024-08-22 **Brunch Elevated Transform Your Mornings with Nutritious Indulgence** Discover the ultimate guide to transforming your mornings with Brunch Elevated an eBook designed to take your brunch experiences from ordinary to extraordinary Dive into a world where nutrition meets indulgence creating perfect harmony on your plate Explore the Art of Brunching Begin your journey with a comprehensive introduction that delves into the finesse of brunching Learn how to balance indulgence with nutrition and familiarize yourself with essential tools and ingredients that will elevate your dishes Beverages to Revitalize Quench your thirst with our selection of fresh and fruity smoothies nutritious brunch cocktails and soothing herbal teas Each beverage is crafted to nourish your body while tantalizing your taste buds Eggcellent Dishes Gourmet Toasts Master the art of making the perfect omelet explore creative variations of Eggs Benedict and prepare healthy frittatas Dive into the realm of gourmet toasts and whole grain bread recipes paired with imaginative toppings that will leave you craving more Brunch Bowls Decadent Pancakes Savor protein packed Buddha bowls quinoa and grain bowls adorned with fresh and fermented vegetables Indulge in decadent yet healthy pancakes and waffles featuring gluten free options protein rich recipes and nutritious toppings Savory Salads Wholesome Baked Goods Enjoy seasonal fruit and nut salads superfood packed salads with custom dressings and mouthwatering muffins scones and biscuits all featuring wholesome ingredients Specialty Diets Elegant Bites Whether you're gluten free vegan vegetarian or following a low carb diet our selection of brunch staples and nutritious canapés mini quiches and healthy finger foods will cater to your needs Homemade Delights Hearty Proteins Craft your own granola and parfaits with seasonal fruits and explore an array of poultry fish tofu and tempeh recipes for a protein packed brunch Spreads Dips Perfect Preparation Elevate your spreads with nut butters fresh salsas and hummus varieties Learn the art of setting the table perfect timing and curating a brunch menu that impresses Finishing Touches Seasonal Brunches Master the art of garnishing the importance of presentation and hosting etiquette Create memorable holiday and themed brunches with seasonal ingredients Social Brunching Get your family and friends involved with collaborative cooking kids in the kitchen and making brunch a social event Transform your brunch game today with Brunch Elevated and make every weekend a gourmet getaway right in your own home *The Ultimate Rice Cooker Cookbook* Beth Hensperger, 2003-02-13 Rice cookers are perfect for how we cook today versatile and convenient they have one button technology don't take up much counter space and are a breeze to clean And they can do so much more than produce foolproof rice beans and grains The Ultimate Rice Cooker Cookbook shows you how to make everything from Thai Curried Rice to Chocolate Pots de Crème with Poached Fresh Cherries from Breakfast Barley to Turkey Chili with Baby White Beans **The 150 Healthiest Comfort Foods on Earth** Jonny Bowden, Jeannette Bessinger, 2011-09-01 This book tantalizes my taste buds and is everything I love real comfort food that is as nutritious as it is delicious Holly Clegg author of the trim Higher Protein Lower Cal Creamy Fettuccini Alfredo Whole Grain Home Grilled Pizza Satisfying Real Food Pumpkin

Pancakes Lower Cal Loaded Potato Skins and Grass Fed Italian Feta Meatballs in Tomato Sauce Your taste buds and your health will thank you Grains, Greens, and Grated Coconuts Ammini Ramachandran,2008-08 A collection of Indian family recipes paired with memories of Indian culinary and cultural history The Gourmet's Guide to Cooking with Beer Alison Boteler,2009-01-01 Building on the concept of The Spaghetti Sauce Gourmet and The Gourmet's Guide to Cooking with Wine this book shows how to use beer ale stouts ciders and nonalcoholic brews such as ginger and root beer as a convenience ingredient that will add nuanced flavor and earthy flair to your cooking and baking repertoire Why Beer like wine is versatile It can be used with nearly every type of food Use it to marinate meats flavor stews punch up sauces for fish chicken pasta vegetables and take desserts from standard to savvy *Small-Scale Grain Raising* Gene Logsdon,2009-05-12 First published in 1977 this book from one of America's most famous and prolific agricultural writers became an almost instant classic among homestead gardeners and small farmers Now fully updated Small Scale Grain Raising offers a entirely new generation of readers the best introduction to a wide range of both common and lesser known specialty grains and related field crops from corn wheat and rye to buckwheat millet rice spelt flax and even beans and sunflowers More and more Americans are seeking out locally grown foods yet one of the real stumbling blocks to their efforts has been finding local sources for grains which are grown mainly on large distant corporate farms At the same time commodity prices for grains and the products made from them have skyrocketed due to rising energy costs and increased demand In this book Gene Logsdon proves that anyone who has access to a large garden or small farm can and should think outside the agribusiness box and learn to grow healthy whole grains or beans the base of our culinary food pyramid alongside their fruits and vegetables Starting from the simple but revolutionary concept of the garden pancake patch Logsdon opens up our eyes to a whole world of plants that we wrongly assume only the agricultural big boys can grow He succinctly covers all the basics from planting and dealing with pests weeds and diseases to harvesting processing storing and using whole grains There are even a few recipes sprinkled throughout along with more than a little wit and wisdom Never has there been a better time or a more receptive audience for this book Localvores serious home gardeners CSA farmers and whole foods advocates in fact all people who value fresh high quality foods will find a field full of information and ideas in this once and future classic Home bakers rejoice Gene's book is back just in time to help you grow those flavorful old heirloom grain varieties you have always wanted to try Bon app tit Eliot Coleman author of The Winter Harvest Handbook and The New Organic Grower **History of Miso and Its Near Relatives** William Shurtleff; Akiko Aoyagi,2021-05-05 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 363 photographs and illustrations many in color Free of charge in digital PDF format **Gary Null's Ultimate Anti-Aging Program** Gary Null,1999 Suggests ways to slow down and reverse the effects of aging and tells how to detoxify the body fortify the immune system and rebuild bones and muscles through exercise and nutrition *History of the Health Foods Movement Worldwide (1875-2021)* William Shurtleff; Akiko

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