



Gourmet Grains

Lorna Sass



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

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

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

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 **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 **Gourmet Grains** Candia Lea Cole, 1991

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 Cr me with Poached Fresh Cherries from Breakfast Barley to Turkey Chili with Baby White Beans

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

Lost Crops of Africa National Research Council, Policy and Global Affairs, Office of International Affairs, Board on Science and Technology for International Development, 1996-03-14 Scenes of starvation have drawn the world's attention to Africa's agricultural and environmental crisis. Some observers question whether this continent can ever hope to feed its growing population. Yet there is an overlooked food resource in sub-Saharan Africa that has vast potential: native food plants. When experts were asked to nominate African food plants for inclusion in a new book, a list of 30 species grew quickly to hundreds. All in all, Africa has more than 2,000 native grains and fruits, lost species due to rediscovery and exploitation. This volume focuses on native cereals, including African rice, reserved until recently as a luxury food for religious rituals. Finger millet, neglected internationally although it is a staple for millions. Fonio, aka probably the oldest African cereal and sometimes called hungry rice. Pearl millet, a widely used grain that still holds great untapped potential. Sorghum, with prospects for making the twenty-first century the century of sorghum. Tef, in many ways ideal but only now enjoying budding commercial production. Other cultivated and wild grains. This readable and engaging book dispels myths often based on Western bias about the nutritional value, flavor, and yield of these African grains. Designed as a tool for economic development, the volume is organized with increasing levels of detail to meet the needs of both lay and professional readers. The authors present the available information on where and how each grain is grown, harvested, and processed, and they list its benefits and limitations as a food source. The authors describe next steps for increasing the use of each grain, outline research needs, and address issues in building commercial production. Sidebars cover such interesting points as the potential use of gene mapping and other high-tech agricultural techniques on these grains. This fact-filled volume will be of great interest to agricultural experts, entrepreneurs, researchers, and individuals concerned about restoring food production, environmental health, and economic opportunity in sub-Saharan Africa. Selection, Newbridge Garden Book Club

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 **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 [History of the Health Foods Movement Worldwide \(1875-2021\)](#) William Shurtleff; Akiko Aoyagi, 2021-07-31 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographic index 205 photographs and illustrations many color Free of charge in digital PDF format **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 **Social Entrepreneurship** Robert Gunn, Chris Durkin, 2010 Outstanding social entrepreneurs inspire students transform communities and ignite innovative approaches to solving social needs This timely book has been inspired by the increasing interest around social entrepreneurship scholarship and the practice of delivering innovative solutions to social issues The in depth theoretical study of stakeholder engagement financial options leadership management and organizational challenges is complemented by compelling international case studies of real social enterprise success The book will be essential reading for students academics practitioners and entrepreneurs to expand their knowledge skills and passion and sustainably pursue their social missions to bring about real social change **The Oxford Companion to Food** Alan Davidson, 2014 Twenty years in the making the first edition of this bestselling reference work appeared in 1999 to worldwide acclaim Combining serious and meticulously researched facts with entertaining and witty commentary it has been deemed unique by chefs and reviewers around the globe It contains both a comprehensive catalog of foodstuffs crackers and cookies named for battles and divas body parts from toe to cerebellum breads from Asia to the Mediterranean and a richly allusive account of the culture of food whether expressed in literature and cook books or as dishes special to a country or community Retaining Alan Davidson's wisdom and wit this new edition also covers the latest developments across the whole spectrum of this subject Tom Jaine has taken the opportunity to update the text and alert readers to new perspectives in food studies There is new coverage on attitudes towards food consumption

production and perception such as food and genetics food and sociology and obesity New entries include terms such as convenience foods gastronomy fusion food leftovers obesity local food and many more There are also new entries on important personalities who are of special significance within the world of food among them Clarence Birdseye Henri Nestle and Louis Pasteur Now in its third edition the Companion maintains its place as the foremost food reference resource for study and home use

The Best American Mystery Stories 2020 C. J. Box, Otto Penzler, 2020 Featuring guest editor contributions by the author of the Joe Pickett series a latest annual anthology features top selected short mystery and crime fiction stories from the past year Provided by publisher

Celebrating Barbecue Dotty Griffith, 2010-06-15 Like jazz barbecue is a uniquely American original and few subjects ignite more passion excitement controversy and competition In *Celebrating Barbecue* Dotty Griffith restaurant critic for The Dallas Morning News gives readers the lowdown on real barbecue identifying the four great regional styles of American cue Carolina Memphis Texas and Kansas City as well as what Griffith calls micro styles like Santa Maria Beef Barbecue or St Louis Barbecued Snouts Though reducing barbecue to a set of rules and specifications is as Griffith says like teaching a cat to bark *Celebrating Barbecue* attempts and succeeds in doing just that beginning with the history of barbecue defining each region s preferences for meat fuel and seasonings There are classic authentic recipes for slow cooked meats such as Texas Brisket and North Carolina Style Pulled Pork with cooking temperatures seasonings woods and techniques including fail safe techniques for bad weather or uncooperative equipment or fuels explained in detail Griffith includes recipes for mops rubs sauces and marinades as well as sources for ready made flavor enhancers A full complement of appetizers sides and desserts rounds out the more than 85 recipes Menus are provided for each regional style so you can create your own barbecue feast Travelers will find lists of barbecue restaurants cook offs and festivals and stay at homes will find the best places to mail order cue as well as a directory of pit masters and a section on cookers Opinionated and informed *Celebrating Barbecue* is written with wit passion and verve A pleasure to read and to cook from it s the only book you ll need to enjoy this most American of foods

Gourmet Grains: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have charmed audiences this year. Gourmet Grains : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Gourmet Grains : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Gourmet Grains : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and suspenseful novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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Gourmet Grains Introduction

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