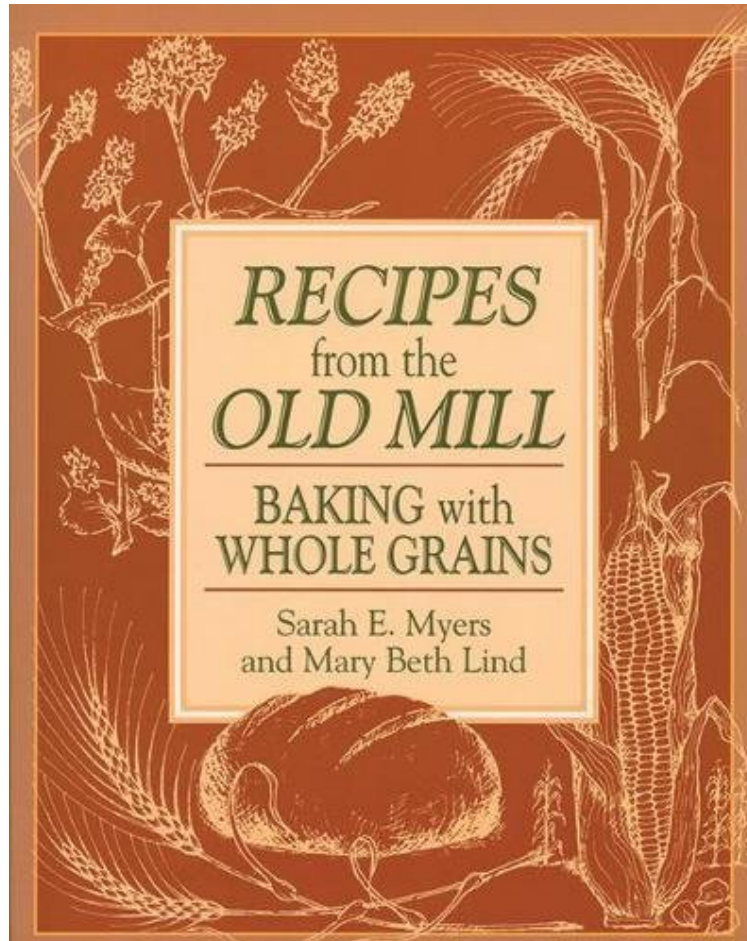


Recipes from the Old Mill: Baking with Whole Grains

Sarah Myers

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Sarah Myers : Recipes from the Old Mill: Baking with Whole Grains before purchasing it in order to gage whether or not it would be worth my time, and all praised Recipes from the Old Mill: Baking with Whole Grains:

0 of 0 people found the following review helpful. A Classic with Simple, Dependable RecipesBy Ben CapozziGreat bread baking book. Nothing fancy with dependable results on most everything we've tried. From bagels and donuts to tortillas and rye rolls, the recipes are simple and they deliver the goods. This is a traditional, no-nonsense book, a classic with lots of interesting tidbits about bread baking history, different grain profiles, and milling techniques. A local Mennonite family recommended this book to me and I'm SO GRATEFUL for it! Highly recommended.0 of 0 people found the following review helpful. Five StarsBy TebbiGood recipes written by real people who work and mill their own flour.1 of 1 people found the following review helpful. Great for Beginners and Veterans (...just not for wheat-o-phobes)By AnonymousIf you want your bread to taste like cardboard, don't buy this book. If, though, you want palatable and practical recipes, then you have come to the right place.My mother in law purchased Recipes from

the Old Mill for me at the Tamarack tourist shop in West Virginia - at full price, no less! She could just tell it was going to be great and she was right. I've tried about a half dozen recipes now and they have been so delicious that I purchased another copy through to keep at our mountain home. I have even gotten rid of a couple other cookbooks. The banana cinnamon buns alone are worth the price of this book. I really like the tips on freezing them for later. (Contrary to the instructions, I have put frozen banana buns in the oven at bed time with the oven set to come on and bake them before we get up. They don't rise fully that way but they are still wonderful to wake up to...)If you read the back cover, you will see that the recipes are adapted from ones handed down from a family of millers over the past couple generations, so it is only reasonable to expect to use grains actually milled there, and yes, that means wheat, buckwheat, oats, corn, barley, rye. Buckwheat is every bit as different from cereals as quinoa or amaranth, just not as exotic or in vogue right now. So, unless you really, really, really can't abide wheat, then there is no reason not to enjoy this terrific book.

Simple grains yield rich breads that range from the mystically light to the substantially chewy. These breads offer incontestable food value and flavor; they will satisfy and delight those sensitive to nutritional concerns. The very act of bread baking itself provides a welcome diversion from the computer screen or office -- and a gratifying result, no matter one's other occupations! Two sisters, whose family has operated a mill for two generations producing stone-ground flours, bring these recipes from the family and neighbors in West Virginia. Here are more than 180 recipes for a multitude of breads, sweet rolls, international grain dishes, and desserts. Each recipe is explained in thorough detail for a novice as well as an experienced baker. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

From Publishers Weekly The authors are sisters who grew up near their family's stream-powered grist mill in West Virginia. Their collection of 170-plus healthful recipes using a variety of whole grains is also a meditation on the staff of life, both organic and spiritual. Five chapters on kinds of grain (Corn, Wheat, Rye, Buckwheat and Multi-Grain) offer selections of grain-specific recipes (e.g., Corn Chips and Roberta's Sourdough Rye loaves). Five more chapters expand on categories like Main Dishes and Desserts. Straightforward tips included at the end of recipes (e.g., ways to shape rolls and buns) are reassuringly helpful and are listed in the table of contents for easy reference. The range of recipes, especially for those using whole wheat flour, is extensive: 100% Whole Wheat French Bread, Whole Wheat Brownie Pie, Whole Wheat Tortillas. Recipes for using doughnut holes to make muffins or for throwing stale bread and aging cheese into a bread souffle articulate the authors' principles of good stewardship of the earth's resources. Pen-and-ink drawings add to the charm of this book, which will appeal to novice and veteran bakers. The authors make no mention of bread machines. Copyright 1995 Reed Business Information, Inc. From Library Journal The authors are sisters who grew up near an old grain mill, and Lind's husband is the miller there today. Both sisters have a background in home economics (Lind is a registered dietitian), and these are the recipes they have developed over the years. There are corn, wheat, rye, buckwheat, and multigrain breads, as well as some main dishes and desserts based on grains. Many old-fashioned breads are included, and the book has a nice, homey feel. A number of excellent books by artisan bakers have appeared in recent years, including Joe Ortiz's *The Village Baker* (LJ 12/92); with its sense of home and family, *Recipes from the Old Mill* has its own appeal. Copyright 1995 Reed Business Information, Inc. Two sisters whose family has operated a mill for generations provide almost two hundred recipes from breads ranging from sweet rolls to cultural foods and holiday breads. Access to different flours will enhance the enjoyment of this bread baking guide. -- Midwest Book