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Spelt: Meals, Cakes, Cookies Breads From the Good Grain

Roger Saul

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Roger Saul : Spelt: Meals, Cakes, Cookies Breads From the Good Grain before purchasing it in order to gage whether or not it would be worth my time, and all praised Spelt: Meals, Cakes, Cookies Breads From the Good Grain:

0 of 0 people found the following review helpful. I like this cookbookBy michiganI like this cookbook. Spelt is different to work with and I have not figured it out. I got this and another cookbook to help me.0 of 0 people found the following review helpful. Five StarsBy Elizabeth P. IngoldThere are not many cookbooks which focus on spelt flour. Unique recipes using spelt.18 of 18 people found the following review helpful. Comprehensive. A great source for all things spelt.By Madison's LibraryI have recently been introduced to spelt and, having bought some, was a little unsure of how to use it. Spelt was the book I was looking for. It begins with an introduction to the author's journey with spelt. The author has a history of business in the fashion industry before he bough farm land and began first growing organic spelt and then milling it. The book follows with an introduction to spelt. It is an ancient grain that fell out of favour during the period of mass produced food. Spelt is now coming back into fashion and, unlike wheat, has not been

genetically altered over the years. The recipes range from simple, classic basics to delectable and fancy meals and treats that you'd be pleased to find in any high-quality restaurant. None of the recipes feel contrived, this is not a book with standard recipes with a bit of spelt added or substituted - each uses spelt in its own right. There is even a spelt choux pastry! I was most interested in the bread recipes. A friend had recommended that I try spelt flour, but I could never find a recipe on how to use it correctly. This is the perfect book. From breads, meals, snacks, pasta, breakfasts, deserts, sides, cakes and pastries, savoury and sweet, you will never run out of things to make with spelt. This would be ideal for those who have been recommended to switch to spelt flour instead of wheat, giving them a complete menu many times over. This is an epic cookbook in its own right, never mind the fact that it is all spelt based. Each recipe is accompanied by photographs and is introduced with a small paragraph, explaining the recipe, finished product or technique. You are also given tips, prep and cooking times, finished product quantities, a list of ingredient in cups and spoons measurements and detailed instructions. The book also has a thorough index, which I believe is a must in any good cookbook. And that cover is absolutely gorgeous. This is one I'm going to want sitting on my coffee table for daily inspiration. The publishers provided a complimentary copy of this book in exchange for an honest review.

“The spelt is the best of grains.” — Hildegard of Bingen
Spelt has ancient beginnings and potentially significant health benefits. Once known as the main ingredient in small, dense and dull-tasting loaves and some only slightly more tasty crackers, spelt has come a long way. Now available at Whole Foods and other specialty and gourmet markets, foodies and health enthusiasts are turning onto the benefits of spelt and calling it a “supergrain.” Spelt is truly a wholegrain, in contrast to so many of the pretenders on the shelves these days. Unlike wheat, where the nutritional benefits of bran and germ are largely removed during milling, the good stuff in spelt is found in the inner kernel of the grain, and so survives the milling process unscathed. Everyday bloating can make you feel self-conscious and your clothes tight and uncomfortable. Once you've ruled out a food intolerance/allergy or serious gastrointestinal conditions as the cause, making the choice of spelt rather than wheat can help you banish the bloat forever. It seems that sensitive digestive systems find spelt is more easily tolerated than those varieties of modern wheat.

About the Author
Roger Saul, the founder of British designer label Mulberry, owns Sharpham Park, an organic farm in Somerset. The estate produces a wide range of spelt products and these are sold throughout England and Wales and through supermarkets, including Sainsbury's and Asda. They have just launched the website greatbritishspeltrecipes.com, in association with Bowel Cancer UK, with support from numerous A-list chefs, including Hugh Fearnley-Whittingstall and Yotam Ottolenghi.