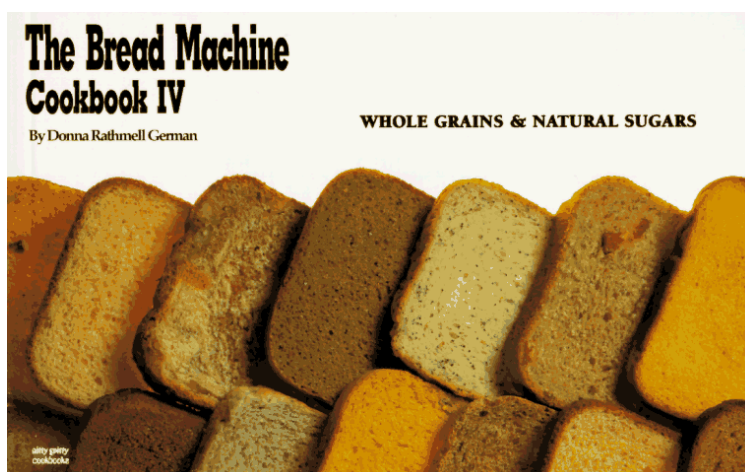


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Donna Rathmell German

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Donna Rathmell German : The Bread Machine Cookbook IV: Whole Grains Natural Sugars (Nitty Gritty Cookbooks) (No. 4) before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Bread Machine Cookbook IV: Whole Grains Natural Sugars (Nitty Gritty Cookbooks) (No. 4):

10 of 10 people found the following review helpful. The book for any bread machineBy VickyNCThis is the book recommended by various sources for cooks using bread machines, regardless of what bread machine you are using. The writer points out the importance of following the sequence of adding the ingredients as specified by the machine maker. (i.e. for making French bread, the DAK/Welbilt machine calls for adding the dry yeast to the side of the bread pan FIRST; then adding the bread flour, sugar, salt, butter and adding the lukewarm water last---which is the opposite of instructions for most of the other bread machines.) Not following the correct sequence of ingredients or by having the water or milk either too hot or too cold will result in failed loaves of bread---the liquid only has to be lukewarm (barely warm) to allow the live yeast to grow correctly. The book also gives the recipe for a sourdough starter which is easy and can be used along with a tsp. of dry yeast in a bread machine for delicious sourdough bread or sourdough French bread. Each bread machine recipe was kitchen tested multiple times, and in different machines, before the writer put the recipe in the book. An amazing selection of different loaf breads are included in the book as well as instructions for making such things as croissants, cinnamon rolls, Parker House dinner rolls, hamburger/hot dog rolls---practically any type of bread you wish to make can be made partly or completely in a bread machine and this book tells you how to do it for consistently good results. I recommend any one with a bread machine have this as a reference cookbook in their kitchen.4 of 4 people found the following review helpful. Very disappointed.By CemeI loved book 1, not so much book 2 because author forgot to put machine settings, but was ok with book 3. Not happy with book 4 at all ... almost every recipe calls for fruit juice concentrate, but no reference to what kind and I don't find fruit juice to be a natural sweetener to whole grains. Wish I could sell back.1 of 1 people found the following review helpful. Looking forward to trying some of these recipes.By CemeI like the layout of this book, ease of navigation. Looking

forward to trying some of the recipes. My Hamilton Beach bread machine is easy to use so I was not happy with the larger bread books that called for virtual wheat gluten aka gluten. Frankly I didn't understand why I needed extra gluten when I wasn't making wheat bread ... so I asked a friend who makes bread at WholeFoods. The response, only use extra gluten if you're making wheat bread and 1 tablespoon is enough. I put the virtual wheat gluten in my cart for when I make honey wheat bread.

Devotees of unrefined whole-grain flours and natural sweeteners, such as honey, maple syrup and fruit concentrates, love this book. All recipes are low in fat and sodium and include a nutritional analysis for fat, protein, carbohydrate, cholesterol and sodium. Author Donna German also tackles special ingredients and substitutions.