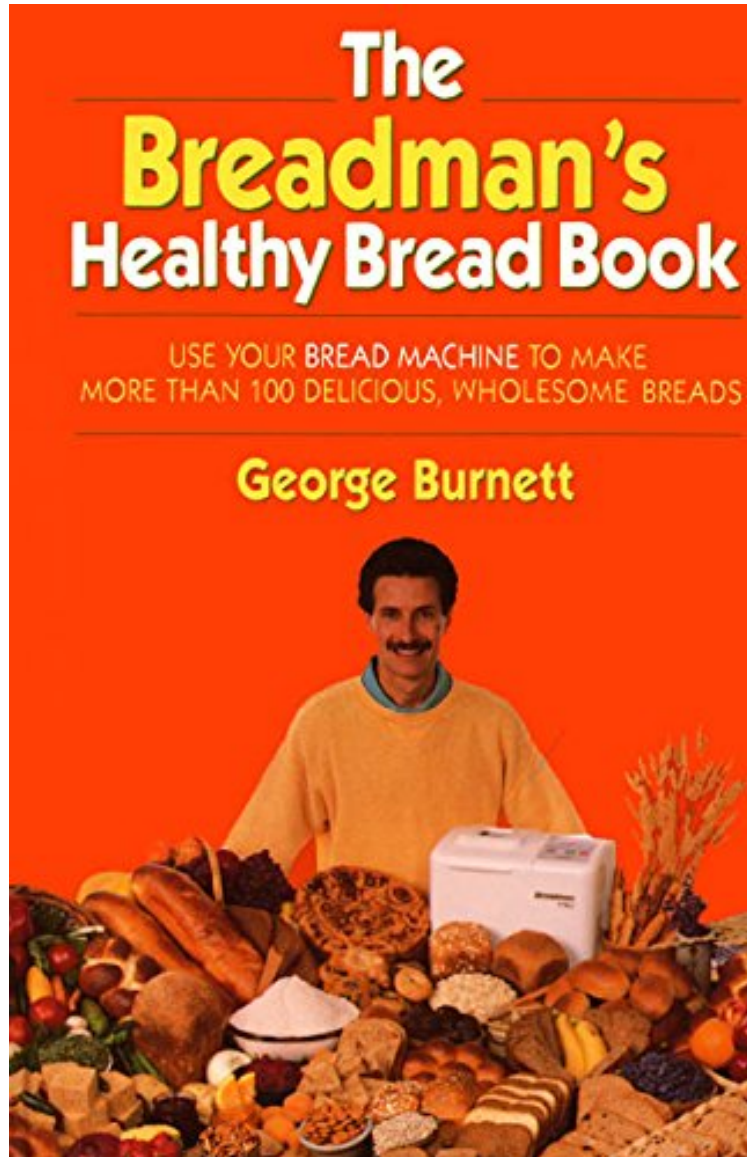


(Free read ebook) The Breadman's Healthy Bread Book

## The Breadman's Healthy Bread Book

*George Burnett*

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#505431 in Books 1992-11-19 1992-11-19Ingredients: Example IngredientsOriginal language:EnglishPDF #1 9.25 x 1.01 x 6.13l, 1.26 #File Name: 0688120253304 pages | File size: 26.Mb

**George Burnett : The Breadman's Healthy Bread Book** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Breadman's Healthy Bread Book:

3 of 3 people found the following review helpful. MehBy JWThe 90s called and said they made a bread machine book. My guess is this was actually written as a pamphlet to be included with Breadman bread machines a couple decades ago. Creative editing expanded the pamphlet into a book. The material is dated and there is a lot of words you can skip as they are entirely redundant all over again. Every single recipe has a paragraph telling you to add the ingredients in

the order listed or reverse if that's what your machine requires. As others reviewers have stated each recipe is split in to two pages for two loaf sizes. Besides that, many of the recipes are for whole wheat based breads which is what I was looking for, although some of the ingredients are difficult to find (like powdered whey) or are now might be called something else. I paid \$6 for a new book including delivery so I wasn't too disappointed. 2 of 2 people found the following review helpful. Non-staple ingredients required. Counter-intuitive layout. By hadalambMy biggest issue with this book is that every recipe calls for gluten flour, whey, and lecithin. None of these items would I consider a kitchen staple. The whey alone was \$11 at my HFS (they had only one size/option... b/c "whey" is not the same as whey protein). My second issue with the book is the layout. As another reviewer said, it is double the pages it needed to be (1 lb vs 1.5 lb loaves). But more than that, the book is divided by bread types, and THEN by "transition" and "elite" recipes. Transition has part white flour. Elite is whole grain. This is a terrific idea, but I wish they were all in one place, such as, the first half of the book being transition, the second half elite. It makes thumbing through the book annoying. I really don't care if a recipe falls under "tea bread" or not, I want to know if it's whole grain or not. I still have one more ingredient to buy before I can even try a recipe! If the recipes are fabulous, I will update this review. As it stands, I wish I had not made the purchase. 2 of 2 people found the following review helpful. Healthy bread requires healthy ingredients By Eric G This is a great book, and I've been using it for about a month to make a lot of different types of whole grain bread in my bread machine. I have a West Bend Hi-Rise Breadmaker which has a 2.5 lb capacity, so the 1 lb and 1.5 lb recipes are a bit small for my machine, but I've had good success with doubling the 1 lb recipe (except for the yeast and salt, for those I use the same as the 1.5 lb recipe otherwise it's too much), and setting the machine to whole wheat (for any of the "Elite" whole grain recipes), light crust, 2 lb. One warning before you start, since this is a health food book, you need to get a lot of the healthy ingredients at a health food store, and expect to make a \$100+ shopping trip before starting. I found almost everything at Whole Foods Market, many ingredients I've never seen before, such as liquid lecithin (found near the vitamins), barley malt syrup, and walnut oil. Other ingredients I bought were sesame seeds, caraway seeds, whey protein powder, vital wheat gluten, quinoa, millet, spelt flour, potato flour, oat flour, soy flour, buckwheat flour, rye flour, pumpkin seeds, sunflower seeds, dates, raisins, walnuts, pecans, sesame oil, molasses, wheat germ, wheat berries, oat bran, wheat bran, poppy seeds, spices like dill, and of course whole wheat flour. I didn't buy the powdered egg substitute as it seemed to be mostly soy flour, and I know that flaxseed meal is a good powdered egg substitute and I had that already. Many of these items are expensive but once you stock up, you can make all kinds of really good tasty healthy bread without having to run back to the store a lot. Lately I only keep running out of the whole wheat flour and that's available at any grocery store. The last two sandwich type breads I made were Dill Rye Bread and Quinoa and Sesame Seed Bread, and those were excellent. There are a lot of others like this I plan to try. The Health Nut Bread was good too, with sunflower seeds, also good for sandwiches. I do warn about the recipes that look like sweet breads, such as Fruit and Bran Muffin Bread and Whole Grain Banana Date-Nut Bread. I made both of those and they came out ok, but they are NOT sweet breads like your typical muffin or banana bread; they taste like regular whole wheat bread with a slight hint of fruit; fine as toast with breakfast but not like a dessert. When I want sweet bread or muffins I'll make a regular recipe in the oven with baking powder/soda instead of a whole wheat yeast bread (or use a non-whole-wheat sweet bread recipe in the machine from another book), but of course that's not as healthy. A note for the gluten haters: I don't understand the latest "gluten-free" craze at all... it seems like half the country all of a sudden came up with a new allergy and phobia to a natural part of wheat (no, it's not some sort of poison), and now everything from fruit to furniture needs to be labeled "gluten free" or people won't buy it. If you believe this nonsense or actually do have a real medical issue with gluten, then look for a gluten-free cookbook instead of this one. For the rest of us, just remember that gluten is what makes dough stick together and rise properly as bread, and since whole wheat flour has much less gluten than white flour, you have to add a tablespoon or so of gluten flour to make up for the difference, otherwise the bread will not rise and it will be dry and dense.

For Every Electric Bread Machine--Foolproof Recipes For Wholesome, Naturally Delicious, Healthful Breads! Until now, bread machine cookbooks have been full of recipes that used denatured flours, saturated fats, refined sugar, and artificial flavors. Now, at last, television's famous Breadman shows how you can use his ingeniously simple recipes to turn your bread machine into the source of life-giving, whole-grain breads that are sweetened without sugar, have almost no saturated fats, are low in calories--are 100 percent delicious! Here are amazing simple bread machine recipes for: Buckwheat Oat Bread Honey, Granola, and Yogurt Bread Sourdough Wheat Bread Apricot Nut Bread Jalapentilde; o Cornbread Whole-Wheat Pizza Dough Blueberry Lemon Bread And much, much more! You can lose weight, help lower your cholesterol, benefit from health-giving vitamins and minerals, and add essential fiber to your diet--just by eating the Breadman's scrumptious breakfast breads, hearty sandwich loaves (topped with his special low-calorie spreads!), and phenomenal holiday and gift breads. And each recipe is given separately for large and small loaves. No matter what size machine you have, your bread will be perfect.

About the Author George Burnett, the Breadman, is an acclaimed natural-food lecturer and baker who has devoted his

life to spreading the word about the incredible health benefits of whole grains and natural breads. He lives in Montana with his wife, Christy, and four sons: Ben, Isacc, Niel, and Matthew.