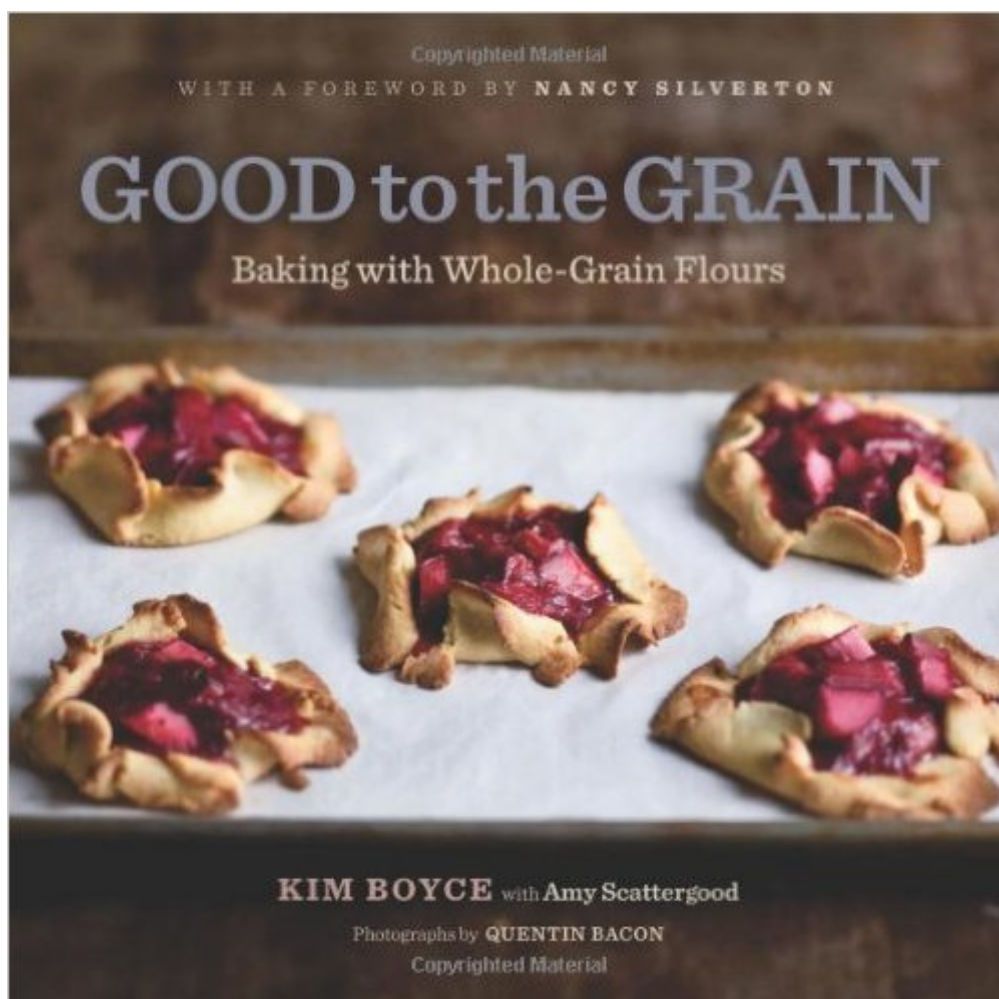


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Good To The Grain: Baking With Whole-Grain Flours



Synopsis

Baking with whole-grain flours used to be about making food that was good for you, not food that necessarily tasted good, too. But Kim Boyce truly has reinvented the wheel with this collection of 75 recipes that feature 12 different kinds of whole-grain flours, from amaranth to teff, proving that whole-grain baking is more about incredible flavors and textures than anything else. When Boyce, a former pastry chef at Spago and Campanile, left the kitchen to raise a family, she was determined to create delicious cakes, muffins, breads, tarts, and cookies that her kids (and everybody else) would love. She began experimenting with whole-grain flours, and *Good to the Grain* is the happy result. The cookbook proves that whole-grain baking can be easily done with a pastry chef's flair. Plus, there's a chapter on making jams, compotes, and fruit butters with seasonal fruits that help bring out the wonderfully complex flavors of whole-grain flours. Praise for *Good to the Grain*: "Boyce started playing with a variety of flours when she took a break from restaurant kitchens and wrote her first cookbook, *Good to the Grain*, a whole grains baking bible that won a coveted James Beard Foundation Award this year." —O Magazine

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Customer Reviews

I love this book! I just know it's going to change my life. I've never been confident about baking, er, I should say I never was, but I am now. I heard Kim interviewed on the radio and when she was talking about all the different flours it really opened up the whole idea of baking to me. I had no idea there were so many interesting possibilities with all these different grain flours. I bought two copies of her book and gave one to a baker friend. I've had it two weeks and have made five things: cast-iron

flatbread, corn gruyère muffins, cheddar biscuits, sand cookies, and tonight the olive oil bread. All of them have been fantastic. I made the flatbread and asked my boyfriend to make some kind of fajitas with it, and he did and we were in heaven. We took Kim's suggestion on the muffins and he made chili to go with them. A couple of nights ago I made the sand cookies at midnight and making them without a bowl or utensils was like a meditation. Only your hands and it really looked and felt like sand. Was a wonderful experience and would be fun for kids learning how to bake. Tonight I made the olive oil cake with rosemary and bittersweet chocolate. Was crazy good, like a cross between bread and cake. I really can't stand super sweet things so this was perfect. My housemate, who has tried all of them, said it was the best so far, and she has been raving the whole time. She gave me notice she was moving out before I got the book but said I was making it really hard to leave with all this baking I'm doing! Oh, and I forgot to mention that before I started on the first recipe, I went out and bought all the flours she uses in the book, so I would be prepared. I'm just so excited to keep baking, and to try the next recipe.

I'm a longtime, avid baker, but have only recently begun to explore the vast world of baking with whole grains. I own King Arthur Flour Whole Grain Baking: Delicious Recipes Using Nutritious Whole Grains and have had great results from that and have been looking to expand my repertoire. I looked at "Good to the Grain" and liked how each chapter focused on a single kind of whole grain, a format that makes exploring your way through the whole grain universe a more doable task. The book is beautifully designed and photographed, with a clarity that reflects the author's encouraging voice as well as the mission of understanding each of the grains and how to use them. No showy, architectural baked goods here: most fall more toward the homey, rustic end of the spectrum, and thus the book is ideal for the beginning baker as well as the experienced. The two recipes I've made so far have both been easy and delicious: buckwheat-pear pancakes and wholewheat chocolate chip cookies (the latter remained chewy for three days on my counter; they're so good they may replace my longtime favorite recipe). As good as the book is, I'm docking it a star because the author has chosen to eschew weight measurements. I know my aversion to volume-measuring-only baking is a pet peeve, but I find it incomprehensible that people spend years of their lives writing a baking book and testing the recipes to make sure they are reliable - and then they don't reveal how much a cup of the flour they use in their recipes weighs.

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