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Valerie Baer

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Valerie Baer : Baking With Whole Grains: Recipes, Tips, and Tricks for Baking Cookies, Cakes, Scones, Pies, Pizza, Breads, and More! before purchasing it in order to gage whether or not it would be worth my time, and all praised Baking With Whole Grains: Recipes, Tips, and Tricks for Baking Cookies, Cakes, Scones, Pies, Pizza, Breads, and More!:

Valerie Baer, author of Baking with Whole Grains is a genius baker and, equally, a genius teacher. This is a collection of 110 of her own scrumptious recipes; from yeast breads to pizza crusts, from pie crusts to crackers, from scones to crisps. Valerie's instructions and tips make it possible for anyone to produce these unmatched flavors

and textures in their own home kitchens. Includes full-color photos of Valerie in her wheat field and grinding grain, as well as her irresistible breads and sweets. Valerie Baer has developed recipes that turn into unforgettable baked wonders. But just as amazing as her recipes is her ability to explain how any one of us can make these delicious breads and desserts ourselves. She is a genius baker. She is equally a genius teacher. Valerie and her husband grow the soft-grain wheat she uses in her baking on the 6¹²-acre homestead where they've raised their five children. She grinds the wheat by hand when she's ready to use it. Valerie began inviting friends into her own kitchen when they kept begging her to show them how she turned out such featherweight dinner rolls, tender pizza crusts, and tangy-sweet crisps and cobblers—always using whole grains. When her kitchen got too full of students, she began teaching classes at The Good Cooking Store in eastern Lancaster County, PA. The moment her classes for making Yeast Bread, Pie Crusts, and Scones with Jam are announced, they sell out. Here is a sampling of Valerie's recipes, brought together for the first time in this book: • Yeast Breads (including Soft Garlic Knots, Sun-Dried Tomato Bread, Pita Bread. . .) • Pizza and Filled Things • Quick Breads (among them, Buttermilk Cinnamon Loaf and Sweet Potato Cornbread) • Muffins and Scones (including Strawberry Yogurt Scones, Apple Crumble Muffins. . .) • Cakes (how about Raspberry Lime Cake and Chocolate Cupcakes?!) • Cobblers and Crisps (Peach Kuchen, Pear Apple Crisp, and more) • Cookies and Bars (Fudge Nut Cookies, Cherry Almond Granola Bars, and more) • Pancakes, Waffles, and Other Breakfast Specialties (including Apple Oven Pancakes, Baked Apple Fritters, and Pancake Syrup) • Pies (of course, Pie Crust and Crumb Topping, Fresh Berry Crumb Pie, Cherry Pie, and more) • Crackers, Dips, and Spreads (among them, Sesame Crackers, Pesto Torte, and Perfect Salsa, Fresh or Canned) • Rescuing Bread Failures (by turning them into Mini-Pizzas, Grilled Cheese Sandwiches, Croutons, and more!) Valerie Baer is a total believer in the unmatched flavors and textures of whole-grain baking. And she knows why. Valerie is an unmistakable presence in this book, offering Tips and Hints at every turn. • When making Potato Dough Baked Goods—"I don't bother with peeling the potatoes. The food processor takes care of the skins, and the bits that do get into the dough seem to disappear." • When making Sticky Buns—"I don't put parchment in the pan before making the Sticky Bun goo. I mix up the goo, spread it on the bottom of a 9" pan, and place the buns on top of the goo." Valerie's Tips alone are worth the price of the book. They are practical to the nth degree, and she states them so clearly that anyone can follow them. Baking with Whole Grains includes more than 110 recipes. The book has full color throughout, with photos of Valerie in her wheat field, grinding grain, and baking in her home kitchen, as well as photos of her irresistible breads and sweets. You can make these extraordinary recipes, too!

About the Author
Valerie Baer and her sisters were responsible for baking and cleaning for their family while growing up, and they rotated these tasks among themselves. Valerie always loved to bake. When it was her turn, her mom would leave the kitchen and allow her to experiment with whatever ingredients were in the house at the time.
When Valerie began working with freshly ground flour, she soon realized its superior flavor. She got her own manual grain grinder a few years ago so she could always bake with the freshest flour possible.
Valerie and her husband, Jim, grow and produce on their own land approximately two-thirds of the food they eat. They maintain two large gardens and some fruit trees, in addition to a field of wheat. Valerie freezes and cans food from these sources to use throughout the year. In addition, a large portion of their land is pasture for their chickens and goats.
Valerie and Jim have five children and four grandchildren. Valerie home-schools their youngest son. In addition, she enjoys sewing and creating things out of previously used materials.