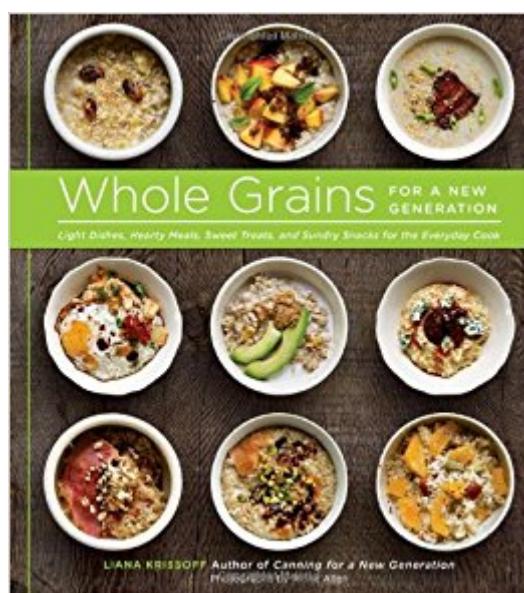


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# Whole Grains For A New Generation: Light Dishes, Hearty Meals, Sweet Treats, And Sundry Snacks For The Everyday Cook



## Synopsis

Whole Grains for a New Generation: Light Dishes, Hearty Meals, Sweet Treats, and Sundry Snacks for the Everyday Cook takes a fresh and creative perspective on the latest major cooking trend: whole grains. Liana Krissoff presents delicious recipes for modern everyday cooks and kitchens. With supermarket-friendly ingredients, simple directions, and a warm, accessible voice, Liana Krissoff shows us how easy, delicious, and exciting whole grain cooking can be, from breakfast to dessert, and all the meals and snacks in between. Praise for Whole Grains For a New Generation: "These days, plenty of folks have chosen to eat lighter and make whole grains and legumes a large part of their diets. Liana Krissoff . . . make[s] a convincing case for the change, showing how adding hearty and delicious grains will enhance any diet. But it's not a strict vegetarian guide; many of the recipes do have meat: "long-braised pork with grits and cilantro-chile-lime sauce, for instance. Don't skip the introduction, a primer on the buying, storing, substituting and cooking of numerous grains." • "Detroit Metro Times" Whole Grains belongs in everyone's kitchen." • "Buffalo Spree magazine

## Book Information

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## Customer Reviews

Liana Krissoff is the author of Canning for a New Generation: Bold, Fresh Flavors for the Modern Pantry; Secrets of Slow Cooking: Creating Extraordinary Food with Your Slow Cooker; and Hot Drinks for Cold Nights: Great Hot Chocolates, Tasty Teas, and Cozy Coffee Drinks. She has been a freelance recipe tester, editor, and writer for more than a decade. She lives in Athens, Georgia, with her husband, daughter, and an extremely large dog.

I have been learning a lot about grains lately, apart from the usual rice, cornmeal, and wheat. And came to the conclusion, even before reading 'Wheat Belly' that most of us would be healthier if we ate less gluten. So I was very curious to see what Whole Grains for a New Generation would have in it. Many of the gluten-free books have recipes that end up rather tasteless, or tasty but still horribly unhealthy. When you buy a book sight unseen you never know if the author has dreamed up totally bizarre taste combinations in the name of having something new. It is with a huge sigh of relief and gratitude that I can happily say that these recipes look totally amazing. They show that a lot of thought and creativity went into finding recipes that would be varied, as well as delicious. I love Huevos Rancheros with a passion, and will have to try this version in the morning, because much as it pains me to say it, she might just have a better version than most of the ones I have tried, and I live smack in the middle of Tex-Mex land! I have made all of the components enough that I know this is going to be really great. First of all, the author takes us through buying and storing grains. She teaches us what all of the various grains are, and tells us a basic way of preparing each of them, including what size pot you will need. Krissoff gives us tips on substituting the grains, so if a recipe calls for a grain with gluten for example, and you want to omit gluten, you can substitute another grain with confidence. For example, instead of wheat berries you might substitute oat groats. There are beautiful pictures of most of the recipes as well. I attended a Natural Foods cooking school in order to get this amount of information. Actually, the book might have more, since there are over 150 recipes featuring whole grains. The recipes are arranged as follows, with each section having titles in a different color, so for example, you can find salads easily by looking for the green color fonts. The recipes also label, under the titles, the recipes that are vegetarian, vegan, and gluten-free. This is very helpful, since it can be difficult for a beginner to remember for example, that spelt contains gluten. The Grains (eg. Amaranth, Barley, Buckwheat, Corn, Millet, Oats, Quinoa, Rice, Rye, Sorghum, Teff, Triticale, Wheat, Wild Rice) Breakfast and Brunch (eg. Walnut Waffles, Popped Amaranth and Toasted Wheat Berry Fool) Appetizers and Small Bites (Shredded Pork with Smoky Fruit Sauce on Mini Corn Cakes, Sweet Potato and Millet Cakes with Poblano Cream) Salads (Green Lentil, Wehani Rice, and Artichoke Heart Salad) Main Dishes (Smoky Amaranth Corn Chowder) Side Dishes (Old-Fashioned Cornbread Stuffing) Sweets, Snacks, and Baked Goods (Rye and Parmesan Supper Muffins) Homemade Condiments to have on hand (Caramelized Onions with Thyme and Balsamic Vinegar) The only a couple of things I can spot that I can complain about at all. First of all, we always use buttermilk in our (Southern) cornbread, not milk. Secondly, I wish there had been much more about the author. She seems like, from this excellent book, someone quite interesting.

This book is more than a recipe book, it's a whole grain primer that includes a roster of gluten-free grains (and how to substitute "regular" grains for similarly shaped gluten-free grains). My favorite recipe is the oat-crusted fish; the salads are refreshing, too. Liana includes Indian, Middle Eastern and other international cuisines, not to mention some of her family's recipes, which introduced me to new flavor palettes. I'd give this as a gift to anyone, but especially to my gluten-free friends.

I've used many but certainly enjoy seeing grains new to me, and new ways to fix all of them. Good recipes pair grains interestingly with other foods and new seasonings (new to me.) One star off which others may not agree with but for me the author's organization of what to do when wasn't quite the best fit for my thought processes. I am an old dog trying to teach myself new tricks though, so maybe this is my own perception. It's a great book and I'm very glad I got it, especially in partnership with a wonderful book on greens and a third book on beans that I bought all at the same time. I'm having a great time exploring them together.

I have hundreds of cookbooks but this one of a handful that I turn to regularly. Not only are the recipes healthy, quick and easy to put together, they aren't all the same trendy ones you see in every cookbook. There is actually some thought and work put into them. Currently, I've been making the been the curried cauliflower and barely sweet granola on a weekly basis.

I have retired and am working on eating better. I started with cooking and eating whole grains. I have lost weight just by eating more whole grains. I do not eat as much because I am filled up with less food. Also I feel so much better. I may take a little more time but it is worth it .....

This is a wonderful book, with a great combination of recipes and reference. It's helped us explore a lot of new whole grains -- millet is delicious, who knew -- and eat more vegetarian. (Many, but not all, of the recipes in this book are vegetarian.) Particular highlights are the bulghur-black bean burgers, the kasha fish cakes, and the steak-and-farro salad. Even when I'm not cooking a recipe from this book, I use the whole grain overview in the beginning to select and cook grains for use in other recipes.

I ordered this book because I really enjoyed the canning book by the same author. I in general like to eat a variety of grains but want them to be tasty not just healthy. This book is great because all of

the recipes (like the muesli and the huevos rancheros) that I have tried so far have been super delicious. I enjoy now knowing that I can have more variety of grains in my life and they aren't more difficult to cook than rice.

if you're interested in a healthier and tasty diet, this is a great book to help you along the way. It goes into detail about whole grains that are out there, nutritional value, how to cook them and with a plethora of recipes.

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