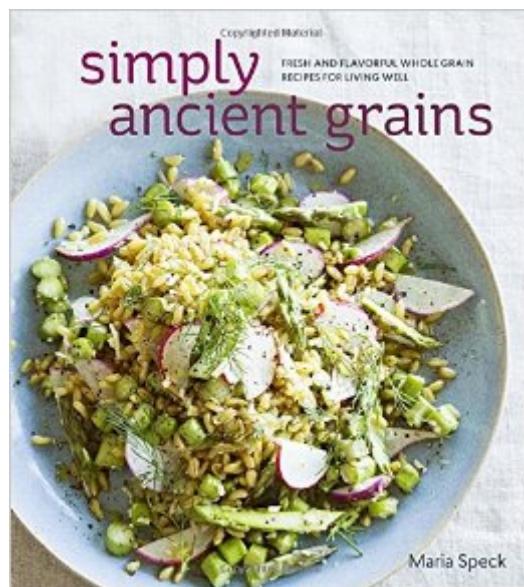


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# Simply Ancient Grains: Fresh And Flavorful Whole Grain Recipes For Living Well



## Synopsis

The award-winning author of *Ancient Grains for Modern Meals*, Maria Speck makes cooking with ancient grains faster, more intuitive, and easier than ever before in this collection of recipes, most of which are gluten-free. From black rice to red quinoa to golden Kamut berries, ancient grains are showing up on restaurant menus and store shelves in abundance. Yet in home kitchens, many fear that whole grains are too difficult and time-consuming to prepare. In *Simply Ancient Grains*, Maria makes cooking with these fascinating and nourishing staples easy and accessible with sumptuous recipes for breakfast, lunch, dinner, and dessert. Her family-friendly dishes are Mediterranean-inspired and delicious, such as Spicy Honey and Habanero Shrimp with Cherry Couscous; Farro Salad with Roasted Eggplant, Caramelized Onion, and Pine Nuts; and Red Rice Shakshuka with Feta Cheese. Maria's tips and simplified approach take whole grain cooking to the next level by amplifying the flavor and enduring beauty of these nutritious grains.

## Book Information

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## Customer Reviews

In our fast paced age of information it is refreshing to engage in the practice of eating slow foods like ancient grains. In fact, the only thing fast about ancient grains are how fast they are catching on right now. They are so popular that Cheerios is actually putting out a cereal with a scant amount of ancient grains in them in hopes to revive their market. (Isn't that a contradictory? Fast cereal with old slow grains??) I have been eyeing this ancient grain movement with interest and curiosity. I mean I was cooking these grains back in my hippy momma days where I whipped out millet seed

loafs with tomato gravy and handed out spelt cookies to all the neighborhood children in hopes of rescuing them from their Oreos. So this movement isn't new to all of us, but Maria Speck's book "Simply Ancient Grains" re-introduces us to these old friends (or new) in an easy and engaging way. I think the reason I stopped cooking them so much was two fold, they are slow to cook and I have shied away from the highly processed and tainted grains that are low in nutrition and high in carbs. In this book, Maria introduced easy ways of cooking these old slow grains so that you can have them more often and offers fun delicious recipes to get you in the spirit of trying them. She has offered me a new conversation with some old friends and I'm looking forward to making a pot of tea and getting reacquainted by making "barley thumbprints" and "kamut shortbread with hazelnuts". Or waking up in the morning and enjoying a bowl of "burgundy bulgur with blueberries and orange blossom water" or "coconut buckwheat porridge with cinnamon and buttered dates". Seriously, after reading this cookbook, it is hard to not want to take out stock in "Bob's Red Mill" ancient grains.

The recipes inside this colorful hardback book give readers a fresh and flavorful whole grain recipes for eating and living well. I appreciated the introduction to ancient grains A to Z. Many of these grains I've seen in the health food section of the store but knew nothing about. I enjoyed reading about where the grain originated and how it was originally used. I also appreciated that the author described the texture, flavor and nutrition bonus of eating each grain. There's a section on how to cook each grain with a grain cooking time table. There was a section on baking with grains. Many you can grind up to flour. She tells you the equipment needed to get started cooking grains; all found in your kitchen. I like how the author broke down each recipe in the book and labeled them in reference to gluten in and gluten free. I enjoyed the section titled Pick Your Grain. If you have a favorite grain or would like to try something new she has a list of grains on the left and then on the right some menu choices for you to try. This author does a good job in showing you how easy it is to cook up ancient grains for your busy life. There were several recipes I'd like to try. In the BREAKFAST section "warming bowls for busy mornings" I'd like to try the Farro Scones with Almonds, Apples and Thyme "Lemon Pancakes with Millet and Amaranth" "Overnight Waffles with Teff, Coriander and Caramelized Pineapples" "Frittata Muffins for any grains". SALAD and SIDES "Kamut Salad with Oranges, leeks, and Blue Cheese" "Freekeh Soup with Spicy Harissa Shrimp and dates" "Chicken Stew with Honey" "Balsamic Squash and Farro".

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