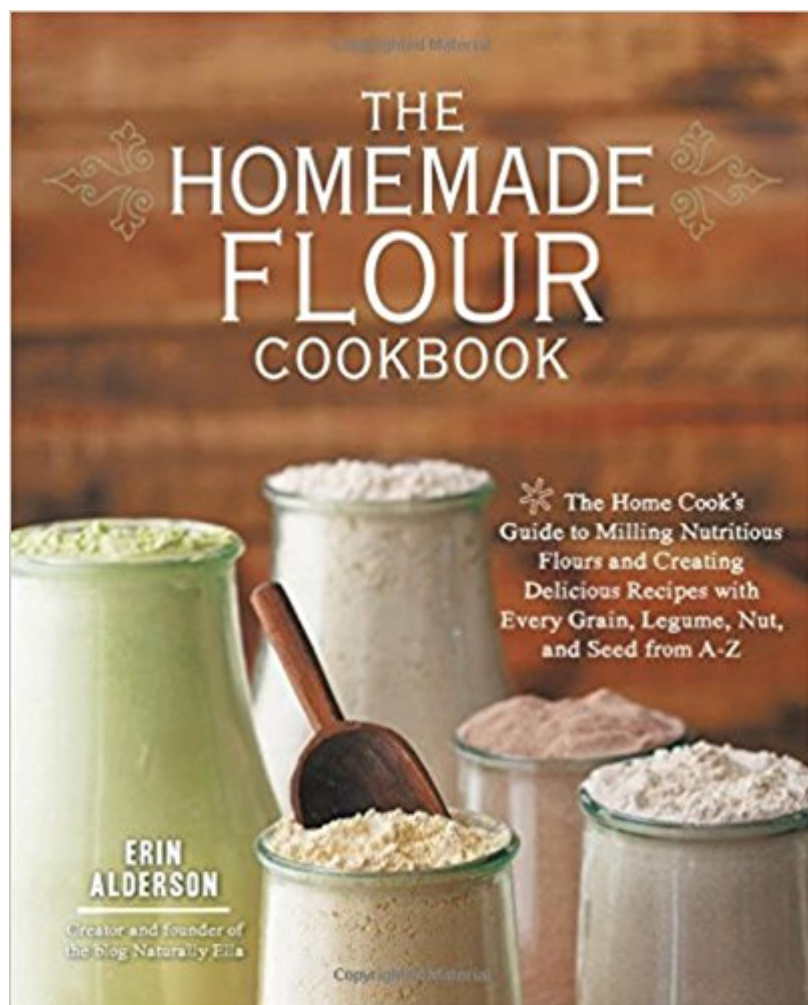


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# The Homemade Flour Cookbook: The Home Cook's Guide To Milling Nutritious Flours And Creating Delicious Recipes With Every Grain, Legume, Nut, And Seed From A-Z



## Synopsis

Have you heard? Milling at home can be less expensive and healthier than buying pre-ground flours! Much of the flour that is sold in grocery stores has been stripped of its nutrients and has extra ingredients and preservatives added to prolong shelf life. Not only that, but some flours, like almond, can run as high as \$15 per bag! There has to be a better way. There is with *The Homemade Flour Cookbook*. Erin Alderson will explore the different ways to grind flour including electric and non-electric grinders, food processors, blenders, and even coffee grinders, making it easy for any do-it-yourself homemaker to have fresh flour whenever needed. Try out great grain recipes like Cheddar Rosemary Farro Scones, Zucchini Feta Empanadas, Einkorn Biscuit Cinnamon Rolls, and Black Pepper Pasta with Goat Cheese and Pesto. There are also dozens of Gluten-Free recipes. Check out Cheddar jalapeño quesadillas with quinoa tortillas, Berry Crisp with Oat Dumplings, or Buckwheat Dutch Baby with Maple Cherries! There are even recipes for legume, nut, or seed flours. Flatbread with sun-dried tomato dip and Feta and Curried Red Lentil Dip are just a few of the recipes that you'll make with your own hand-milled flour!

## Book Information

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## Customer Reviews

I wasn't quite sure what to expect when pre-ordering this book, would it be a lot of instructions for home milling with some scattered recipes, a botanical guide to grain types and uses, or simply basic recipes but using home ground grains? It turns out to be a great mix of the three. There's a short chapter on basic milling and the various types of equipment that can be used, from small coffee

grinders to electric grain mills, pantry staples, and storage, followed by a section for each type of ingredient (Grains, Gluten-Free Grains, Legumes, and Nuts/Seeds). The sections have pages dedicated to the types of grain, etc. including a little background, how best to turn it into flour and what makes the flour different from other types, and a helpful weight/measurement conversion for the whole grain and the flour. Example: 1 cup of the grain = xxx grams; 1 cup of the finished flour = xxx grams; and 1 cup of the grain = xx cups/flour. Each grain has multiple recipes for use, most with lovely color photos of the finished dish. There's the standard breads, cakes (must make the Lemon Pistachio Cake with Cream Cheese Frosting), cookies, etc., but also pasta, pizza, tacos and enchiladas (Buckwheat Enchiladas with Black Beans and Chipotle Tomato Sauce? Yum!), soups, dips, salads... The thing I noticed was the recipes don't have 30 ingredients and take hours of work, most are straightforward, simple, and use the most wholesome ingredients you can find. Oh, the ingredients have both volume AND weight for each that apply, a huge plus. There's also time saving tips and substitutions for many of the recipes. This is a book not so much intended to answer your questions about the basics of milling grains, but specific things to know about each grain when milling it and how to use it in recipes. It is more of a cookbook than a grain reference, and one that I'll be using a lot.

I don't know exactly what I expected when I ordered this book. I'm not gluten sensitive, but I was curious about alternative flours. My grain mill will handle anything that's not oily, so I can make bean flours. My delight was when I realized there was a recipe for black bean pasta. As a mostly vegetarian, I rely on legumes a lot for protein. I had been buying black bean pasta, at a fairly stiff price. Now I can make my own!! This is well-written, and each new flour chapter starts with an explanation of what it is and how to use (and NOT to use) it. Very easy to follow and informative. Also allows you to adapt your own recipes because it tells you how the flour will act.

This cookbook is perfect for anyone looking to feed their family real, nourishing food. The beautiful pictures and easy-to-follow recipes make this cookbook a new favorite in our house. I love that this book goes beyond just traditional wheat flour. So far the recipes we've tried are delicious and have been enjoyed by our whole family.

This book is organized quite well, starting with a breakdown of the following: grains (including gluten free ones), nuts/seeds, and legumes/pulses. From there, a section devoted to each grain has 3-4 recipes and accompanying facts about flavor profile, tendencies when baking/cooking with it and

how best to enjoy it. Lots of variety in recipes and delicious, thoughtful combinations. I've made a couple things so far (the ground millet polenta and quinoa crusted cauliflower steaks), and both were really tasty with minimal fuss in terms of preparation. Total winner!

Initially I was not happy with this book, as I was expecting a much greater focus on milling flour. I even considered returning the volume. However, after more thoughtful consideration, I realized there actually is a lot of valuable information contained in "The Homemade Flour Cookbook." True, the author doesn't spend a lot of time discussing how to grind grains into flour. After all, the book is a cookbook. I figure she assumes her readers will read the instructions provided by the manufacturer of their grain mills. But, if you're looking for some good recipes for a variety of grains, seeds, and nuts, this volume is worthy of consideration (especially if you want some useful insight into a number of grains and seeds with which you might not be very familiar). One final note: don't expect to find any meat in Alderson's recipes because there is none to be foundâ " she is a vegetarian. I didn't realize this until I received the book. Knowing what I now do, I would not have purchased the book but I plan to keep it and try some of the recipes anyway.

This excellent cookbook has a wealth of wonderful ideas, even for those of us who have been baking with fresh ground flours for quite some time. There are only 2 improvements I would suggest: 1) The recipes should stipulate whether or not the flours have been allowed to settle before you measure them out. This can make the difference between 1 cup or 1 1/3 cups of flour per cup listed in the recipe; quite an appreciable difference. 2) Most whole grain bakers I know don't preheat the oven for quick breads, allowing the whole grain flour to soak up liquid (whole grains take longer to do this than traditional all-purpose flour) and have an initial rising session, which produces a lighter crumb. I turn the oven on after the dough is completed and wait for it to reach the proper temperature while the batter is resting. Personally, I prefer baking with the warm, freshly ground flour immediately. The Limpa Rye quick bread was delicious, even with almond milk, agave, and nonfat plain Greek yogurt, but the flour measurement must have been for settled flour, as I had to add more to make the dough turn out right. However, this is one fantastic book!! Love it!!

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