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Section A

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Grains As Mains

Get inspired with Grains as Mains, the modern cook's answer to how to introduce healthy ingredients and delicious grains to the family table. Step-by-step illustrations, beautiful photography, and helpful tips show

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Grains As
Mains

exactly how to
make each dish,
bringing out the
gorgeous texture
and outstanding,
unique taste of
each grain.

Grains as Mains:
Moreno, Jodi, Sarah
Walker Caron ...

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cooking times and

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info are given for numerous grains including such old favourites as pearl barley and bulgur wheat followed by a nice selection of recipes which cover meat dishes as well as many vegetarian meals. The salads look particularly good and there is also an

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interesting section
on cakes and
puddings.

Amazon.com:
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(9780241329290):
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About Grains as
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grains is a
flourishing global
trend. Ancient
grains, such as

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bulgur, wheat, spelt, wheat berries, and teff, are popular for the texture and flavor they bring to dishes, as well as their health benefits.

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DK US

In 2015, some of
her work looking at

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diet and a healthy lifestyle was published in Grains As Mains from Dorling Kindersley. It aims to satisfy anyone's appetite for tasty, versatile and healthy grains. It contains more than 150 recipes, many of which are gluten-free.

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Grains As Mains -
Making Carbs
Count

Entitled Grains as Mains and written by Laura Agar Wilson, it features a comprehensive collection of modern recipes using ancient grains. Ancient grains first cooked thousands of years

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Grains as Mains are now back in vogue, as more and more people become more health conscious and actively seek out food that is nourishing as well as being delicious.

The English
Kitchen: Grains as
Mains

Grains as Mains is

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not a vegetarian cookbook, but the majority of the recipes are meat-free, with suggestions for "choosing your own protein" accompaniments. It features a wide range of recipes, many of which are gluten-free.

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As Mains - PDF
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The Grains as
Mains cookbook
satisfies your
appetite for tasty,
versatile and
healthy grains from
quinoa and polenta
to teff and freekeh.
With over 150 fresh
and exciting
recipes, many of

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Grains As Mains
which are gluten-free, there's a something for everyone!

Grains as Mains -
The Happy Foodie
Look no
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cooking times and
info are given for
numerous grains
including such old
favourites as pearl

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barley and bulgur
wheat followed by
a nice selection of
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cover meat dishes
as well as many
vegetarian meals.
The salads look
particularly good
and there is also an
interesting section
on cakes and
puddings.

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the many and

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Grains As Mains

Grains as Mains satisfies your appetite for tasty, versatile and healthy grains, with over 150 fresh and exciting recipes, many of which are gluten-free.

Ancient grains such as teff, quinoa and buckwheat, first cooked thousands

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of years ago, are now very much back on the menu.

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able to share with
you my favourite
recipes from the
book to give you a

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taster of what to expect. The book is packed with 150 recipes that put ancient grains centre stage. Everything from breakfast recipes, soups, burgers, pilaffs and desserts are included, with many being gluten free.

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Grains as Mains -
Wholeheartedly
Laura

Grains as Mains satisfies your appetite for tasty, versatile and healthy grains, with over 150 fresh and exciting recipes, many of which are gluten-free.

Ancient grains such as teff, quinoa and

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buckwheat, first cooked thousands of years ago, are now very much back on the menu. These grains are great for us, nutritious, protein-rich and have

Grains As Mains by
Laura Agar Wilson -
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beginning? That's

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Lamb Stew with
Freekeh (Jodi
Moreno, Grains as

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MILLET Cook 1 cup
dry grain with: 2½
cups liquid
(expands to 4 cups
fluffy, cooked
grain) Cook Time:
Bring to boil, then
simmer 25–35
minutes

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COOKING WITH WHOLE GRAINS Mains

Modern recipes,
ancient grains
Grains as Mains
satisfies your
appetite for tasty,
versatile and
healthy grains, with
over 150 fresh and
exciting recipes,
many of which are
gluten-free.

Ancient grains such

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as teff, quinoa and buckwheat, first cooked thousands of years ago, are now very much back on the menu.

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Grains as Mains is not a vegetarian cookbook, but the

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majority of the recipes are meat-free, with suggestions for "choosing your own protein" accompaniments. It features a wide range of recipes, many of which are gluten-free. Where relevant, graphic devices show how to swap your grains

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for easy recipe
variations.

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accompaniments. It features a wide range of recipes, many of which are gluten-free. Where relevant, graphic devices show how to swap your grains for easy recipe variations.

Grains as Mains:

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Modern Recipes
Using Ancient
Grains by ...

Grains as Mains
includes more than
150 fresh recipes
using nutritious
ancient grains
including barley,
quinoa, farro, millet
and amaranth.

These grains are
tasty and versatile
but also packed

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with good stuff like
protein and
vitamins. Good
stuff.

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