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Section A *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.

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Step-by-step illustrations, beautiful photography, and helpful tips show exactly how to make each dish, bringing out the gorgeous texture and outstanding, unique taste of each grain.

Grains as Mains:

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Grains As

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cooking times and

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

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Mains as well as many vegetarian meals. The salads look particularly good and there is also an interesting section on cakes and puddings.

*Amazon.com:
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Mains Cooking with grains is a flourishing global trend. Ancient grains, such as 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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*Grains as Mains |
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In 2015, some of her work looking at 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.

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It contains more than 150 recipes, many of which are gluten-free.

*Grains as Mains -
Making Carbs
Count*

Entitled Grains as Mains and written by Laura Agar Wilson, it features a comprehensive collection of

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Main
modern recipes using ancient grains. Ancient grains first cooked thousands of years ago 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.

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*The English
Kitchen: Grains as
Mains*

Grains as Mains is not a vegetarian cookbook, but the majority of the recipes are meat-free, with suggestions for "choosing your own protein" accompaniments. It

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Mains features a wide range of recipes, many of which are gluten-free.

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The Grains as Mains cookbook satisfies your appetite for tasty, versatile and healthy grains from

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Mains quinoa and polenta to teff and freekeh. With over 150 fresh and exciting recipes, many of which are gluten-free, there's a something for everyone!

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cooking times and 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

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Mains and there is also an interesting section on cakes and puddings.

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appetite for tasty,
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with over 150 fresh
and exciting
recipes, many of

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Mains which are gluten-free. Ancient grains such as teff, quinoa and buckwheat, first cooked thousands of years ago, are now very much back on the menu.

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Maing
out and I'm
delighted to be
able to share with
you my favourite
recipes from the
book to give you a
taster of what to
expect. The book is
packed with 150
recipes that put
ancient grains
centre stage.
Everything from
breakfast recipes,

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Mains, soups, burgers, pilaffs and desserts are included, with many being gluten free.

*Grains as Mains -
Wholeheartedly
Laura*

Grains as Mains satisfies your appetite for tasty, versatile and healthy grains,

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with over 150 fresh and exciting recipes, many of which are gluten-free. Ancient grains such as teff, quinoa and buckwheat, first cooked thousands of years ago, are now very much back on the menu. These grains are great for us, nutritious, protein-

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to get something

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»»Baked Moroccan
Lamb Stew with

Freekeh (Jodi

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Mains) WWW.HGRI

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MILLET Cook 1 cup

dry grain with: 2½

cups liquid

(expands to 4 cups

fluffy, cooked

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grain) Cook Time:
Bring to boil, then
simmer 25–35
minutes

*THE A-Z GUIDE TO
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WHOLE GRAINS*

Modern recipes,
ancient grains
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satisfies your
appetite for tasty,
versatile and

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

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free, with

suggestions for

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Mains 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.

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Mains, graphic devices show how to swap your grains for easy recipe variations.

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Ancient grains including barley, quinoa, farro, millet and amaranth.

These grains are tasty and versatile but also packed with good stuff like protein and vitamins. Good stuff.

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