



101 Sexy, Satisfying Recipes that Move Whole Grains to the Center of the Plate

The Grain-Free Family Table

A Year of Gluten-Free, Dairy-Free, and Paleo Recipes for Every Occasion [A Cookbook]

Terrific Recipes Using Farro, Quinoa, Brown Rice, Barley, and Many Other Delicious and Nutritious Grains

Greens + Grains

A revelatory global history shows how cheap American grain toppled the world ' s largest empires To understand the rise and fall of empires, we must follow the paths traveled by grain—along rivers, between ports, and across seas. In Oceans of Grain, historian Scott Reynolds Nelson reveals how the struggle to dominate these routes transformed the balance of world power. Early in the nineteenth century, imperial Russia fed much of Europe through the booming port of Odessa. But following the US Civil War, tons of American wheat began to flood across the Atlantic, and food prices plummeted. This cheap foreign grain spurred the rise of Germany and Italy, the decline of the Habsburgs and the Ottomans, and the European scramble for empire. It was a crucial factor in the outbreak of the First World War and the Russian Revolution. A powerful new interpretation, Oceans of Grain shows that amid the great powers ' rivalries, there was no greater power than control of grain.

In this follow up to her award-winning Ancient Grains for Modern Meals, Maria Speck shares classic, comforting recipes that make cooking with ancient grains faster, more intuitive, and easier than ever before. From black rice to burgundy quinoa and golden Kamut berries—ancient grains are showing up on restaurant menus and store shelves in abundance. Yet in our own kitchens, many of us fear that whole grains are too difficult and time-consuming to prepare. But ancient grains can transform our cooking and eating—from simple weeknight fare to mouthwatering reinventions of all-time favorites. In Simply Ancient Grains, Speck explains how easy it is to bring these fascinating and nourishing staples to the table for breakfast, lunch, dinner, and dessert. This simplified approach takes whole grains to the next level by re-creating familiar comfort foods and amplifying their flavor and nutritional profile.

This introductory text develops the fundamental physics of the behavior of granular materials. It covers the basic properties of flow, friction, and fluidization of uniform granular materials; discusses mixing and segregation of heterogeneous materials (the famous "brazil-nut problem"); and concludes with an introduction to numerical models. The presentation begins with simple experiments and uses their results to build concepts and theorems about materials whose behavior is often quite counter-intuitive; presenting in a unified way the background needed to understand current work in the field. Developed for students at the University of Paris, the text will be suitable for advanced undergraduates and beginning graduates; while also being of interest to researchers and engineers just entering the field.

Thanks to the low-carb movement and the updated USDA food pyramid, we all know we should be eating more whole grains (the " good carbs "). But what exactly are whole grains? And how can we make them not only what we should eat, but what we really want to eat? In Whole Grains Every Day, Every Way, bestselling cookbook author Lorna Sass demystifies whole grains with a thorough grain-by-grain primer followed by more than 150 irresistible recipes. In this extensive guide to the wide range of fantastic whole grains available—many of which are gluten-free—Sass introduces home cooks to dozens of grains, including amaranth, barley, buckwheat, hominy, popcorn, polenta, Job ' s tears, millet, oats, quinoa, brown rice, red rice, black rice, rye, triticale, sorghum, teff, farro, grano, green wheat, kamut, spelt, wheat berries, and wild rice. She shares tips for buying and storing these grains as well as the best and simplest way to cook them. And then there are the boldly flavored, contemporary recipes that will truly change the way you cook, covering soups, salads, main courses, and side dishes all the way to quick breads, cookies, and desserts, with a groundbreaking section on whole-grain baking outlining tempting, healthy options. Whole Grains Every Day, Every Way will delight carnivores and vegetarians alike with recipes such as Farro Salad with Prosciutto and Asparagus, Masa Harina–Beef Casserole, Posole with Pork and Chipotle, Millet with Gingered Beets and Orange, and Coconut–Black Rice Pudding. This is the book America has been asking for: the definitive guide that will make it easy and delicious for us to incorporate healthful whole grains into our diets with innovative recipes for every meal of the day.

Homegrown Whole Grains

Celebrate Whole Grains with More Than 100 Delicious Plant-Based Recipes \* Includes Soy-Free and Gluten-Free Recipes!

Grains as Mains

Wheat Belly

A complete guide to the miracle of sprouted grains

Everyday Whole Grains

Mediterranean Grains and Greens

The book that started a revolution in the way Americans eat The extraordinary book that taught America the social and personal significance of a new way of eating is still a complete guide for eating well in the twenty-first century. Sharing her personal evolution and how this groundbreaking book changed her own life, world-renowned food expert Frances Moore Lappé offers an all-new, even more fascinating philosophy on changing yourself—and the world—by changing the way you eat. The Diet for a Small Planet features: • simple rules for a healthy diet • streamlined, easy-to-use format • food combinations that make delicious, protein-rich meals without meat • indispensable kitchen hints—a comprehensive reference guide for planning and preparing meals and snacks • hundreds of wonderful recipes

A resource that has everything gardeners need to know to grow, harvest, store, grind, and cook small crops of nine types of whole grains also includes fifty recipes to bring whole grains to the family table. Original.

Grains As Mains

Whole Grains for a New Generation

Fast, Flavor-packed Meals and More for Everyone

How American Wheat Remade the World

Diet for a Small Planet

Modern Recipes Using Ancient Grains