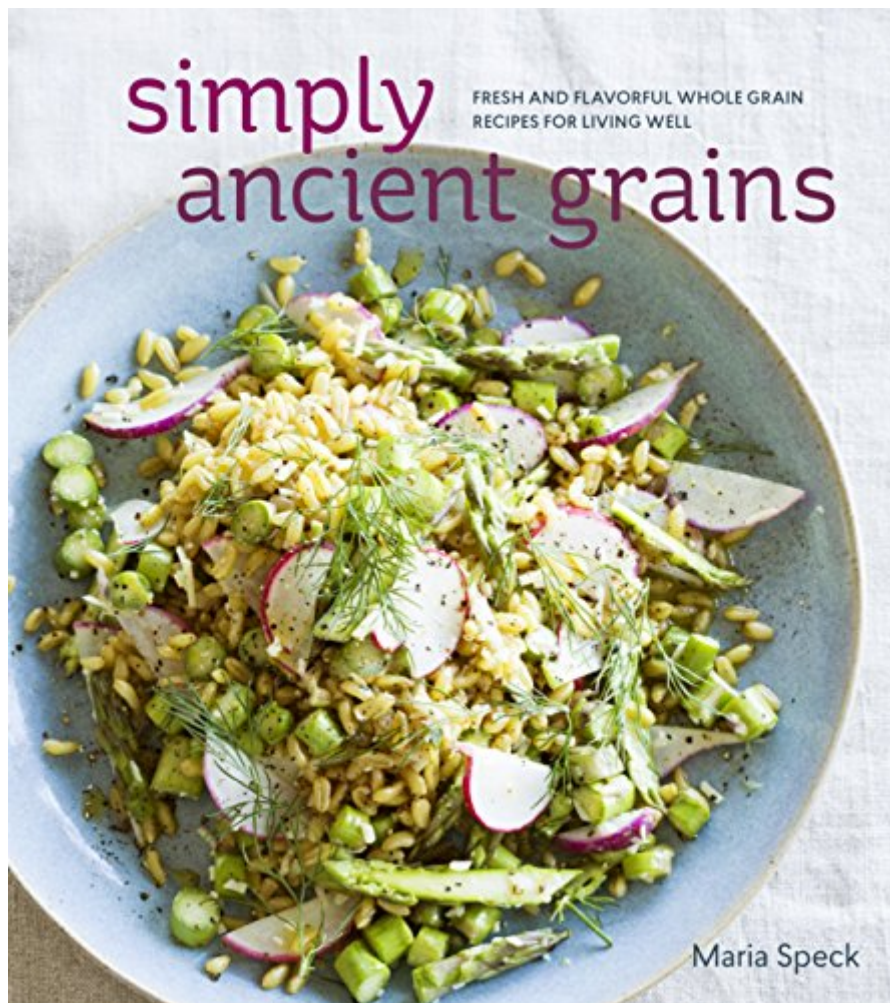




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# Simply Ancient Grains: Fresh And Flavorful Whole Grain Recipes For Living Well



## 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. From the Hardcover edition.

## Book Information

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## Customer Reviews

After Maria Speck came on the cookbook scene a few years ago with *Ancient Grains for Modern Meals*, I couldn't wait to see what her next book would hold. *Simply Ancient Grains* is a perfect continuation of her first book. In her first book, we received an excellent introduction to cooking and baking with whole grains and whole grain flours. Her second book takes us farther down that road and branches out. Maria is especially talented with combining textures and flavor profiles that aren't too far fetched, but just enough to keep you intrigued. Her Greek and German background combine to bring fresh flavors and inventive ways to using whole grains and whole grain flours. As a pastry chef and chef instructor, I appreciate Maria's detailed recipes that help you cook or bake, even if you don't have much experience. In today's world of home cooks/bakers, many do not have the skills our mothers had in the kitchen, so home cooks need a little more guidance. Maria does an excellent job of giving plenty of information to help cooks and bakers recreate her recipes. This is because Maria's recipes are well-tested. She is one of our current cookbook authors who is extremely reliable. I know when I cook from her books or recommend them to my students, I feel confident the recipe will turn out the way she has described - and it does every time!

Jackpot!!! It's been a long time since I was thrilled with a cookbook. Speck is a wizard with grains and surprising ingredients juxtaposed with the familiar items in my pantry. The photography in her book is stunning, the recipes easy to read and follow and the outcomes are so wonderful that eating out in a restaurant has suddenly lost all its panache. I just want to be in my own kitchen cooking simple, elegant, surprising meals. Speck offers breakfast options that have never been seen before, as healthy and tasty as I could wish for, chewy, brightly colored, intriguing combinations and she goes on from there with sides, entrees, desserts. This is sure to be a well-worn cookbook that sits in my lap more than on the bookshelf. What a treat.

I love cooking with Maria Speck's books because I love yummy food that I can prepare easily at home. And I already found a recipe that will become my comfort food: Baked feta fingers in saffron quinoa with tomatoes. Amazing! I love the versatile tomato sauce that also freezes quite nicely. All the recipes are well tested, so be ready for some culinary surprises, like the cumin-scented cauliflower soup. It sounded strange but what was I supposed to do with some leftover cauliflower? The dish turned out great. This book is easy to use for the cook who wants to discover a variety of grains, as well as, the grain connoisseur who is looking for new recipes. All the recipes offer variations, so do not feel you have to start up a grain library. (But you can do that too, if you want.) Did I mention that the book has a recipe for a dark chocolate cherry cake with marsala

cream? Enough said.

I am a nutrition consultant and personal chef. I love discovering new books to inspire me in the kitchen. This has been a go to book since it arrived in April. I love cooking grains in my crock pot. Who Knew how simple that would be! I have been cooking with ancient grains for a while but Maria has taught me a few new tricks. I love the way Maria teaches you about all the different grains and how to cook them. The recipes are easy to follow and delicious. What is nice about her book(s) is that you can adapt any vegetable or grain to fit what is local and available to where you live and season. I hope you enjoy reading and experiencing "simply ancient grains". Not only are they wonderful, Maria makes them not so "scary" for people who are just starting to discover the wonderful variety of grains/seeds this world provides.

Almost every recipe makes you want to cook it. Not the "horse rabbit and bird food" variety healthy grain cookbook. These are delicious. Hubby says the oatmeal puffs are his new favourite breakfast. Plenty of options and variations, also do ahead. Maria was also graciously helpful when I had a small problem with fussy hubby taste issues.

I've just started integrating grains (except rice, of course) into our diet. This is a great book with some yummy recipes. We especially like the wild rice and mushroom dish! So happy to have this resource available to learn about grains so easily available but rarely in our diet!

Can't say enough good things about this cookbook! I've been cooking from it for about six months and don't intend to stop anytime soon. Lots of recipes that have become new staples, lots of recipes that have been served to guests, and there's even dessert! It may not be easy to source a few of the ingredients depending on where you live, but it's worth some effort! It inspired me to connect with a local farmer outside Chicago and it has been wonderful (and very affordable) to have a local source of organic grain.

Recommended by a colleague who knows her. I have only begun using the recipes but believe in and cook/bake with grains. Excellent research, history, and use of all grains.

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