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## **Good To The Grain Baking**

Baking with whole-grain flours used to be about making food that was good for you, not food that necessarily tasted good, too. But Kim Boyce truly has reinvented the wheel with this collection of 75 recipes that feature 12 different kinds of

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Flours  
whole-grain flours,  
from amaranth to teff,  
proving that whole-  
grain baking is more  
about incredible flavors  
and textures than  
anything else.

**Good to the Grain:  
Baking with Whole-  
Grain Flours: Kim ...**

April 6, 2017. by Joe  
Hughes. 0. ( 0)

Successfully baking  
with whole grains can  
be regarded as the  
holy grail of baking.

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Using whole grains has several attractions. The first is improved nutritional value; per the American Diabetes Assoc., “whole grains are rich in vitamins, minerals, phytochemicals and fiber.”.

### **Book Review: Good to the Grain, Baking with Whole Grain Flours**

Read the Good to the Grain: Baking with

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Grain Baking With  
Whole-Grain Flours, by  
Kim Boyce discussion  
from the Chowhound  
Home Cooking, Baking  
food community. Join  
the discussion today.

**Good to the Grain:  
Baking with Whole-  
Grain Flours, by Kim**

...

Praise for Good to the  
Grain: "Boyce started  
playing with a variety  
of flours when she took  
a break from  
restaurant kitchens

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and wrote her first cookbook, *Good to the Grain*, a whole grains baking bible that won a coveted James Beard Foundation Award this year.”. — O Magazine.

**Good to the Grain:  
Baking with Whole-  
Grain Flours by Kim  
Boyce**

The miracle of Kim Boyce's book is that it lets you forget the good-for-you aspect of whole grains. Boyce,



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who worked in the renowned pastry kitchens of Spago and Campanile in Los Angeles, takes bakeshop classics like carrot muffins, peach pie, currant scones, and chocolate chip cookies in new directions by incorporating quinoa, spelt, barley ...

**Good to the Grain:  
Baking with Whole-  
Grain Flours ...**

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Good to the Grain: Baking with Whole-Grain Flours - Kindle edition by Boyce, Kim, Nancy Silverton, Quentin Bacon, Amy Scattergood, Nancy Silverton. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading Good to the Grain: Baking with Whole-Grain Flours.

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## **Good to the Grain: Baking with Whole- Grain Flours - Kindle**

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Good to the Grain:  
Baking with Whole-  
Grain Flours Posted on  
January 24, 2011 Over  
the past couple of  
years, the importance  
of having whole grains  
in our diets has been  
repeatedly  
emphasized, with the  
result that whole grains  
are now being

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Whole Grain  
Flours  
incorporated into  
things - such as baked  
goods - that they  
hadn't been a part of  
before.

**Good to the Grain:  
Baking with Whole-  
Grain Flours - Baking**

...

from Good to the  
Grain: Baking with  
Whole-Grain Flours  
Good to the Grain by  
Kim Boyce and Amy  
Scattergood

Categories: Cookies,

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Grain Baking With  
biscuits & crackers;

Afternoon tea

Ingredients: sesame  
seeds; barley flour;  
butter; poppyseeds; all-  
purpose flour

### **Good to the Grain: Baking with Whole- Grain Flours | Eat ...**

Boyce feels that baking  
with whole grains  
should be about flavour  
as much as anything  
else. Imagine health-  
food ideals combined  
with seasonal fruits,

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pastry chef flair, and deliciousness. "Good to the Grain" is for anyone who respects the ideals behind the real food movement, but wants to eat food that is unmistakably delicious.

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**Baking ...**

Praise for Good to the Grain : "Boyce started using various flours when she took a break from restaurant kitchens and wrote her first cookbook, Good to the Grain , a complete grains baking bible that won a coveted James Beard Foundation Award this season." - O



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Magazine  
Whole Grain  
Flours

**Good to the Grain:  
Baking with Whole-  
Grain Flours - Kim ...**

Anyway, most gluten free baking “connoisseurs” recommending using a 1:1 or 1:2 ratio of starch to whole grain when baking to give the baked goods a fluffy texture reminiscent of baking with all purpose flour. For me, our intestinal

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Flours

health is more important than having the perfect baked good around so I prefer to bake only using whole grains.

## **11 Great Gluten-Free Baking Tips - Whole New Mom**

Lots of experimentation and development later, "Good to the Grain" was a reality. The book's chapters are divided into grain types

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Grain Baking With  
Whole Grain  
Flours  
with plenty of recipes  
using each. Everything  
is clear and directions  
are easy to follow.

Muffins, cookies,  
breads, flatbreads, pies  
and bar cookies are  
among the many  
offerings.

**Amazon.com:**  
**Customer reviews:**  
**Good to the Grain:**  
**Baking ...**

She began  
experimenting with  
whole-grain flours, and

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## PDF Good To The Grain Baking With Whole-Grain Flours

Good to the Grain is the happy result. The cookbook proves that whole-grain baking can be easily done with a pastry chef's flair. Plus, there's a chapter on making jams, compotes, and fruit butters with seasonal fruits that help bring out the wonderfully complex flavors of whole-grain flours.

**Good to the Grain :  
Baking with Whole-**

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**Grain Flours by ...**

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## PDF Good To The Grain Baking With

the science of whole grain baking, we caught up with P.J. Hamel, of King Arthur Flour. Hamel has been with King Arthur for 25 years, and has authored (or co-authored) three King Arthur cookbooks, including the King Arthur Flour Whole Grain Baking Cookbook. This week I caught up with her to learn the best tips and tricks for

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**Expert Shares Tips  
for Baking with  
Whole Grains | The**

...

Good to the Grain:  
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Grain Flours Hardcover  
- Mar 1 2010. by  
Kimberly Boyce  
(Author), Nancy  
Silverton (Foreword),  
Amy Scattergood  
(Contributor), Quentin  
Bacon (Photographer)  
& 1 more. 4.4 out of 5  
stars **91 ratings.**

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