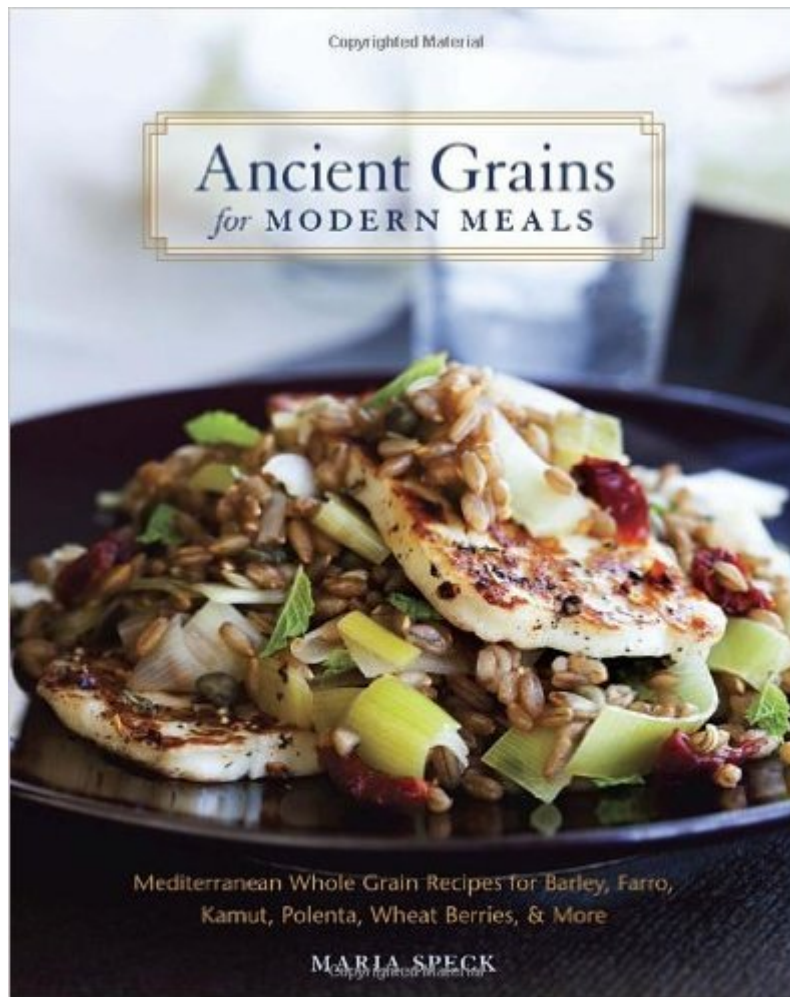


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# Ancient Grains For Modern Meals: Mediterranean Whole Grain Recipes For Barley, Farro, Kamut, Polenta, Wheat Berries & More



## Synopsis

In this inspired and highly personal book, Maria Speck draws on food traditions from across the Mediterranean and northern Europe to reveal how versatile, satisfying, flavorful, and sophisticated whole grains can be. Food writer Maria Speck's passion for propelling Old World staples such as farro, barley, polenta, and wheat berries to the forefront of new American cooking is beautifully presented in *Ancient Grains for Modern Meals*. Rustic but elegant dishes--Creamy Farro with Honey-Roasted Grapes, Barley Salad with Figs and Tarragon-Lemon Dressing, Lamb Stew with Wheat Berries in Red Wine Sauce, and Purple Rice Pudding with Rose Water Dates--are sure to please discerning palates and become favorites in any whole grain repertoire. Food lovers and health-conscious home chefs alike learn how to integrate whole grains into their busy lives, from quick-cooking quinoa and buckwheat to the slower varieties such as spelt and Kamut. The stunning flavors and lively textures of whole grains are enhanced with natural ingredients such as butter, cream, and prosciutto--in moderation--to create lush Mediterranean-inspired recipes. Maria's approachable style and generous spirit make this collection of time-honored, updated classics a treasury for today's cooks.

## Book Information

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## Customer Reviews

I really love cookbooks that are packed with recipes that take simple things already in the house and guide you to make something fabulous and this cookbook totally delivers! If you are looking to increase the amount of fiber and vegetables to your diet, you will find this cookbook jammed with

awesome recipes to make it happen. I also like cookbooks that allow me to substitute things (like a different type of cheese than what the recipe calls for) without ruining the dish. I did a LOT of substituting and experimenting after cooking most of the recipes as they are listed, and was able to come up with some great variations. The recipes definitely have a Mediterranean look and feel which is obvious when you consider history, but it's not a diet cookbook, it's a cookbook that takes staples as old as man and reworks them into delicious recipes for today's family. And yes, my kids actually liked everything I made. Here's what I like:-recipes don't call for odd ingredients that you'll never use again and for those that do, there is a listing of sources in the back of the book (I substituted for some of these, and everything came together just fine)-easy to follow directions and pretty fool-proof-really, really yummy!-plenty of variety for all meals-excellent intro to whole grains with a brief history and uses Some make not like:-recipes don't use a lot of meat (easy to add on your own)-recipes not organized by grain type Also, kudos to Ms. Speck for creating a wonderful cookbook with plenty of good information (not just recipes) that's not preachy about healthy eating. As she says, she cooks what she likes, and yes, she loves baguettes with plenty of butter.

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