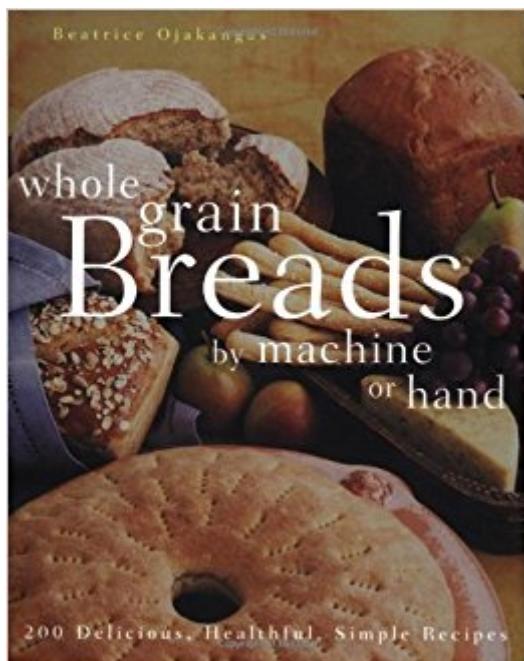


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# Whole Grain Breads By Machine Or Hand: 200 Delicious, Healthful, Simple Recipes



## Synopsis

"Possibly the best such bread book on the market . . . every recipe a winner."-New York Times This accessible book gives new and experienced bakers the freedom and flexibility they need to make excellent homemade loaves, with more than 190 recipes that range from a simple Sourdough Bread to a fancy Finnish Cardamom Coffee Braid. Celebrated as a "reliable and inventive recipe writer" by Publishers Weekly, Beatrice Ojakangas shares four ways to make each delicious whole-grain recipe step by step: by hand, mixer, food processor, and bread machine. Beatrice Ojakangas (Duluth, MN) is a well-known food writer, author, and consultant whose articles have appeared in Gourmet, Bon Appetit, Redbook, and other magazines. Her many books include the James Beard Award--winning Light and Easy Baking. She has been a guest on radio and television, including CNN, Martha Stewart Living, and Baking with Julia.

## Book Information

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## Customer Reviews

whole grain Breads by machine or hand The popularity of bread machines alone speaks to the growing interest in homemade breadmaking, a pleasure that for a time appeared to have fallen by the wayside. The convenience of a bread machine and food processor is certainly desirable with today's busy lifestyles, particularly as it also affords the pleasant homey smells of baking bread to permeate the kitchen. However, many also still enjoy the artistry of a hand-shaped loaf, as well as the satisfaction that comes from kneading the dough by hand, the almost miraculous creation of a delicious food product from the mere combination of flour, liquid, and yeast. And even more are those who can truly enjoy both methods, with the machine ready when pressed for time, and a

desire for the more traditional method on a lazy afternoon. Whole Grain Breads by Machine or Hand will take all readers, regardless of what equipment they have, step-by-step through everything they will need to know in order to make their own delicious whole grain breads by hand, electric mixer, food processor, or bread machine. The subtleties of each method are explained in every recipe, ensuring perfect results every time. From sourdoughs to coffee breads to your standard sandwich-building fare, here is everything the expert and novice baker needs to enjoy the pleasures of fresh homemade bread. Everyone knows that whole grains make great health sense, and now anyone can use them to create flavors to enjoy again and again. The book is organized by type of bread, with recipes ranging from Whole Wheat Raisin Nut Bread, to Caraway-Onion Rye Bread, to Finnish Cardamom Coffee Braid. All feature information on the origin of the recipe, its historic uses, as well as serving tips. This book speaks to bakers of all skill levels, from the seasoned baker looking for new ideas to the beginner who needs to know what to do at each step of the breadmaking process. Special recipes offer ideas on how to serve the finished breads, as well as what to do with yesterday's stale bread. Whole Grain Breads by Machine or Hand is truly the last book on the subject that anyone will ever need. Visit us online at [www.mgr.com](http://www.mgr.com) --This text refers to an out of print or unavailable edition of this title.

Beatrice Ojakangas began her writing career as a food editor for Sunset Magazine. Since then she has written numerous articles for national magazines including Bon Appetit, Gourmet, Woman's Day, Family Circle, Redbook, Cooking Light, Country Living, Southern Living, Eating Well, Ladies' Home Journal, and Cooking Pleasures. She has been a regular columnist for the Minneapolis Star Tribune and the Duluth News Tribune. Â

Have seen criticisms of not enough whole grains in the recipe, but I have not been successful with whole grain recipes that are 100% whole grain. I bought Reinhardt's book and that is a great discussion of how to make 100% whole grain breads, but to get them to rise properly takes a lot of extra work. This is great for the home baker, just enough whole grains in the bread to be a successful home baker.

Love this book! I also bought a copy for one of my daughters. One of many things I like about this book is that each recipe has a sampler size. Each recipe has the directions on how to make by hand, food processor, bread machine and mixer. No more digging instruction manuals for adapting a recipe. So far when I have made a recipe it has turned out.

I bought this book when I got a bread machine and, based on the stellar reviews went ahead with the purchase. Maybe I'm to picky, but I have two serious issues with this book: 1, it contains recipes for all kinds of things besides bread. Three picked at random include 'Oven Ratatouille, Country Vegetable Chowder & Onion Jam.' I'm sure these things go wonderfully with fresh baked bread, but by the title I was expecting to purchase a bread book, not half-bread and half-everything else book. The second issue I have is with the boilerplate text - text that's reproduced with every recipe, regardless of whether or not it's appropriate to that specific product. For example, the recipe for 'Tuscan Bread' is a basic French bread recipe: flour, water and yeast. Great. The instructions tell you to put it on the 'basic' setting of your machine. Try that, and you'll end up with a 2 pound brick. Without a sweetener to assist the yeast, you need the longer rise time. It has some wonderful tips for new bakers and in all this is not a bad book; it would make a fine gift, especially for someone who likes to just read cookbooks for ideas, but it's by no means a serious bread making book.

Not "Whole Grain Breads" if you define whole grain as 100% whole grains (whole wheat flour or other whole grain flour.) There is only one 100% whole wheat flour recipe in this book that I could find. The other recipes all have at least 50% or more of white flour. There are some recipes with other grain flours, like kamut, spelt and brown rice flour. I would never use brown rice flour considering all the arsenic that's in our rice these days but the others might be interesting.

I've been baking my own bread for years, and this is my favorite bread book. It gives you 3 sizes of loaves for each recipe and the instructions to make it by hand, in a bread maker and with a stand mixer. I've made many of the recipes and they have always turned out well. A particular favorite is the cranberry oatmeal nut loaf. Had several requests for this one.

I love that this book gives the bread recipes in three sizes so I don't have to do the math. I have a 1lb machine and a 3 lb machine. It's nice to make a small loaf when trying out a new recipe. I also love that there are recipes for using my day old bread. I will say that each of the recipes I have tried so far seem to need slightly more liquid ??? Don't know why that is true, but it seems to be consistent with the 1 lb loaves.

Excellent read and chock full of information and technique. Great add to my bread library.

I really like this book. Like other reviews have stated though, if you are looking solely for recipes that use absolutely no white flour - this is not the book for you. If, however, you just want to incorporate more whole grains, this is a great book to have. Each recipe has separate sections to be used by machine or hand (I use the by hand one). All you have to do is find the correct header and you're good to go - it doesn't try to mash it all together. Everything is also very clearly explained. I like the variety and uniqueness of recipes (I never would have thought of chocolate walnut wheat bread, but it's really good!), and the fact that many have recipes for using the leftovers as well, or for something to accompany it. They also have 3 different size options, which is especially nice with the sweet rolls. Sometimes it's nice to only make 8, and not more. All the recipes I've tried taste great, and only once have I had to adjust the recipe - it was due to moisture content. However, that occasionally happens when you make bread by hand - there are variables that may affect the dough that are by no means the fault of the recipe. All the recipes use rapid-rise yeast. I use active dry, and just increase the amount by about half. Overall I think it's a great book, and one I turn to often when I'm in the mood to make bread.

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