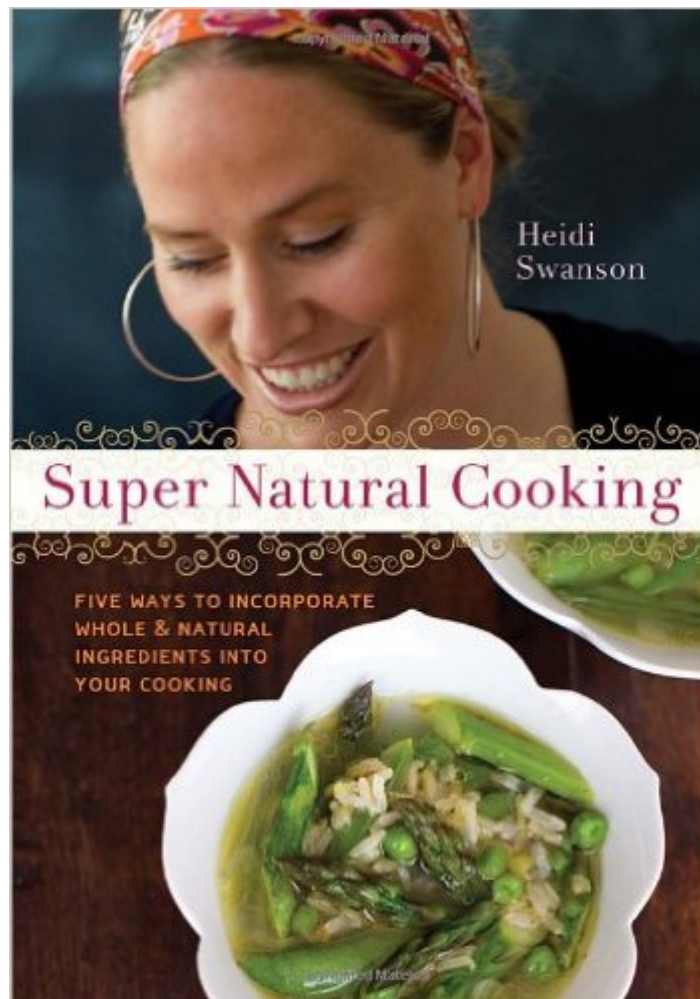


The book was found

Super Natural Cooking: Five Delicious Ways To Incorporate Whole And Natural Foods Into Your Cooking



Synopsis

Everyone knows that whole foods are much healthier than refined ingredients, but few know how to cook with them in uncomplicated, delicious ways. Using a palette of natural ingredients now widely available in supermarkets, Super Natural Cooking offers globally inspired, nutritionally packed cuisine that is both gratifying and flavorful. With her weeknight-friendly dishes, real-foodie Heidi Swanson teaches home cooks how to become confident in a whole-foods kitchen by experimenting with alternative flours, fats, grains, sweeteners, and more. Including innovative twists on familiar dishes from polenta to chocolate chip cookies, Super Natural Cooking is the new wholesome way to eat, using real-world ingredients to get out-of-this-world results. An inspiringly stylish introduction to nutritional superfoods, with an emphasis on whole grains, natural sweeteners, healthy oils, and colorful phytonutrient-packed ingredients. Features 80 recipes, a comprehensive pantry chapter, and 100 stunning full-color photos. Shows how to build a whole-foods pantry with nutrition-rich ingredients like almond oil, pomegranate molasses, and mesquite flour--each explained in detail. Winner of the 2005 Webby Award for best personal website, Heidi Swanson's recipe blog (www.101cookbooks.com) attracts close to 500,000 page views a month, making it one of the most widely read recipe journals online. Â Â

Book Information

Paperback: 224 pages

Publisher: Ten Speed Press; First Edition edition (March 1, 2007)

Language: English

ISBN-10: 1587612755

ISBN-13: 978-1587612756

Product Dimensions: 7.1 x 0.9 x 10 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars Â Â See all reviews Â (149 customer reviews)

Best Sellers Rank: #316,614 in Books (See Top 100 in Books) #84 in Â Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #530 in Â Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #627 in Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

Customer Reviews

There are plenty of new products coming out to meet the demand of folks now eager to try the natural food movement, but it's hard to know how to use them well. Amaranth flour, buckwheat flour,

brown rice syrup? Simply trying to substitute them into your favorite recipes rarely works--you need to know how to use them to their own best advantage, and that takes time, effort, and plenty of practice to work out. Luckily, Heidi Swanson decided to start that process for us. "Super Natural Cooking" is packed with information on how to best store, handle, and use all of the wonderful ingredients you'll find. You'll find out which all-natural sweeteners have a surprisingly low glycemic index, making them appropriate for diabetics and those worried about their blood sugar or carbohydrate intake. You'll learn how much of those exotic flours you can substitute, which recipe-types they work best in, and how to make sure their different characteristics don't cause your recipes to fail. The recipes from this book more than prove Ms. Swanson's skill in the creative kitchen. One of the surest signs I've found of a brilliant cook over the years is the ability to take a few, often mild ingredients and turn them into something that is more than the sum of its parts--a wholly new and complex flavor. This she does easily with such recipes as a luscious fig spread that includes a bit of honey, lemon juice and black pepper. Then there's a curry noodle pot that yields new tastes in every delicious bite. I feared the seed-topped amaranth biscuits would be unduly heavy after feeling the texture of the dough, but they came out tender and wonderful, with an elusively delicious flavor I can only attribute to the amaranth flour.

"Super Natural Cooking" is an exciting and tasty introduction the world of whole foods. The book has an unusual arrangement. Rather than lumping appetizers, entrees, soups, salads, and desserts into sections - the book is rather arranged like a course on natural foods cooking. The book begins with instructions for building a natural foods pantry - what foods to include and what to avoid, including flours, oils, sweeteners, spices and seasonings. Then she moves on to whole grains, beginning first with information about the different types of grains (helpful because many may be unfamiliar), she then moves on to recipes. There are baked goods like Seed-Crusted Amaranth Biscuits and Espresso Banana Muffins; soups like Toasted Wheat Germ Soup and Creamy Wild Rice Soup. The Spring Minestrone with Brown Rice made with fresh asparagus and snap peas has been a regular for us on Fridays when I get my box of produce from the local CSA. We also loved the Risotto-Style Barley made with crÃ©me fraiche and lemon zest. Next, Swanson encourages us to "Cook by Color." This section is all about fruits and vegetables - brimming with essential phytonutrients (don't worry if you're not sure what they are, it's explained in the book.) Recipes include Baked Purple Hedgehog Potatoes (your kids will love these), Red Indian Carrot Soup, Curried Tofu Scramble, and Crema de Guacamole with Crunch Topopos. If those foods weren't healthy enough, the next section teaches you to "Know Your Superfoods:" alliums, cruciferous

vegetables, beans and legumes, nuts and seeds, sea vegetables, sprouts, tea, and yogurt. Dishes include Beluga Lentil Crostini, Sprouted Garbanzo Burgers, and Golden Crusted Brussels Sprouts. My family absolutely loved the Creamy Cauliflower Soup.

[Download to continue reading...](#)

Super Natural Cooking: Five Delicious Ways to Incorporate Whole and Natural Foods into Your Cooking Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) Super Mario: Ultimate Jokes & Memes for Kids! Over 150+ Hilarious Clean Super Mario Jokes! (Nintendo Memes, Nintendo Jokes, Super Mario Jokes, Super Mario Memes, Super Mario Bros) Buddhism: Buddhism For Beginners: Your Guide to Incorporate Buddhism into Your Life (Buddhism Focus, Buddhism Teachings, Buddhism History, and Buddhism ... Life) Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) Blood Pressure Solutions: Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet, low salt, healthy eating) Whole: The 30 Day Whole Food Diet Cookbook® (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan for Rapid Weight Loss) Whole Food: Top Slow Cooker Recipes: The 30 Day Whole Food Diet Cookbook® (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) Whole: The 30 Day Whole Food Diet Cookbook® (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) 30 Day Whole Foods Cookbook: 90 Delicious Recipes to Plan the Diet, Start Whole Food Challenge, Lose Weight and Change Your Life Feeding the Whole Family: Cooking with Whole Foods: More than 200 Recipes for Feeding Babies, Young Children, and Their Parents Natural Born Feeder: Whole Foods Whole Life Cooking the Whole Foods Way: Your Complete, Everyday Guide to Healthy, Delicious Eating with 500 Vegan Recipes, Menus, Techniques, Meal Planning, Buying Tips, Wit, and Wisdom Quick & Easy Recipes: Super Bowl Party Recipes: 35 Easy and Delicious Super Bowl Recipes, Appetizers, Dips, and More! (Quick and Easy Cooking Series) Promoting Health and Academic Success: The Whole School, Whole Community, Whole Child Approach Luigi: Ultimate Jokes & Memes for Kids! Over 150+ Hilarious Clean Luigi Jokes! (Nintendo Memes, Nintendo

Jokes, Super Mario Jokes, Super Mario Memes, Super Mario Bros, Luigi Memes, Luigi Jokes)
Whole Food: The 30 day Healthy Eating Challenge (The Healthy Whole Foods Eating Challenge -
35 Approved Recipes for Rapid Weight Loss)

[Dmca](#)