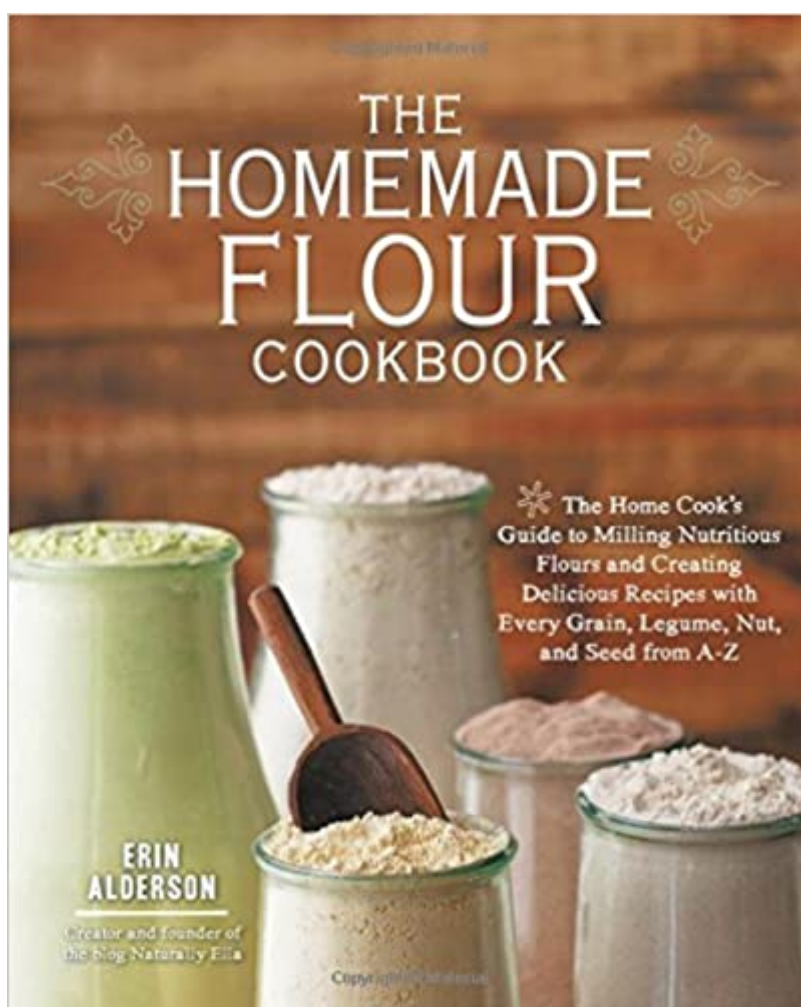


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# The Homemade Flour Cookbook: The Home Cook's Guide To Milling Nutritious Flours And Creating Delicious Recipes With Every Grain, Legume, Nut, And Seed From A-Z





## Synopsis

Have you heard? Milling at home can be less expensive and healthier than buying pre-ground flours! Much of the flour that is sold in grocery stores has been stripped of its nutrients and has extra ingredients and preservatives added to prolong shelf life. Not only that, but some flours, like almond, can run as high as \$15 per bag! There has to be a better way. There is with *The Homemade Flour Cookbook*. Erin Alderson will explore the different ways to grind flour including electric and non-electric grinders, food processors, blenders, and even coffee grinders, making it easy for any do-it-yourself homemaker to have fresh flour whenever needed. Try out great grain recipes like Cheddar Rosemary Farro Scones, Zucchini Feta Empanadas, Einkorn Biscuit Cinnamon Rolls, and Black Pepper Pasta with Goat Cheese and Pesto. There are also dozens of Gluten-Free recipes. Check out Cheddar jalapeño quesadillas with quinoa tortillas, Berry Crisp with Oat Dumplings, or Buckwheat Dutch Baby with Maple Cherries! There are even recipes for legume, nut, or seed flours. Flatbread with sun-dried tomato dip and Feta and Curried Red Lentil Dip are just a few of the recipes that you'll make with your own hand-milled flour!

## Book Information

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## Customer Reviews

**Grapefruit Barley Scones** Grapefruit Barley Scones These scones are a bit messier to make than traditional scones, but I find the extra mess well worth the flavor. The tartness of the grapefruit is countered nicely by the slight sweetness of the barley flour. However, if the tang of the grapefruit isn't your favorite, trying subbing oranges instead. Yield: 4 large or 6 medium scones

Directions: Preheat the oven to 400° F (200° C, or gas mark 6). Line a baking sheet with parchment paper. In a large bowl, whisk together the barley flour, baking powder, salt, and baking soda. Zest the grapefruit and rub the zest into the flour mixture. Carefully cut the peel off the grapefruit, dice, and squeeze the juice into a bowl. Set the juice and squeezed grapefruit pulp aside. Cut the butter into the dry ingredients using a pastry blender, 2 knives, your hands, or a food processor until the dough is in pea-size pieces. In a smaller bowl, whisk together the egg white, milk, and 2 tablespoons (40 g) of the honey. Stir into the dry ingredients until the dough pulls together. Transfer the dough from the bowl to a floured surface and pat into a rough 6 1/2" x 12-inch (15 1/2" x 30 cm) rectangle. Sprinkle the grapefruit pieces over and carefully roll into a log, jelly-roll style. Squeeze and pat the log into a slightly flatter log, about 1 inch (2.5 cm) thick. Cut into 4 to 6 triangles or squares. Place on the baking sheet 1 to 2 inches (2.5 to 5 cm) apart. Whisk together the egg yolk, the remaining 1 tablespoon (20 g) honey, and 2 tablespoons (30 ml) of the reserved grapefruit juice; brush over the scones. Place the baking sheet in the oven and bake for 15 to 18 minutes, until the scones are golden and firm to the touch. Allow to rest for 10 minutes before transferring to a wire rack to cool. Store cooled scones in an airtight container at room temperature for 2 to 3 days, or freeze for later use.

Ingredients: 1 1/2 cups (180 g) barley flour  
2 teaspoons baking powder  
1/2 teaspoon sea salt  
1/4 teaspoon baking soda  
1 medium grapefruit  
6 tablespoons (85 g) cold butter, cut into pieces  
1 large egg, separated  
1/4 cup (60 ml) whole milk  
3 tablespoons (60 g) honey, divided

"It is hard not to get inspired by Erin's passion for milling ancient grains, nuts, and legumes in her kitchen. If you are curious about exploring amaranth, teff, spelt, or Kamut, you'll want this book. You might even buy a grain mill!" --Maria Speck, author of the award-winning *Ancient Grains for Modern Meals*, a New York Times notable book and winner of the Julia Child Cookbook Award  
"So many great ideas in this book and a find for anyone experimenting with alternative flours in both sweet and savory cooking." --Sara Forte, author of *The Sprouted Kitchen*  
"Erin's easy-to-follow instructions on milling your own flour will have even the most inexperienced cook running for the kitchen." --Ashley McLaughlin, author of *Baked Doughnuts for Everyone*

I wasn't quite sure what to expect when pre-ordering this book, would it be a lot of instructions for home milling with some scattered recipes, a botanical guide to grain types and uses, or simply basic recipes but using home ground grains? It turns out to be a great mix of the three. There's a short chapter on basic milling and the various types of equipment that can be used, from small coffee

grinders to electric grain mills, pantry staples, and storage, followed by a section for each type of ingredient (Grains, Gluten-Free Grains, Legumes, and Nuts/Seeds). The sections have pages dedicated to the types of grain, etc. including a little background, how best to turn it into flour and what makes the flour different from other types, and a helpful weight/measurement conversion for the whole grain and the flour. Example: 1 cup of the grain = xxx grams; 1 cup of the finished flour = xxx grams; and 1 cup of the grain = xx cups/flour. Each grain has multiple recipes for use, most with lovely color photos of the finished dish. There's the standard breads, cakes (must make the Lemon Pistachio Cake with Cream Cheese Frosting), cookies, etc., but also pasta, pizza, tacos and enchiladas (Buckwheat Enchiladas with Black Beans and Chipotle Tomato Sauce? Yum!), soups, dips, salads... The thing I noticed was the recipes don't have 30 ingredients and take hours of work, most are straightforward, simple, and use the most wholesome ingredients you can find. Oh, the ingredients have both volume AND weight for each that apply, a huge plus. There's also time saving tips and substitutions for many of the recipes. This is a book not so much intended to answer your questions about the basics of milling grains, but specific things to know about each grain when milling it and how to use it in recipes. It is more of a cookbook than a grain reference, and one that I'll be using a lot.

This book is ok. It does have some information about each grain the most of the recipes I found not to be very practical. And there's only three recipes per grain and since I'm only using about four to six of the many grains listed in here I wish there was more recipes for the common wheat grains. I actually preferred Sue Becker's essential home ground flour book much better.

I don't know exactly what I expected when I ordered this book. I'm not gluten sensitive, but I was curious about alternative flours. My grain mill will handle anything that's not oily, so I can make bean flours. My delight was when I realized there was a recipe for black bean pasta. As a mostly vegetarian, I rely on legumes a lot for protein. I had been buying black bean pasta, at a fairly stiff price. Now I can make my own!! This is well-written, and each new flour chapter starts with an explanation of what it is and how to use (and NOT to use) it. Very easy to follow and informative. Also allows you to adapt your own recipes because it tells you how the flour will act.

There is so much great information in this handy little cookbook on how to make your own flours. I have lots of friends who are gluten intolerant and I want to eat more clean/green foods so I decided to invest in a flour mill and make my own flours. I am loving all the options and the great recipes of

what you can actually make. So far I haven't made one I didn't like. If you are trying to change your diet and eat more gluten free foods this is a great way to do it, you know what is in the recipes and in the flours. I would highly recommend this book for the beginner or seasoned flour maker to create all kinds of great recipes.

I love this book. I find the different kinds of flours fascinating. The book does not get into different brands of appliances. When buying appliances, I always do my own research and read many reviews before buying. What the book does do, is tell which appliance is best for which flour. I will write a quote from the amaranth page 89, "Grinding amaranth works best in a high-speed blender or coffee grinder. The tiny seeds can be ground in a grain mill, but they can sometimes slip through unground, creating a chunky flour, or they can clog the grinder and stop the grain mill. If using a grain mill, pour the amaranth in a slow, steady stream and sift the ground flour." The amaranth recipes are "Blueberry Amaranth Muffins", "Cinnamon Raisin Amaranth Pancakes", and "Amaranth-Crusted Asparagus Fries". I can't wait to try them! This is not a book that is just about grinding wheat and oats into flour to make bread. I counted 33 different grains, nuts, or beans that have directions for grinding into flour. Each one has it's own page with a colored picture of the whole grain, nut, or bean and also it's flour. Like I said, I find it fascinating. (And by the way, I am waaaaay over 10 years old! LOL)

The book I've been looking for. It gives me valuable info. about how to grind flours. Some good recipes too. I'm not for sure how many I will use since I don't use a lot of recipes, but it inspires me to try my own concoctions. It explores flours I never thought of. The only omission I was surprised about was coconut flour.

I was disappointed that this was more a collection of recipes than more in depth milling information. Would have liked to see things more in depth, especially for corn. No mention of how to treat the corn with pickling lime to create a different type of more nutritious flour. Also was hoping to see some information of using sprouted grains for flour. A lot of coverage on very esoteric grains that most of us are unlikely to ever use and that many have never heard of. I'm not new to this, have been milling my own wheat, rye, and corn for baking for many years.

I've been milling whole grains for years, and not just wheat. This is a great little book that opens up other grains and how to use them. I recommend it, even if you've been milling for years like I have.

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