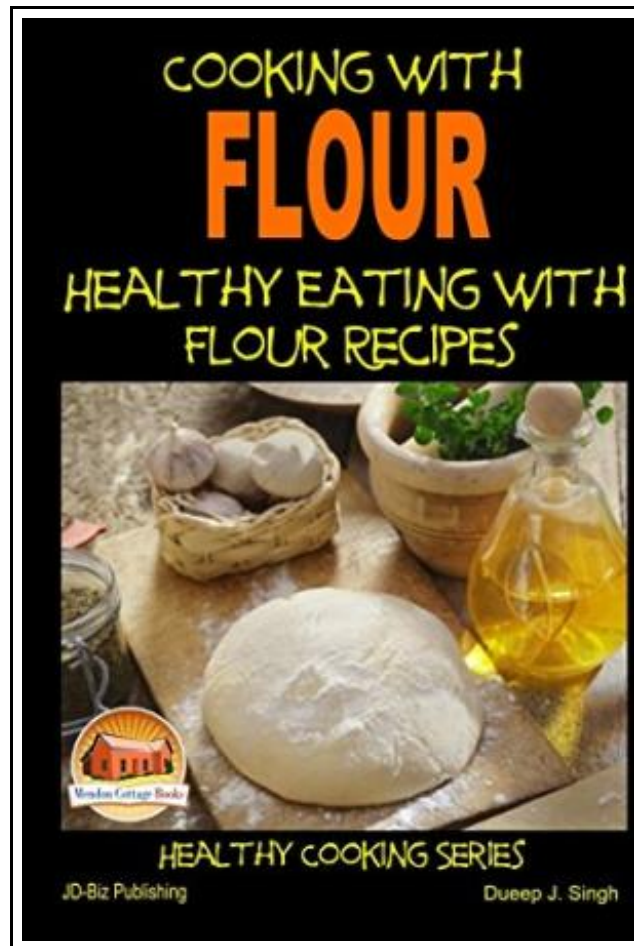


Cooking with Flour - Healthy Eating with Flour Recipes



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COOKING WITH FLOUR - HEALTHY EATING WITH FLOUR RECIPES



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Cooking with Flour - Healthy Eating with Flour Recipes Table of Contents Introduction Self-Raising White Flour All-Purpose Flour How to Make Your Own Baking Powder Knowing More about Graham Flour Rye Flour Cornmeal and Maize Flour Pea flour Knowing More about Kneading and Sifting Enriched Flour Corn Flour - Cornstarch Cake Flours Introducing Gluten How to Differentiate between a Good and Bad Batch of Bread Whole meal Flours Mixing of the Fat and Liquid Making Dough Wrappings Filled Wontons Fried Wontons Baps Appendix Perfect Bread Tips Kneading Bread19 How Do You Get the Right Flour Consistency? Shaping the Dough Important Ingredients in Baking Understanding Pastry Quantities Making Pastry Chilling the Dough - Yes or No; That Is the Question Rolling out Pastry Ready-Made Mix for Pancakes, Waffles, or Biscuits Perfect Pies Ingredient Replacements Conclusion Author Bio Introduction A couple of months ago I wrote a natural health series book on cooking with wheat berries. Here is an introduction to one of the basic natural ingredients which is used extensively in cooking, but we overlook it so often, because we are so used to it. Just imagine a life without bread, pastries, cakes, doughnuts, waffles, muffins, griddle cakes and other such delicious items. If we enjoy baking, the first ingredient which we are going to collect in our recipe list is going to be flour. Nobody knows when cereals and grasses began to be used as flour, by mankind. Until then, he used to make his bread by making up a pounded paste of roots, bark and seeds, flattening it, and then cooking it on hot stones. As his tastes began to grow more and more sophisticated he found...



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