One of the best-selling cookbooks of all time, updated for a new generation of home cooks. Few books have stood the test of time like the Betty Crocker Cookbook; none have kept up as well with the times and how people cook today. Classic meets contemporary in the 12th edition, with 1,500 recipes, all from scratch, over one-third new, and more than 1,000 photos. This one-stop resource bursts with kitchen information and guidance as only Betty Crocker can deliver. Learn to make a lattice crust, master a braise, can pickles, and even debone a fish via hundreds of how-to photos. Discover new ingredients organized by region, such as Middle Eastern or Indian, in vibrant ID photos. New and expanded chapters on one-dish meals, beverages, DIY foods, whole grains, and vegetarian cooking reflect what today’s budding cooks want to eat, as do recipes such as Baba Ganoush, Short Rib Ragu, Pho, Korean Fried Chicken, Cold-Brew Iced Coffee, Cauliflower Steaks, Smoked Beef Brisket, Quinoa Thumbprint Cookies, and Doughnuts. And complete nutrition is included with every recipe.

In this follow-up to his award-winning book The Bread Baker’s Apprentice, Peter Reinhart offers groundbreaking methods for baking whole grain breads that taste better than any you’ve ever had. We know whole grain breads are better for us, but will we actually eat them, much less take time to bake them? Yes, says beloved baking instructor Peter Reinhart, but only if they are very, very good. So Reinhart, with his decades of experience crafting amazing artisanal breads, has made it his mission to create whole grain breads that are nothing short of incredible. And because his approach is also simpler and less labor intensive than conventional techniques, you’ll choose to make and eat these breads. His fifty-five recipes for whole grain sandwich, hearth, and specialty breads, plus bagels, crackers, and more, incorporate widely available whole wheat flour as well as other flours and grains such as rye, barley, steel-cut oats, cornmeal, and quinoa. Each is so rich with flavor and satisfying texture that white-flour counterparts pale in comparison. Written in Reinhart’s famously clear style and accompanied by inspiring photographs, these recipes were perfected with the help of nearly 350 testers. Introductory chapters provide a tutorial, with step-by-step photographs, of the delayed fermentation method that is at the heart of these recipes, as well as a crash course in baking science, discussions of grains other than wheat, and more. Advanced bakers will relish Reinhart’s innovative techniques and exacting scientific explanations, and beginning bakers will rejoice in the ease of baking wholesome breads with such extraordinary flavor.

Rice quality in world markets; Consumer demand for rice grain quality in Southeast Asia; Utilization characteristics and qualities of United States rice; Effect of environment and variety on
milling qualities of rice; Effect of variety and environment on milling quality of rice; Breeding for high-yielding rices of excellent cooking and eating qualities; Recommendations.

Christine Hippert examines buying food on credit in corner stores in Cabarete, an international tourism destination in the Dominican Republic and a hub for migrant laborers. The voices in this book highlight people’s experiences with food, debt, and survival to reveal emerging social changes related to race, gender, class, and citizenship.

A clever, cheerful, hard-working farmer’s son wins the hand of a Chinese princess by outwitting her father the Emperor, who treasures his daughter more than all the rice in China.

From quinoa to bulgar and millet to kasha, whole grains are an easy and tasty part of every balanced meal! In The Whole Grain Promise, Robin Asbell shares quick and easy whole grain recipes that will entice the pickiest eater and appeal to the whole family. Whether you want to improve your health or try something new for dinner, whole grains are the perfect place to start. Beginning with the basics, Robin takes you through the major types of grains, their health benefits, and how best to cook them. But the real meat of the book contains more than 100 mouthwatering recipes that will encourage everyone to embrace the whole grain diet. Baked Pumpkin Spice Scotch Oat Zesty Kale and Tomato Caesar Salad Creamy Millet Corn Chowder with Chipotle Blueberry Blue Corn Upside Down Cake The Whole Grain Promise will tempt your family with food that’s not only healthy, but delicious for everyday meals!

A story about a young refugee's courage and inner strength as she escapes from Vietnam during the war.

A reward of one grain of rice doubles day by day into millions of grains of rice when a selfish raja is outwitted by a clever village girl.

In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if not at times crackpot!), original and musing book reviews of "One Grain Of Rice: A Mathematical Folktale." Don't say we didn’t warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don’t buy this book if: 1. You don’t have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You’ve heard it all.

Evelyn Lau? new book of poems, A Grain of Rice, picks up on some of the themes she covered in her last wonderful book, Living Under Plastic. Once again she honours people, in particular family, and the past; the presence and importance of nature in urban spaces; the influence of other writers on her life and in her career as a writer. A Grain of Rice includes a passionate suite of poems that pay tribute to John Updike? life and work (he is the writer who has most influenced her writing career). Many of the poems in A Grain of Rice, her sixth book of poetry, are haunted by the deaths of friends and family. They explore cultural history, stories in the news, travel and place ?especially the relationship between home and our nomadic inclinations. In many respects the book is a meditation on loss. Grief and aging, family history, an attention to place. poems on local urban social issues; poems that seek and find their inspiration in Asian culture and literature ?all form a tapestry of faces that simultaneously defy and embrace the inevitable and celebrate the transformational.

Presents recipes for such dishes as Cajun Peanuts, Amaranth Pear Pie, and Brandade of Navy Beans, along with information on each type of grain, rice, and bean used.
Take control of the grains you eat. Written by Mother Earth Living food editor Tabitha Alterman, Whole Grain Baking Made Easy is a guide for bakers who want to maximize the nutritional value of their breads and desserts while experimenting with delicious new flavors of many different whole grains. Alterman includes recipes for a wide array of flours and flour blends - from amaranth to millet to teff - as well as guidance on all aspects of home milling, such as choosing a mill and properly storing your grain and flour. With straightforward instructions and full-color photography, Alterman teaches home bakers age-old methods for making deliciously tender breads and cakes out of whole-grain flours. So whether you want to bake low-gluten goodies, maximize the nutrition in your baked goods, become more self-reliant, or experiment with heirloom or heritage grains, Whole Grain Baking Made Easy puts you in charge of the grains in your diet from start to finish.

Rice is the staple food for half of the world’s population. Consumption of rice is the major exposure route globally to the class one, non-threshold carcinogen inorganic arsenic. This book explains the sources of arsenic to paddy soils and the biogeochemical processes and plant physiological attributes of paddy soil-rice ecosystems that lead to high concentrations of arsenic in rice grain. It presents the global pattern of arsenic concentration and speciation in rice, discusses human exposures to inorganic arsenic from rice and the resulting health risks. It also highlights particular populations that have the highest rice consumptions, which include Southern and South East Asians, weaning babies, gluten intolerance sufferers and those consuming rice milk. The book also presents the information of arsenic concentration and speciation in other major crops and outlines approaches for lowering arsenic in rice grain and in the human diet through agronomic management.

Fuchsia Dunlop trained as a chef at China’s leading cooking school and is internationally renowned for her delicious recipes and brilliant writing about Chinese food. Every Grain of Rice is inspired by the healthy and vibrant home cooking of southern China, in which meat and fish are enjoyed in moderation, but vegetables play the starring role. Try your hand at blanched choy sam with sizzling oil, Hangzhou broad beans with ham, pock-marked old woman’s beancurd or steamed chicken with shiitake mushrooms, or, if you've ever in need of a quick fix, Fuchsia’s emergency late-night noodles. Many of the recipes require few ingredients and are startlingly easy to make. The book includes a comprehensive introduction to the key seasonings and techniques of the Chinese kitchen, as well as the 'magic ingredients’ that can transform modest vegetarian ingredients into wonderful delicacies. With stunning photography and clear instructions, this is an essential volume for beginners and connoisseurs alike.
Grain truly is the staff of life—tasty, versatile, and highly nutritious. This terrific and comprehensive cookbook offers authentic, eclectic, homespun recipes that showcase a variety of different grains at their best, whether on their own or cooked with vegetables or meat. From the familiar oat to exotic ancient crops, The Whole Grain Cookbook celebrates the good eating offered by 20 different whole grains: amaranth, quinoa, corn (maize), wheat, spelt, QK-77, triticale, rye, oats, rice, barley, millet, teff, sorghum, fonio, buckwheat, chickpeas, beans and peas, seeds, and nuts. Also included is information on how to store whole grain and how to grind your own meal and flour with a home milling machine (as with coffee and pepper, freshly ground grains are more flavorful, and less expensive, than store-bought). Appetizing, informative, and uncomplicated, this is a resource you'll return to again and again.

The Philippine rice situation through the years. The introduction, diffusion and adoption of the new rice technology. Agricultural extension services and the rice farmer. The changing Filipino rice farmer. Employment and income distribution aspects of the new rice technology. The Philippine land reform program and the new rice technology. Credit, cooperatives and other organizational components of rice production.

Thoughts on wasted food and famine. Raising awareness and raising money in support of famine-focused charities.

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