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Flavor Flours: A New Way To Bake With Teff, Buckwheat, Sorghum, Other Whole & Ancient Grains, Nuts & Non-Wheat Flours



Synopsis

Winner, James Beard Foundation Award, Best Book of the Year in Baking & Desserts In this monumental new work, beloved dessert queen Alice Medrich applies her baking precision and impeccable palate to flavor floursâ "wheat-flour alternatives including rice flour, oat flour, corn flour, sorghum flour, teff, and more. The resulting (gluten-free!) recipes show that baking with alternate flours adds an extra dimension of flavor. Brownies made with rice flour taste even more chocolaty. Buckwheat adds complexity to a date and nut cake. Ricotta cheesecake gets bonus flavor from a chestnut flour crust; teff is used to make a chocolate layer cake that can replace any birthday cake with equally pleasing results. All of the nearly 125 recipesâ "including Double Oatmeal Cookies, Buckwheat Gingerbread, Chocolate Chestnut SoufflÃ© Cake, and Blueberry Corn Flour Cobblerâ "take the flavors of our favorite desserts to the next level. The book is organized by flour, with useful information on its taste, flavor affinities, and more. And because flavor flours donâ "t react in recipes the same way as wheat flour, Medrich explains her innovative new techniques with the clarity and detail she is known for.

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Customer Reviews

Quickly: The good - a few basic recipes to experiment with, a sponge cake recipe for every flour presented, good overview of each flour at chapter start, nice photos and appealing recipes, thorough guidance in introduction and within each recipe, doesn't require all-purpose flour mix

The bad - larger emphasis than some might prefer on nuts and cream cheese, not all oat brands are gluten-free, no index in kindle version, does not give details on problem-solving performed by author for specific flours, weight measurements are only for (most) dry ingredients

Longer: I have a few friends who are gluten-free, so I am always looking for new recipes to try that everyone can enjoy instead of having to bake them something "special" that doesn't turn out as well as the wheat-full item I make. All these recipes are gluten-free (assuming you use gluten-free oats), but many are not nut-free. In case that's something you worry about, a rough estimate is that about 60 of these recipes contain nuts, which is roughly half of all the recipes. Also, cream cheese is used as a glue for quite a few recipes, serving a purpose similar to xanthan gum, which could be a problem for dairy-free or cream-cheese-disliking people. Alice Medrich's recipe for Flourless Chocolate Cake is my go-to recipe for delicious, gluten-free chocolate dessert, so I figured she would have some good ideas. I absolutely love the fact that her first step in creating these recipes was to bake a gÂ©noise with every single flour independently, and observe how each flour behaved differently, and we get the perfected recipes here. I do wish that she had not chosen to leave out the details of testing and problem-solving for each of the flours.

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