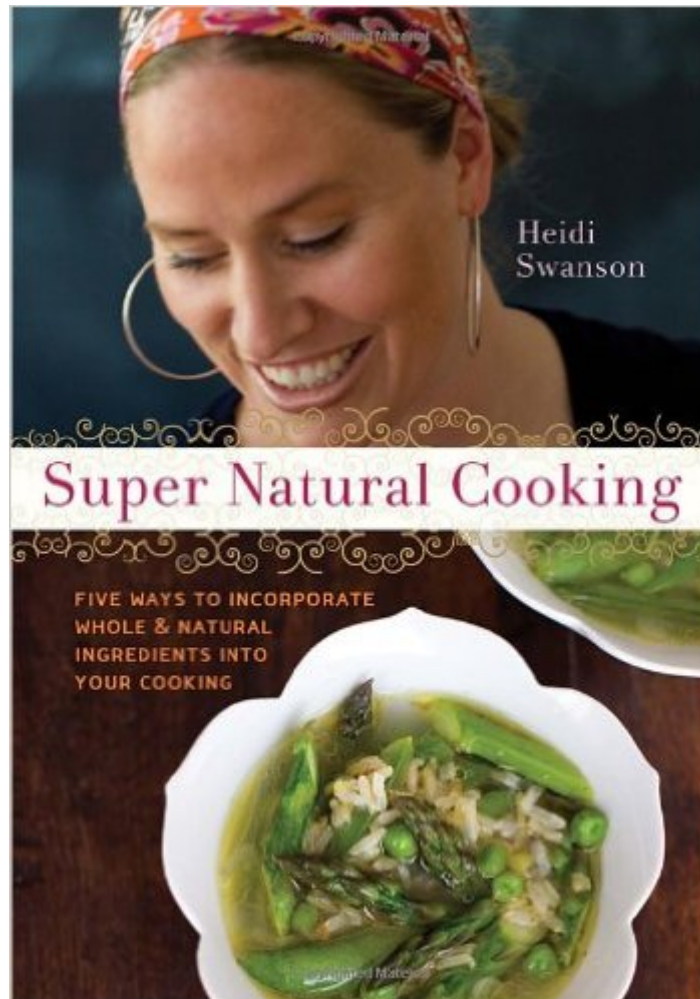


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# Super Natural Cooking: Five Delicious Ways To Incorporate Whole And Natural Foods Into Your Cooking



## 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](http://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

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## 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 crème fraîche 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.

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