



# Cooking with Wheat - What Are Wheat Berries? (Paperback)

By John Davidson, Dueep J Singh

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Cooking with Wheat - What are Wheat Berries? Table of Contents Introduction What Is a Wheat Berry Nutritional Specifications of Wheat The difference between parboiled And Cracked Wheat Our Daily Bread Plain White Bread How Do You Get the Right Flour Consistency? Shaping the Dough Making Plaits Dinner Rolls Mini cottage loaves Testing the bread Making a Cheese Loaf Perfect Bread Tips More Traditional Wheat Dishes Bulgur Pilaf Tabbouleh- Tabouli Salad Frumenty Cous-cous Appendix Traditional Chicken Soup Panjiri- Pinnis Conclusion Author Bio Publisher Introduction When man decided more than 10,000 years ago that he had had enough of having a life as a hunter and wanted to settle down as a farmer, that was a signal change in the history of mankind. Prehistoric history does not tell us where man first began cultivating cereals as a grain for his family and for the people of his settlement. But archaeological excavations have found vestiges of this cultivated plant in settlements more than 10,000 years old in the Mesopotamian region. I would not be surprised if this wild grass was...



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