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The Bread Machine Cookbook IV: Whole Grains & Natural Sugars (Nitty Gritty Cookbooks) (No. 4)



Synopsis

Devotees of unrefined whole-grain flours and natural sweeteners, such as honey, maple syrup and fruit concentrates, love this book. All recipes are low in fat and sodium and include a nutritional analysis for fat, protein, carbohydrate, cholesterol and sodium. Author Donna German also tackles special ingredients and substitutions.

Book Information

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Customer Reviews

I have both the original Bread Machine Cookbook and book #2, and the recipes are great, well worth 5 stars. Also the introductions give a lot of useful advice. **IMPORTANT:** A word of warning if you buy a used copy. I bought copies of both, in "like new condition," and they arrived as promised, but in using the recipes, I had one failed load after another. By accident, in looking at a my Mom's new books (which do not state they are revised editions), I found that all the recipes I had tried (and nearly all the recipes in both books) now have totally different amounts listed for the ingredients. For example, the Sally Lund bread on page 25 (original book) has the measurements of 7 of the 8 ingredients changed/corrected (the yeast is now doubled, and the flour increased by 1/3). Many recipes in both books have similar major changes. I had to buy new copies, and using the corrected amounts in the new books I then began baking great bread. If you have older copies of either of these books, and are getting disgusting goopy bread, do not automatically think it is the fault of you, your ingredients, or bread machine. Check out a newer book and compare ingredients.

I've had this book (as well as the four previous books in this series) for over three years, and I still use it almost daily. I highly recommend the Potato Bread and the Dill Onion Bread.

Yummmmmmmmy! As with all her other books, German includes basic bread machine instruction, LOTS of great hints, trouble shooting and even instructions (and great recipes) for making rolls and pizza using the dough cycle. These are the only bread machine cookbooks I've ever needed, and I think they are absolutely great buys. Try it, you won't be sorry!

Oh, I just wanted to wholeheartedly DISAGREE with the two negative reviews on this book! This was the first book I bought after I got my bread machine five years ago, and I've never had anything but beautiful results from every recipe I've tried, and I RARELY have to adjust anything. I will say it's important to read all the advice in the first chapters before diving into the recipes, particularly regarding checking the machine after the first few minutes of kneading. I have all six of the books in this series now (the sixth just arrived today, and I can't wait to try it!), and I find German to be thorough and very easy to understand. I think this book would be invaluable to anyone owning a bread machine.

Looking at the index with all of the yummy-sounding recipes makes one very hungry. The author's preliminary chapter "Baking with Whole Grains" is informative and there are many practical recommendations about milling one's own grain if you want to really delve wholeheartedly into the business of whole grain bread-baking. Unfortunately, all of the recipes are not reliable and I speak with several years of successful bread machine usage. Although I have had excellent results with a few recipes in this book such as the Caraway Raisin Bread and the Honey Wheat Bread, there are others that are real "bomb-outs." I would discourage anyone from even trying the Raisin Walnut Bread (proportions of flour and liquid were all wrong as the batter was sloppy through most of the baking and the bread was coarse, heavy, and stuck to the pan terribly), or the Honey Peasant Bread which was very bland and needs more salt and honey. So, all-in-all, if the reader wants to experiment, this book may be fine; but for those who need a foolproof basic book, then this isn't the one.

Ever since I received a bread machine as my birthday gift this year, I had been looking for a good bread machine cookbook. I checked many book stores, but none they had turned me on. Then, a neighbor friend let me borrow hers (this title) and I fell in love with it! While many other cookbooks cover rather unusual bread recipes (i.e. Sage Raisin Bread, Curry Rice Dinner Rolls), this book

contains the recipes for many good old wonderful breads we already know ... only better! I was desperately looking for a great white bread recipe, and my search was over when I found "Sally Lunn" in this cookbook. Its texture and flavor are incredible! My whole family love it! I strongly recommend this cookbook to anyone who has a bread machine.

If you want to make bread the healthiest it can be from a bread machine, this is the book for you. Ms. German gives a thorough education of such things as the purpose of each ingredient, how to make substitutions, baking with whole grains, how to use healthier sweeteners, milling, dough enhancers, the differences between choices within each ingredient, and then, of course, plenty of recipes which accomodate a 1, 1&1/2, and 2 lb. loaf size. A great book!

I've been a fan of bread machines for about a decade now. I've owned The Bread Machine Cookbooks 1-4 plus the Worldwide Sourdough by Donna German. What I found is that there are SO MANY good recipes in #1 that I almost never use #2-4, unless I'm searching for something specific (like a DIFFERENT recipe to use up pumpkin, apple or onion). I've owned other bread cookbooks but have since given them all away. I have great success converting her regular breads to whole wheat (Ex: if it calls for 3 cups flour I'll put in 2.5 cup whole wheat flour plus .5 cup white flour). I like things seasoned strongly, too, so I tend to triple her spices or poppy seeds or citrus peel amounts. Onion / apple can only be doubled, though, and it does change the consistency a bit. I usually rate the recipes in my cookbooks (so I remember whether or not to make them again) but I stopped bothering with this book, since they're almost always excellent. I use #1 often, and the others almost never because #1 meets my needs almost every time. (Sourdough requires maintaining "starter," which I'm just not up to.) In fact, I'm purchasing another book, new, just to have a shiny unmarked copy (and to let the person I lent my old one to keep it). My recommendation: Buy this one. Later, IF you make so much bread that you actually want more variety, THEN spend your money on different varieties.

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