

Whole Grain Baking for Housewives and Hobby-Bakers

Thema	Seite
Introduction	7
Editions 2004: In German again, new in English	8
Basic knowledge and the "Know How" in 10 lessons	9
Why whole grain?	11
Why milled freshly?	15
Whole grain meal or whole grain flour?	16
About the order of the recipes in this book	17
Recommended to begin with: Whole wheat rolls	17
Why in addition theoretical instruction?	20
The household baking oven	21
To eat freshly baked whole grain breads and pastry?	23
Why we bake with <i>finely</i> ground whole grain flour	24
About common terms for flours and breads	25
Variations of humidity in cereal grains	27
How to rework the dough	29
Which appliances are needed	30
"Hulled" cereal grains?	32
Whole sea salt	34
Aren't lye articles noxious?	35
Preconditions for private and professional use	37
The question of digestibility	38
Linseed needs especially fast processing	39
How to coil a pretzel?	40
"Copy it - but copy it precisely!"	41
Why water should be weighed, not measured	42
For spices and salt: The letter balance	42
Why no processing aids and no mold prevention aid	43
How to prevent mold	43
If the roper pounces	45
Use of spices	46
How to convert recipes into other quantities	47
When is a bread "well done"?	48
About fats	49
Why it's wrong to dissolve yeast in <i>warm</i> water	51
Healthy nutrition - a matter of knowledge	51
About baking temperatures	55
Doesn't the baking heat destroy the vital substances?	56
Baking powder	58
Instruction chapters mastered!	59
Shape of the whole grain short paste pretzel	60
Recipes	61
Some temperatures Celsius/Fahrenheit	62
Some hints concerning the recipes	63
Whole grain wheat rolls	64
Whole grain wheat bread	66

Whole grain spelt wheat bread	68
Whole grain 3-stages-sourdough rye bread	70
Whole grain rye and wheat bread	72
Whole grain wheat rolls with poppy seeds	74
Whole grain wheat rolls with raisins	76
Whole grain wheat rolls with raisins and nuts	78
Whole grain wheat rolls with linseed	80
Whole grain lye pretzels	82
Whole grain wheat sandwich bread	84
Whole grain short paste pretzel	86
Whole grain wheat twist	88
Whole grain Christmas baked goods	90
Some further information	91
Basically wrong: More medicine, more diseases?!?	93