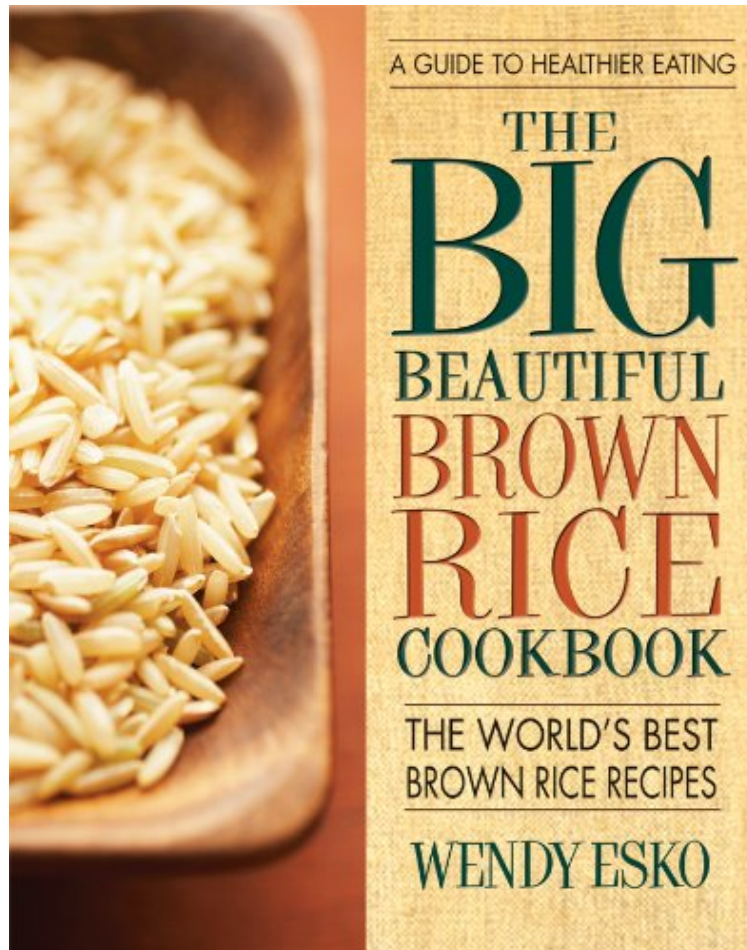


[Free] The Big Beautiful Brown Rice Cookbook: Really Quick Easy Brown Rice Recipes

## The Big Beautiful Brown Rice Cookbook: Really Quick Easy Brown Rice Recipes

Wendy Esko

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**Wendy Esko : The Big Beautiful Brown Rice Cookbook: Really Quick Easy Brown Rice Recipes** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Big Beautiful Brown Rice Cookbook: Really Quick Easy Brown Rice Recipes:

0 of 0 people found the following review helpful. Five StarsBy jerry t.very good book for people who love to cook with rice will use it myself in the near future0 of 0 people found the following review helpful. Five StarsBy CustomerThis is a great cookbook.1 of 1 people found the following review helpful. Five StarsBy CustomerPerfect

Every once in a while, restaurant patrons are offered a simple menu choice: "Would you like that with white or brown rice?" And all too often, the brown rice that appears on the plate, while healthful, is far from a culinary treat. But brown rice can be as tempting as it is beneficial. To prove the point, best-selling cookbook author Wendy Esko has put together a spectacular collection of her finest rice recipes in The Big Beautiful Brown Rice Cookbook.

Wendy first shows you the many ways in which you can correctly cook brown rice—methods that bring out this food's mild nutty flavor and enticingly robust texture. She then provides over one hundred easy-to-follow kitchen-tested recipes. As Wendy demonstrates, this wonderful food doesn't have to be relegated to the side of the dish, but can be a culinary star. That's why her collection includes dishes for breakfast, lunch, and dinner. And from porridges and waffles to paella and vegetable sushi, all are winners. If you ever thought that brown rice was dull, you're in for a treat. Let *The Big Beautiful Brown Rice Cookbook* help you make this wholesome grain a welcome addition to your meals.

From *Publishers Weekly Cookbook* author and macrobiotic cooking instructor Esko was in her 20s before she tasted brown rice; when she did, she was instantly hooked. Extremely passionate and knowledgeable about the grain, which is the subject of her latest cookbook, she says, "When I am quietly sitting and enjoying a bowl of freshly cooked brown rice, I often find myself thinking, this is the simplest, yet the most delicious and satisfying food I have ever eaten. Esko celebrates the diversity and versatility of this nutritional powerhouse in her collection of more than 140 vegetarian/vegan best of recipes. The book begins with *Brown Rice Basics*, a chapter that covers everything from the history of brown rice, different varieties (arborio, basmati, and jasmine to name a few), buying and storing guidelines, and cooking methods. What comes next is a culinary brown rice adventure. For breakfast there's a pumpkin porridge, and brown rice pancakes and waffles. Salads, soups, and stews include crimson rice and quinoa salad, and Japanese noodle soup. There are tempeh sushi rolls, and Louisiana dirty rice with seitan. *Brown Rice Cake S'mores* and *Sweet'n Nutty Mochi Squares* finish off the meal. Esko broadens the possibilities of cooking with this dietary staple. (Oct.) "Esko broadens the possibilities of cooking with this dietary staple." (Publishers Weekly) About the Author Wendy Esko has studied and taught macrobiotic cooking for over thirty years. She is the author and coauthor of several best-selling cookbooks, including *Macrobiotic Cookbook* and *The Changing Seasons Macrobiotic Cookbook*, and has also taught and lectured at the Kushi Institute in Massachusetts. Currently, Wendy serves as the Vice President of Amberwaves, a grassroots network devoted to preserving rice, wheat, and other essential foods from the threat of biotechnology.