

Spelt

Spelt is becoming the go-to grain due to its nutritional benefits. The Romans called spelt their 'Marching Grain' because of its high energy content. It is generally higher in protein, easier to digest and has a much broader spectrum of nutrients than our modern inbred wheat. What's more, it contains plant lignans, which are thought to help prevent various diseases and ailments, including bowel cancer, heart disease and asthma. Once widely grown in Europe, and used in the Bronze Age, spelt is a versatile grain, as well as being super-healthy. Flick through the book and you'll find delicious recipes for pearled spelt, which is perfect for Beetroot, Goat's Cheese, Hazelnut and Dill Salad, for example, or Moroccan-spiced Lamb 'Speltotto'. Try delicious, light breads with a sweet and nutty flavour, upside-down Summer Raspberry Cake and Spelt Cookies that will turn out like a dream, or even a fantastic Farmhouse Granola with low GI/slow release carbs. Spelt is a bundle of good things in one simple grain – and here you'll find a variety of mouth-watering ways to enjoy it.

The story of spelt goes back over 9,000 years, but only recently has this marvelous little grain's unique nutlike taste been rediscovered. Spelt makes the perfect ingredient for breads, cakes, cereals, side dishes—and it is a gluten-free, nutrient-rich alternative to wheat. In *The Spelt Cookbook*, Helga Hughes shares an exciting collection of over 175 easy-to-prepare recipes that marry the rich taste of golden spelt with a variety of fresh and flavorful ingredients, including Old-World Buttermilk Waffles, White Bean Chili with Elbows, and Hazelnut Granola. Whether you are looking for a wheat alternative, or simply want to mix up your mealtime routine, *The Spelt Cookbook* is the only guide you'll need to the delicious world of spelt cookery.

Book Type - Practice Sets / Solved Papers About Exam: The Institute of Banking Personnel Selection (IBPS) conducts the IBPS SO exam every year for the recruitment of Specialist Officers for various posts in the Public Sector Banks across India. IBPS AFO is responsible to provide consultation regarding agriculture loans, banking products & latest technologies. He is also responsible for verification of revenue reports, loan sanctions, promotion of various government schemes in rural & agriculture lending. Subjects Covered- English Language, Reasoning, Quantitative Aptitude Exam Patterns – The IBPS SO preliminary examination is of two-hour duration and is conducted online. It has 3 sections with having 150 questions in total with a maximum score of 125 marks. There is a negative marking in IBPS SO pre-exam as one-fourth of marks are deducted for every wrong answer. Negative Marking – 1/4

Institute of Banking Personnel Selection

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Semi-litterärt Lunch-Magasin. Innehåll blant annat; Softice i Februari - Fastlavns Måndag i snön - Snöfält - Källerkärlek - Mannen i den ljusa pälsen - Utan paraply - Det är vanliga gatan - Korsbæk äfter mörkrets innbrott - Det er perfekt rumpa - I labyrinten - Oda och den tunna bokhandlaren - Susannes Jul

A sensational grain cookbook devoted to the grain-of-the-moment—spelt—written by an expert in this wholesome, delicious and versatile food Spelt is becoming the go-to grain due to its nutritional benefits. The Romans called spelt their “Marching Grain” because of its high energy content. It is generally higher in protein, easier to digest, and has a much broader spectrum of nutrients than our modern inbred wheat. What’s more, it contains plant lignans, which are thought to help prevent various diseases and ailments, including bowel cancer, heart disease, and asthma. Once widely grown in Europe, and used in the Bronze Age, spelt is a versatile grain, as well as being super-healthy. Flick through the book and you’ll find delicious recipes for pearled spelt—which is perfect for Beet, Goat Cheese, Hazelnut and Dill Salad, for example—or Moroccan-spiced Lamb “Speltotto”. Try delicious, light breads with a sweet and nutty flavor, an upside-down Summer Raspberry Cake and Spelt Cookies that will turn out like a dream, or even a fantastic Farmhouse Granola with low GI/slow release carbs. Spelt is a bundle of good things in one simple grain—and here you’ll find a variety of mouth-watering ways to enjoy it.

A "go-to" cooking and baking guide, this reference demonstrates how to use whole-grain spelt in all its forms. Containing more than 200 recipes—all keyed by blood-type diet notations—in an easy-to-follow, 1-2-3 format, the cookbook provides guidelines and illustrations for the creation of a wide range of dishes, including bagels, biscuits, bread, calzones, pizza, and waffles. Beginning with an introduction to the ancient grain, the text examines spelt's heritage, composition, nutritional benefits, and appeal for those suffering from diabetes, food allergies, gluten intolerance, and other food sensitivities. A "Knead to Know" section presents tips on techniques for cooking and baking with spelt, such as how to measure and "fluff" the flour, gauge rising times and consistency of the dough, and test for readiness. Using the handy conversion tables, readers will also learn how to adapt their favorite recipes to substitute spelt for wheat. Nautilus 2007 Book Award Finalist A “go-to” cooking and baking guide, this reference demonstrates how to use whole-grain spelt in all its forms. Containing more than 200 recipes—all keyed by blood-type diet notations—in an easy-to-follow, 1-2-3 format, the cookbook provides guidelines and illustrations for the creation of a wide range of dishes, including bagels, biscuits, bread, calzones, pizza, and waffles. Beginning with an introduction to the

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