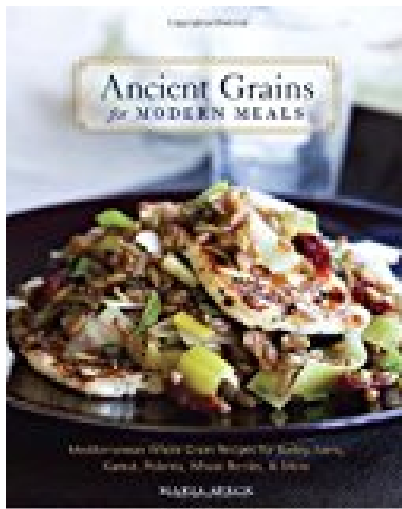


# Ancient Grains for Modern Meals Mediterranean Whole Grain Recipes for Barley Farro Kamut Polenta Wheat Berries & More

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## BOOK DETAILS

- Author : Maria Speck
- Pages : 240 Pages
- Publisher : Ten Speed Press
- Language : English
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## **BOOK SYNOPSIS**

A volume of 100 whole-grain recipes inspired by the cuisines of Greece, Southern France, Italy and Turkey includes such options as Creamy Breakfast Farro with Honey-Roasted Grapes, Quinoa Cakes with Smoked Trout and Ricotta Millet Pudding with Blood Orange Syrup.

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