



Flavor Flours: A New Way to Bake with Teff, Buckwheat, Sorghum, Other Whole & Ancient Grains, Nuts & Non-Wheat Flours

Alice Medrich

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Winner, James Beard Foundation Award, Best Book of the Year in Baking & Desserts

In this monumental new work, beloved dessert queen Alice Medrich applies her baking precision and impeccable palate to flavor flours—wheat-flour alternatives including rice flour, oat flour, corn flour, sorghum flour, teff, and more. The resulting (gluten-free!) recipes show that baking with alternate flours adds an extra dimension of flavor. Brownies made with rice flour taste even more chocolaty. Buckwheat adds complexity to a date and nut cake. Ricotta cheesecake gets bonus flavor from a chestnut flour crust; teff is used to make a chocolate layer cake that can replace any birthday cake with equally pleasing results. All of the nearly 125 recipes—including Double Oatmeal Cookies, Buckwheat Gingerbread, Chocolate Chestnut Soufflé Cake, and Blueberry Corn Flour Cobbler—take the flavors of our favorite desserts to the next level.

The book is organized by flour, with useful information on its taste, flavor affinities, and more. And because flavor flours don't react in recipes the same way as wheat flour, Medrich explains her innovative new techniques with the clarity and detail she is known for.

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