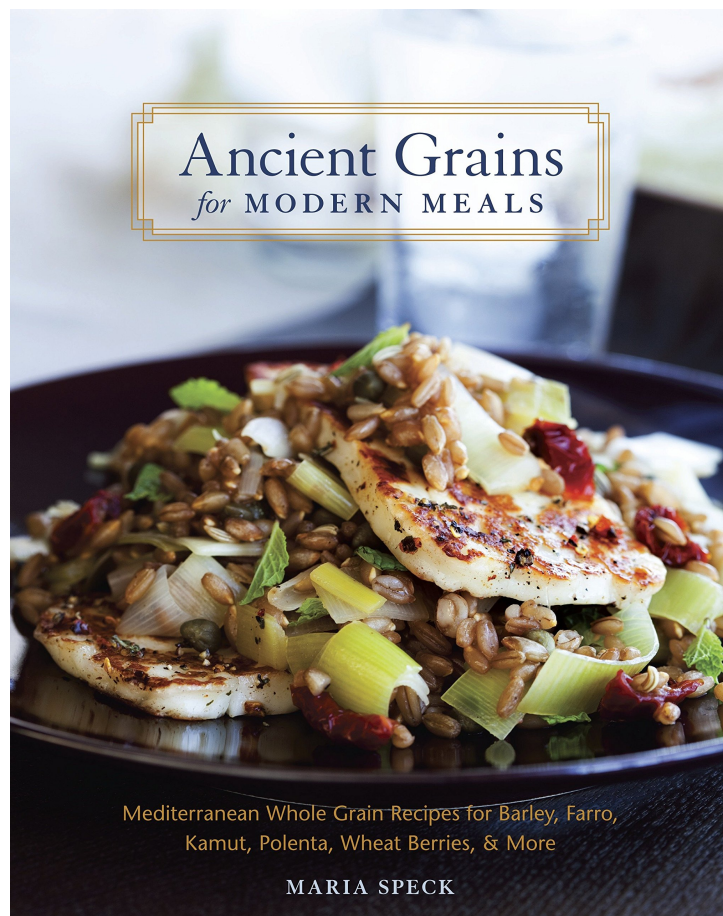


Ancient Grains for Modern Meals Mediterranean Whole Grain Recipes for Barley Farro Kamut Polenta Wheat Berries & More by Maria Speck

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Description: In this inspired and highly personal book, Maria Speck draws on food traditions from across the Mediterranean and northern Europe to reveal how versatile, satisfying, flavorful, and sophisticated whole grains can be. Food writer Maria Speck's passion for propelling Old World staples such as farro, barley, polenta, and wheat berries to the forefront of...

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