

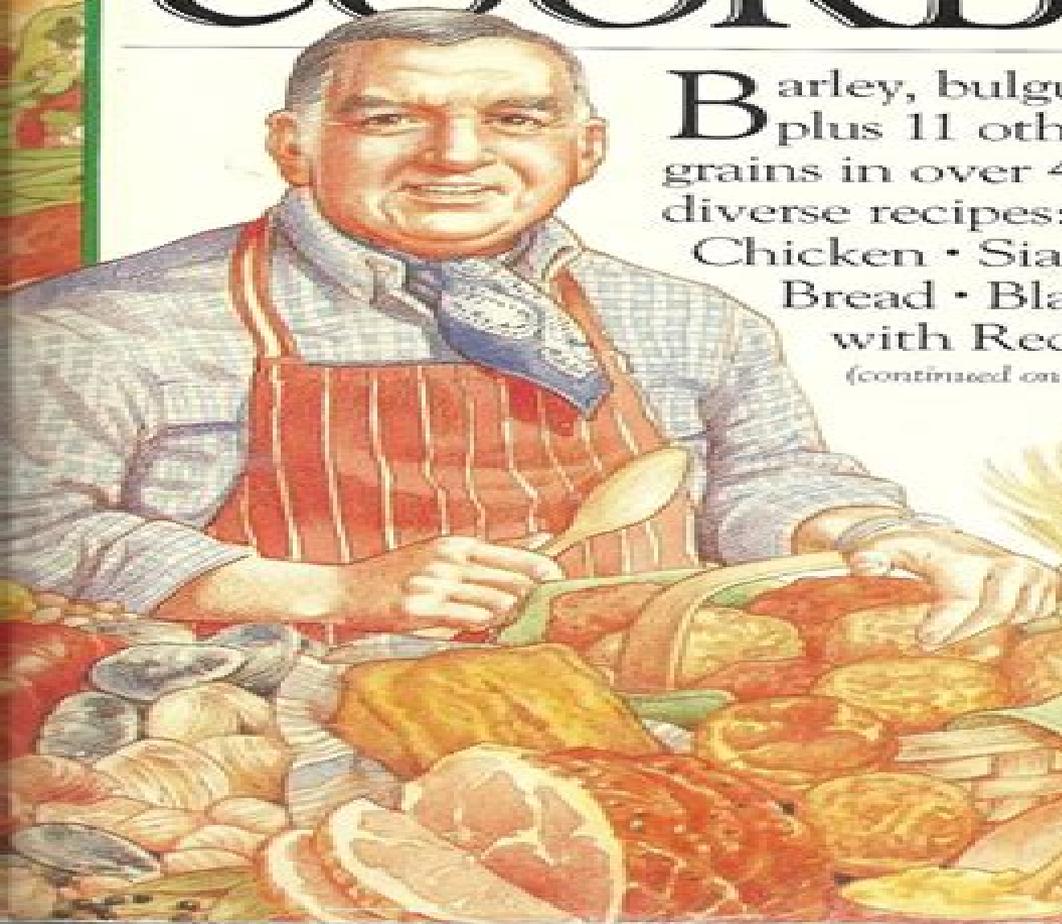
BERT GREENE

THE

# GRAINS COOKBOOK

Barley, bulgur, oats and oat bran,  
plus 11 other richly textured  
grains in over 400 inventive and  
diverse recipes: Hush Puppy Fried  
Chicken • Sjaconset Seafood Spoon  
Bread • Blackened Pork Chops  
with Red-Faced Groats

*(continued on the back cover)*



# Grains Cookbook

**Ian Pickup**



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