



TABLE OF CONTENTS

1 - Origins of Humanity, Cooking, and Our Ancient Grain Heritage

- Introduction and the role of cooking in human evolution p.16-17
- Ancient Grain Traditions and Our Human Origins P.18-19
- From Gardens to Farms P.20-21
- 14,400 years of bread and beyond P.22-23
- Re-creating the oldest known bread in the world P.24-25

2 - Wheat - Foundational Grains of Civilization

- Origins, History, types, and Usage
- Flatbreads
- Raised breads
- Simmered and sprouted
- Pancakes
- Noodles
- Pastry

3 - Rice - Foundational Grains of Civilization

- Soaking and Cooking
- Seasoning
- Rice Based Cuisines

4 - Corn - Foundational Grains of Civilization

- popcorn
- Cornmeal
- Masa and nixtamalization
- 15. fermentation
- 16. Heritage Grain Brewing

5 Beans - Foundational Legumes of Civilization

- Soaking
- Simmering

6 - Other Important Cereals and Pseudo Cereals

- Oats
- Buckwheat
- Rye
- Barley, Millet, Teff, Sorghum, Quinoa, Amaranth etc...

7 - Techniques, Tips and Tools

- Milling
- Storage
- Soaking
- Sprouting

