



WHOLE GRAINS

Whole grains are a centering and nourishing staple food throughout the world. They are simple to prepare, delicious and satisfying to eat. With a little work you can become adept in cooking the wide variety of grains available to you.

AMARANTH

A very distinct grain native to Central and South America, it served as a staple grain in the ancient Aztec empire. Amaranth is very fine and almost transparent when cooked. It can be used as an addition to other grains, or cooked alone. To prepare use 3 ½ cups of water, ½ tsp salt to boil, add 1 cup amaranth, reduce heat to a gentle boil, cook until water is absorbed. About 25 minutes

BARLEY (PEARLED OR HULLED)

Barley has been cultivated for thousand of years in both the East and West. It is a bit bland in taste and is usually used in soups, stews, or with other grains. Bring 1 ¾ cups of water, ½ tsp of salt and one cup of barley to a boil. Cover, reduce heat and cook until tender, about one hour.

BUCKWHEAT GROATS (RAW)

Bring 2 cups of water, ½ tsp salt to a boil.

Add 1 cup of groats, lower heat, cover, and cook until water is absorbed. About 15 minutes.

BULGHUR

Bulghur is partially boiled wheat berries that have been dried and ground. It is often used for salads or sandwich fillings. To prepare use 2 cups of water and a pinch of salt per cup of bulghur. Boil water then add bulghur and salt cover and simmer for 15-20 minutes.

CHIA SEEDS

Chia Seeds is a staple food source for the American Native people. It is high in protein, minerals, and essential amino acids and contains 60% Omega-3 fatty acids. Chia seeds do not need to be ground to be used in baked goods or to use. Great in smoothies or mix with 10 parts water and wait for 10 minutes. They will form a gel that can be mixed with foods such as mayonnaise, sauces, jams, etc. Use your imagination and try it with a 50-50 ratio. They can be planted in dirt to grow. Store in a cool, dry place.

COUSCOUS

Couscous is a type of pasta commonly made from semolina or durum wheat, but can also be made from other grains such as spelt or corn. It is a common ingredient Middle Eastern and Mediterranean cuisine. Its fast cooking time makes it ideal in preparing fast meals. To prepare bring 2 cups water and 1 cup couscous to a boil, cover and remove from heat. Let sit for 10 min. and serve.

FRENCH COUSCOUS

Cooking instruction same as regular couscous

KAMUT

This type of wheat was originally a staple grain of Ancient Egypt, it is now cultivated in the U.S. as an heirloom strain. It can be cooked with rice and other slow cooking grains or alone. Bring 3 cups water to boil, add 1 cup kamut, cover and simmer for 1 ½ -2 hour. Or soak kamut overnight, discard water, add 3 cups fresh water to 1 cup kamut, cook for 30-40 minutes

KASHA (ROASTED BUCKWHEAT)

This is a traditional staple grain in Siberia, Russia and other parts of Europe and Central Asia. Bring 2 cups of water, ½ tsp salt, to a boil. Add 1 cup kasha, reboil, lower, cover, cook until water is absorbed. About 15 minutes.

MILLET

This grain is eaten across northern regions of China, Korea, Japan and in some parts of Europe and Africa. Dry roast 1 cup of millet in a pan approx. 10-15 minutes. Add 2 cups of water and a pinch of salt bring to boil, lower heat, cover, and simmer 40 minutes. Fluff with a fork when done.

OATS

Oats are the staple grain of Ireland, Scotland, and Northern England. They were spread across northern Europe with the Roman legions. Today they are a

favorite breakfast for many people, being very warming and supplying lots of energy for the body.

WHOLE OATS

Whole oats are best cooked overnight on a very low heat, use 1 cup oats to 5 cups water and make sure your pot is large enough and your flame is as low as before cooking. An alternate method is to soak them overnight and cook for 2 hrs. in the morning.

ROLLED OATS

Do not wash. Use 1 cup of oats to 3 cups of water, bring to boil. Cook uncovered together, lower to a simmer for 30 minutes until creamy, stirring occasionally. Serve with honey, maple sugar or any sweeteners, milk, and dried fruits or nuts

QUICK ROLLED OATS

Use 1 cup of rolled oats to 2 cups water. Reduced heat and cook for 5 minutes. Or no cooking is needed. Just add 2 cups of boiling water per cup of oats and let sit covered for 5 minutes

STEEL CUT OATS (SCOTCH OATS)

Use 1 cup of oats, 3 cups of water and ½ tsp salt, bring to boil. Cover and simmer 35-40 minutes until water is absorbed.

QUINOA (KEEN-WAH)

This traditional of the high Andes Mountains of South America can now be found growing in regions of the Rocky Mountains in North America. To prepare boil 2 cups water and 1 cup quinoa. Reduce to simmer, cover and cook until all water is absorbed 10-15 minutes.

RED QUINOA

Same cooking instruction as regular quinoa

RICE

Rice can be considered a staple grain for the whole world. It is the most consumed grain and grows in almost every region of the Earth. There are many different strains of rice available to you, and each has its own distinctions.

BROWN RICE (LONG OR SHORT), WEHANI RICE, SWEET BROWN RICE, WHITE SUSHI RICE, BROWN BASMATI

Combine 2 cups water, ½ tsp of salt, 1 cup of rice and bring to a boil, cover and simmer for 45 minutes to an hour, until water is absorbed

FORBIDDEN RICE

Combine 1 ¾ cups of water, 1 cup rice, ½ tsp salt and bring to a to a boil. Cover and simmer for 30 minutes.

WHITE BASMATI RICE

Combine 1 ½ cups of water or broth, ½ tsp salts, and 1 cup rice and bring to a boil. Reduce heat, simmer for 20 minutes.

WILD RICE

Combine 3 cups of water, 1 cup rice, 1/2tsp salt and bring to a boil. Cover and simmer about one hour

TEFF GRAIN

Place 1 cup teff to 3 cups water to boil, reduce heat and simmer covered for 15-20minutes or until water is absorbed. For extra flavor lightly roast grain before cooking.

WHEAT BERRIES (SOFT WINTER)

Bring 3 cups of water, ½ tsp salt to a boil. Add 1 cup berries, cover and simmer until water is absorbed.

SPELT BERRIES (FARRO GRAINS)

Bring 2 ½ cups of boiling water, ½ tsp salt and 1 cup spelt to a boil, cover and simmer until water is absorbed.

WHEAT BERRIES (HARD RED WINTER)

Bring 3 cups of boiling water, 1 cup berries, cover, reduce heat and simmer for 2 hours (50-60 minutes if presoaked)

RYE BERRIES

Bring 3 cups of boiling water, 1cup rye, cover and simmer for 25-30 minutes