

009 COOKING WITH ANCIENT GRAINS I

Quinoa

Quinoa is a disk-shaped seed with bands around the periphery. It is easy to digest, has a wonderful flavour, and cooks up whole, like rice, in 15 min. When cooked, the bands partially separate but retain their curved shape, which “covers” the grain with spiral and crescent moon shapes. This “coat” offers just enough tooth resistance to make quinoa’s texture similar to wild rice. This coat is covered with a bitter substance called “saponin” which calls for rinsing. Most commercial varieties are ready to cook.

Cooked quinoa expands almost five times its dry volume and turns transparent. Before cooking, prepare the grain as follows:

Commercial quinoa: Place grain in large pot. Run warm water into the pot to agitate grain without spilling. Drain well.

Homegrown quinoa: Place grain in blender with some water. Blend at low speed. Add water. Blend again. Add water. Repeat 3 or 4 times and drain well.

Amaranth

Amaranth is a first-rate source of both grain and leaf protein. Its seed contains over 15 % protein - more than any other grain except quinoa. The grain cooks up simply like quinoa, can be prepared in similar ways and is even more delicious. It is not covered by saponin, so does not require any lengthy rinsing procedure.

Amaranth flour contains more gluten than quinoa flour and combines well with traditional flours in the ratio of 1 to 4. Toasted and milled amaranth makes a hearty cooked cereal.

Kamut

Kamut is an ancient unhybridized wheat which originated in the Mediterranean area thousands of years ago. It was almost entirely abandoned about 2,000 years ago when the ancestors to our modern day durum wheat, which had a better yield, were introduced to the area.

Kamut is gaining popularity again today. Interest has been revived in it due to its delicious, slightly sweet, nut-like flavour and to testing which has proven that Kamut has a higher nutritional value than any other wheat.

The protein level is an average 40% higher than the 12.3% average for most wheats. Kamut is also higher in total lipids as well as 8 or the 9 minerals commonly found in wheat (especially magnesium and zinc). It has higher levels of all the major fatty acids and of 16 or the 18 amino acids present. The vitamin levels all compare closely.

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Spelt

(excerpted from “The Nutriflex Eating Better Program Guide” compiled by Teresa Ann Dorian, Ph.D. The guide is out of print)

Spelt (*Triticum spelta*) is not wheat (*Triticum sativum*), and is among the original, natural grains known to man. Modern research in Europe recently has proven that Spelt was grown in Europe thousands of years ago. Mentioned in the Old Testament, (Exodus 9:31, 32 & Ezekiel 4:9), Spelt was last of prominence in early medieval Europe. After the 19th century it was forgotten, partly because of its lower yield in comparison to wheat, and also because of the need to mechanically dehull the grain before milling. For human survival in the future, Spelt is ecologically the ideal grain. It is not a hybrid like wheat and can be grown without fertilizers, pesticides and insecticides. Spelt can be grown even in climates with difficult winters, and therefore was included among the important belongings of many of the early settlers from Europe. A strong hull surrounds the spelt kernel and protects the grain against all types of pollutants in the air. The strong hull also protects the grain during storage and assures the consumer of the freshest possible product. Some nutritionists say that spelt is better tolerated by the body than any other grain.

In the book “Rx Prescription for Cooking and Dietary Wellness” Phyllis Balch and James P. Balch M.D., have this to say about spelt:

“Better tolerated than any other grain. High in carbohydrates, spelt contains more crude fiber and more protein than wheat including all eight amino acids that are needed in the daily diet to ensure proper cell maintenance. The fiber in spelt helps lower cholesterol and plays a role in helping blood to clot. High in the B vitamins, it’s the only grain containing mucopolysaccharides. The immune stimulating properties of spelt are in its cyanogenic glucosides or nitrilosides called the “anti-neoplastic” vitamin B17. They support the body’s cancer fighting system, (W. Wuffen et al., *Nah-Z. F. Ernahrungswiss*, 18, 1979, pp. 16-22).

Spelt also contains special carbohydrates called mucopolysaccharides which play a decisive role in blood clotting and stimulate the body’s immune system. (H Wagner et al., *Economic and Medicinal Plant Research*, Vol. 1985, Academic Press, London 113).”

Preparation: Spelt must be soaked overnight before cooking. Cover with water rising one inch about the grain. Bring to a boil. Simmer on low heat for one hour in covered pot.

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Old World 14 Grain Bread

- 6 c. warm water
- 2 c. 9 grain cracked cerea;
- ½ c. whole grain amaranth
- ½ c. whole grain quinoa
- ½ c. teff seeds
- 2/3d c. Canola oil or applesauce
- 2/3 c. honey or Fruitsweet
- 3 tbsp. Dough Enhancer
- 3 tbsp. Saf instant yeast
- 2 tbs. Sea salt
- 2 c. Sspelt flour
- 2 c. Kamut flour
- 2 c. bread flour

Mix gently. Continue to add enough freshly ground whole wheat flour until the mixture cleans the sides of the bowl. Knead 8 – 10 minutes or until the gluten has developed. Form into five loaves.

Cover and let rise until double.

Bake at 350 deg. F, 30 35 min. or until 180 deg. F. internal temperature.

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Kamut Bread (for Ancient

- 6 cups warm water
- ½ cup honey
- ½ cup oil
- 7 to 8 cups fresh ground Kamut flour
- 3 Tbsp. Saf yeast
- 1 Tbsp. Dough Enhancer
- 2 Tbsp. salt
- 2 –3 Tbsp. gluten (opt)
- 6 to 8 more cups of flour

Place all liquids, (water, oil, and honey) in the Bosch bowl equipped with the dough hook. Add 7 to 8 cups of Kamut flour. Place the remaining ingredients except the second batch of flour, on top of the flour in your bowl. Turn machine on speed 1 and let everything mix together. At this point it should be the consistency of pancake batter. Add the remaining Kamut flour, until the sides of the bowl have just started to come clean. If you add too much flour at this point your bread will turn out very heavy, so be light with your flour. Let the Bosch knead the bread for 10 min. until the gluten in the dough has developed and it becomes very stretchy. Stop the machine and using a little oil on the counter, shape 4 loaves of bread. Place in the bread pans and let rise for 30 min. or until it is 2” higher. Bake at 375 degree F. for 30 min. or until golden brown.