



Hard Winter Red Wheat



Millet



Corn



Kamut® Grain



Long Grain Brown Rice



Spelt

How do I Store Grains?

Most grains will keep for a few weeks at room temperature if stored in tightly covered containers. They store best under cool and dry conditions. The freezer is ideal. If you are storing a lot of grain, you can reduce bug infestation (the eggs were deposited long ago on the kernels in the fields) during warm and humid seasons by cycling batches of grains through a freezer for three days at a time.

What About Autobakers?

Our yeast bread recipes are too generic for autobake machines. Try whole grain recipes especially adapted for these machines found in books such as *The Breadman's Healthy Bread Book* by George Burnett.

Recipe Resources

An Introduction to Whole Grain Baking is the best place to get started with a the variety of different types of whole grain baking recipes. It also includes our information on the different grains. Both quick and yeast breads are included. It is our textbook for the home high school semester course, *Baking with Whole Grains*. More quick and yeast bread recipes may be found in *Breakfasts, Main Dishes, Soups & Muffins, Meals in Minutes, and Lunches & Snacks* cookbooks. *Breakfasts* also includes cooking hot whole grain cereals by the two-stage process.

On-going nutritional research introduces time honored methods of breaking down phytates found in grains to enhance nutritional quality. It is accomplished with The Two Stage Process that allows the grains to soak from 7 to 24 hours.¹

¹A description of this process and step-by-step photo recipe demonstrations using it are available a www.suegregg.com. The *Delicious Whole Grain Dough* and *Bread* recipes are printed in *Talking Food Pages - The Two Stage Process*.

For current updates of TheTalking Food Pages go to www.suegregg.com

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Talking Food Pages

*A Comprehensive Wholefoods Cooking System
Balancing Nutritional Quality & Taste, Convenience & Cost*

SueGregg.com

TEACHING COOKING ON THE WEB WITH STEP-BY-STEP PHOTO DEMONSTRATIONS

About Whole Grains

Historically only the rich could afford refined white flour, but with the advent of the steel roller mill after the Civil War the refining process became cheap and white flour became common place. For five generations now white flour from wheat has supplied the basic ingredient for almost every baked product. Now half of the American diet consists of white flour products: bread, cakes, cookies, pastas, pizza, muffins, pies, tortillas, etc. Many are opting for one of the currently popular low carb diets to escape this plague.

If you've decided, however, to question the use of white flour and to investigate nutrient rich high fiber-low fat whole grains, you are about to embark on an adventure in new terminology. We will try to help you avoid confusion with a few definitions.

Whole grain flours are made from whole wheat, soft wheat, hard wheat, white wheat, red wheat, winter wheat, spring wheat, whole wheat pastry berries, oat groats, rolled oats, hulled barley, barley flakes, Kamut® grain, spelt, millet, rye, corn, short grain brown rice, long grain brown rice. Not classed as grains, but used as grains are buckwheat (sprouting, raw, toasted), quinoa and amaranth. The list goes on, and you won't find most of these in a supermarket.

As you walk grocery store aisles lined with thousands of products it is easy to forget that throughout human history grains have been the basic ingredient of "our daily bread." Indeed, this is the Creator's design:

The streams of God are filled with water to provide people with grain, for so you have ordained it.

Psalm 65:9 NIV circa 1000 BC

By using whole grains you can expect to reap the benefits of the Creator's provision.

Blender Batter Baking

We recommend that you begin your experience with whole grains using the blender batter baking method. Blender batter baking “mills” the whole grain (not flour) in the blender in the liquids used in the recipes. It is a convenient way to make a variety of quick breads without a grain mill such as waffles, pancakes, crepes (thin pancakes), cornbread, coffee cakes, muffins or any batter that is thin enough to keep the blender churning. An inexpensive Osterizer Blender works well for these recipes.

With the blender batter baking method you can use all the grains not just wheat. If you are challenged with a wheat allergy or gluten intolerance, blender batter recipes provide flexible alternatives. Experiment with our recipes in *An Introduction to Whole Foods Cooking* or online at www.suegregg.com: *Blender Waffles/Pancakes, Almond Coffee Cake, and Blender Cornbread*. You can even make these recipes with gluten-free brown rice, or corn. After you’ve mastered the blender recipes move on to yeast breads under the guidance of someone who has more experience.

Whole Grains for Yeast Breads

The high gluten content makes wheat the ideal grain for baking yeast breads. The wheat category includes: hard winter red wheat, hard red spring wheat, hard white wheat, Kamut® grain, spelt, and triticale (a blend of rye and wheat). These are all comparable in nutrient value. Each grain will give a different rise, flavor, texture, and color. All of them contain sufficient gluten (the protein part of the wheat that stretches and allows the bread to rise as the yeast multiplies in the dough) to make pleasing yeast breads. It is difficult to produce a pleasing yeast bread with other grains, unless they are combined with wheat. Use a ratio of 2 parts wheat flour and 1 part of another grain or combination of grains.

Hard White Wheat is a more recent development of hard white spring wheat. It yields lighter colored yeast breads with a softer texture and very pleasing flavor. Families transitioning from white flour to whole grains may find it easier to adapt to hard white wheat.

Spelt has been known and used in Europe as far back as Old Testament times (see Isaiah 28:23-29). Brought to America by popular demand of Europeans, it was first introduced in commercial pastas. It has a very pleasing nutty flavor and rises equally as well as common wheat. It is easily digested and many who are allergic to wheat can tolerate spelt.

Kamut® grain was introduced to the U.S. in 1949 when a US air-

man in Portugal from a farm in Montana received 36 kernels believed to have come from Egypt. Its popularity has spread in recent years since about 70% of people allergic to wheat can tolerate Kamut® products, possibly because its chromosome structure is different from other varieties of wheat and it is grown only organically. It makes a soft delicate cake like textured bread with quite a distinctly different flavor. Kamut® pastas are the most pleasing flavored and textured pastas for people not accustomed to whole grains. Kamut® can be used interchangeably in any recipe calling for whole wheat, as well as can spelt. Try any of these wheats in our Delicious Whole Grain Bread.¹

Because of its lower gluten content, soft spring wheat (pastry grain) works especially well in quick breads (all those mentioned under Blender Batter Baking plus biscuits, cookies, quick loaf breads and cakes). However, its lower gluten content is not suitable for yeast breads.

Nutritional Value

Whole grains provide a goldmine of nutrients and dietary fiber. Containing over 22 nutrients, they are especially high in the B-vitamins and vitamin E and contain a wide range of minerals. Devitalized white flours with the germ and bran removed have been stripped of more than 70% of these life supporting nutrients. Application of the two-stage process to whole grain recipes releases nutrients otherwise bound by phytic acid in the form of phytates, especially calcium, magnesium, iron, and zinc.

Deciphering Terminology

If you are purchasing flour, look for 100% whole wheat flour. We recommend grains over flours. Oxidation begins to destroy nutrient value as soon as grain is ground and grains will give superior flavor and texture to baked goods. Whole grains are variously called: wheat “berries,” oat or buckwheat “groats,” or by their names as rye, brown rice, etc. Whole barley for baking is termed “hulled” barley. Millet may be called “hulled” millet. Some grains in flake form are also available, such as rolled oats, barley flakes, rye flakes, wheat flakes.

Where do I get Grains and Flour?

Health food stores, food coops, distributors who sell grain mills and mail order companies stock whole grains and flour. If you can't find a local source, request a catalog from Sun Organic 1-888-269-9888. www.sunorganic.com