

See model recipe in **Whole Foods Cooking**, p. 38, or **Breakfasts**, p. 65. If a two-stage recipe varies from these instructions, follow the recipe.

BROWN RICE, BUCKWHEAT, MILLET

Lower in phytates, these are more easily digested. Seven hours soaking is sufficient. For example, soak rice in the full amount of warm water.¹ According to your taste, add per 1 cup grain: 2 tablespoons yogurt, buttermilk, kefir, whey, or lemon juice. Cover and set in a warm place. Add the salt just before cooking. See model recipe for rice, **Whole Foods Cooking**, p. 43.

QUICK BREADS (waffles, pancakes, muffins, cornbread, crepes, loaf breads, etc): In stage 1, blend warm liquid with flour (or with grain in blender). The main liquid is usually yogurt + very hot water,¹ kefir, or buttermilk, or non-dairy, soured almond or coconut milk. Cover and let stand in a warm place; if batter is stiff, lay plastic wrap directly over the batter to keep it from drying out. In stage 2 before baking, blend in eggs, followed by leavenings, salt and any other ingredients not yet added. If soaked batter has become too stiff for the blender, fold in stage 2 ingredients by hand. Waffle or pancake batter may need additional liquid added to get a vortex going in the blender. Model recipes are waffle/pancake, coffee cake, and cornbread recipes in **Whole Foods Cooking**, and all recipes in **Breakfasts**, and **Whole Grain Baking**.

YEAST BREADS

Sourdough starters, a collection of several yeasts from the air, will sufficiently ferment dough to neutralize the phytic acid. Commercial yeast, only one strain of bacteria, is not adequate for this. To compensate, I soak the flour in water + acid ingredient, and allow three rises of the dough before baking. In stage 1, thoroughly blend into hot water¹ per 1 cup flour: 2 tablespoons yogurt, whey, kefir, buttermilk, or lemon juice (see footnote¹ of *Delicious Whole Grain Dough* recipe). Add most of the flour: 5 - 6 cups per about 2 cups total liquid (water + acid ingredient). Lay plastic wrap directly over top of dough to prevent drying out. Cover bowl with a cloth and set in a warm place; let stand 12-24 hours. Complete the recipe in stage 2, adding ½ teaspoon soda to yeast mixture after it has bubbled up. The soda neutralizes the acid you added in stage 1. The model recipe is on the previous 2 pages. See **Whole Grain Baking** with CD demonstrations for many supporting details.

¹See *Whole Foods Cooking*, p. 34, concerning water temperatures; the objective is to come close to the recommended temperature range for soaking grains.



Talking Food Pages

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The Two Stage Process

Maximizing the Nutritional Value of Whole Grains

Just because you've switched from white flour to whole grains does not mean that you are getting all the nutritional value. In fact you may also experience new problems with digestion. That is because whole grains contain phytic acid, mostly in the bran of the grain. Phytic acid combines with key minerals, especially calcium, magnesium, copper, iron, and zinc reducing their absorption in the intestinal tract.

Soaking, fermenting, or sprouting the grain before cooking or baking neutralizes a good amount of the phytic acid, releasing more of these nutrients for absorption. As little as 7 hours soaking will neutralize a portion of the phytic acid in grains. Twelve to 24 hours is even better with 24 hours yielding the best results (especially for oats and corn). This process allows enzymes, lactobacilli and other helpful organisms to not only neutralize the phytic acid, but also to break down complex starches, irritating tannins and difficult-to-digest proteins including gluten. For many, this may lessen their sensitivity or allergic reactions to particular grains. Everyone will benefit, nevertheless, from the release of more nutrients and greater ease of digestion. This process is not new. According to Sally Fallon and Mary Enig, PhD, "...virtually all preindustrialized peoples, soaked or fermented their grains before making them into porridge, breads, cakes and casseroles." *Nourishing Traditions* p. 452. I discovered this when teaching both in Russia and Malawi. Russian women often soak their buckwheat for cereal the night before, and women in Malawi who understand good nutrition, soak their corn (the main crop) in advance.

Adapting Recipes to the Two Stage Process

HOT CEREALS Soak cereal grains--whole, cracked or flaked--for the number hours recommended above. In stage 1, soak in a saucepan all the grain in the recipe with half the water (warm); add per 1 cup grain: 2 tablespoons yogurt, whey, kefir, buttermilk, or lemon juice. Cover and set in a warm place. In stage 2, add other half of the water and the salt and bring to a boil. Reduce heat to simmer, cover and cook to consistency desired (time depends on form and type of grain, but soaking usually speeds up cooking; see **Breakfasts**, p. 63). *Continued on back page.*

Delicious Whole Grain Dough

A model recipe for the two-stage process. Not for Auto-Bake machines.

AMOUNT: About 3 lbs. Dough

STAGE 1

1. Thoroughly blend acid ingredient into water in large mixing bowl; blend in flour (dough may be quite firm); lay plastic wrap snugly on top of dough; cover bowl with cloth; let stand 12-24 hours in a warm place:

1½ cups hot filtered water (1 cup with spelt)

¾ cup plain yogurt, whey, kefir, buttermilk, or ½ cup lemon juice¹

4 - 5 cups whole wheat flour, spelt or Kamut® grain flour

STAGE 2

2. Blend in first 3 ingredients in order given and allow to stand 5-10 minutes until it bubbles up; blend in soda:

¼ cup warm water (comfortably hot on inside of wrist)

1 tablespoon active dry yeast (or ¼ oz. packet)

½ teaspoon honey

½ teaspoon baking soda (*neutralizes acid in step 1*)

3. Blend following ingredients in measuring cup; work into dough followed by proofed yeast until all is well blended:

⅓ cup olive oil, melted butter, or melted coconut oil

⅓ cup honey

2 teaspoons salt

4. Add flour in the bowl until dough can be handled easily outside the bowl; turn out of bowl and knead 20 minutes or 600-800 strokes until smooth and resistant to kneading action, adding more flour, as needed to prevent sticking;²

2 - 3 cups whole grain flour (*sprouted preferred,³ or unbleached white bread flour*)

5. 1st Rise: place dough in lightly greased bowl, grease top of dough lightly, cover with damp cloth; let rise in a warm place until double, about 1-1½ hours (if the hole from finger poked into dough remains, it is ready).
6. 2nd Rise: work dough down gently, turn it over; cover and let rise until double, about 45 minutes. Use *finger poke test* as in step 5.
7. Work dough down again; place on counter with a little flour under it; knead briefly, round it up and cover with a damp cloth; let it rest 10-15 minutes.
8. Shape dough into bread loaves, rolls, or pizza crust, etc., let rise and bake, as desired (see facing page for bread).

¹Use if allergic to dairy; bread will have a hint of sourdough taste; does not rise as high. ²To machine knead, knead for the length of time appropriate for your kneading machine. ³More sprouted flour may be needed; see *Whole Grain Baking*, p. 154, for sprouting, drying, and storing grain, and grinding into flour.

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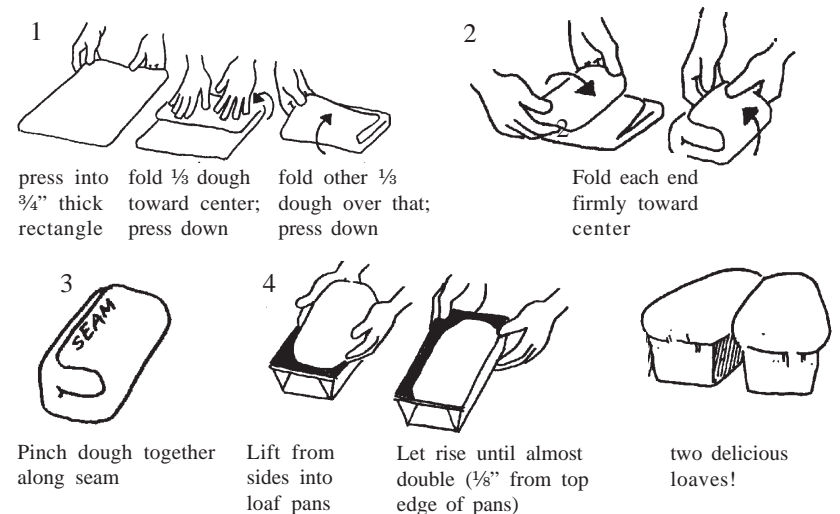
Delicious Whole Grain Bread

AMOUNT: 2 Medium Loaf Pans (8½" x 4½" pans)

Bake: 350° (175° C), 35 - 45 minutes

1. Prepare *Delicious Whole Grain Dough* (facing page).
2. Grease pans with soft butter (preferred) or olive oil non-stick spray.
3. Divide dough in half; shape into 2 loaves by kneading dough into shape, or by following shaping illustrations below. Before placing shaped loaves into pans, drop a couple times on counter to assist removal of any air pockets.
4. 3rd Rise: place loaves in pans. Cover with a damp cloth and let rise until almost double, about 20 - 25 minutes in a warm place.
5. Preheat oven to 350°. Place a pan of water in bottom of oven to create steam for better baking, if desired.
6. Bake 35-45 minutes until done (evenly browned; if pan was well greased, loaf will fall out of pan easily; bottom crust will sound hollow when tapped with fingers).
7. Turn loaves out on sides on a cake rack to cool. For soft crust brush with butter if desired.
8. Cool completely before slicing or storing.

SHAPING LOAVES



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