

# Using Wheat Without A Grinder class handout with recipes

by Rhonda, <http://www.theprovidenthomemaker.com>

Notes from what we tasted and learned at my class:

We sampled Blender Wheat Pancakes (demo), Wheat Puree Bread, Wheat Salad with Chicken and Corn, Strawberry Nut Jello Salad (the 'nuts' are wheat), Gourmet Banana Nut Cookies (demo), cooked wheat (demo), cracked wheat, sprouted wheat, malt powder . We also covered the difference between COOKED and SPROUTED wheat, and how to make malt.

Why eat it: CHEAP, stores a LONG time, high in fiber, high in some proteins, vitamins, minerals.

(summary of the class): **How to eat it:** Grind in blender (2 cups for 1 ½ minutes) or food processor (the dry grains or soaked/cooked), crack in blender, cook whole or cracked, sprout and eat as kernels (as breakfast cereal, or ground beef extender, or rice/pasta/nut substitute), make malt, or sprout and eat as wheat grass or wheat grass juice.

**Ways to cook wheat:** in a Thermos, rice cooker, crock pot, regular pan, use in breads (quick/yeast), cakes, salads, (including Jello). You may cook them then freeze for later.

**Why soak grains before eating them?**-- phytates (phytic acid, the form the phosphorus is in) are anti-nutrients, they bind with and so block absorption of minerals, especially zinc, that you need for proper growth and immune system strength. You inactivate phytates by making the grain think it's sprouting- warm (room temperature), moist. Also, soaking freshly ground grain in warm liquid for 6+ hours also destroys the phytic acid by activating the enzyme phytase. A diet rich in Vitamins D, C, A, and calcium help mitigate the effect of phytic acid on the body. Sprouted wheat is a vegetable, does not lose gluten, but the amino acid profile and vitamins change and it becomes more easily digestible.

## Wheat Berries

2 cups hard red or white wheat berries

7 cups cold water

1 teaspoon salt

Place wheat berries in a large heavy saucepan. Add water and salt.

Bring to a boil over high heat, then reduce heat, cover, and simmer gently for 1 hour, stirring occasionally. Drain and rinse. To serve hot, use immediately. Otherwise, follow the make-ahead instructions. Makes about 4 1/2 cups.

MAKE AHEAD TIP: Cover and refrigerate or freeze. For **Cracked Wheat**, put ¼ to ½ cup of uncooked wheat in a blender, run for 30 seconds or til cracked. NUTRITION INFORMATION: Per 1/2 cup cooked: 151 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 29 g carbohydrate; 6 g protein; 4 g fiber; 263 mg sodium; 0 mg potassium.

2 Carbohydrate Servings

Exchanges: 2 Starch

## **Blender Pancakes** modified from *I Dare You to Eat it*

1 cup uncooked whole wheat kernels (or other whole grain- brown or white rice, oats, barley, kamut,...)

1 ½ cups buttermilk

2 eggs

2 Tbsp. melted butter, coconut oil, or vegetable oil

2 Tbsp. cornmeal, heaping (optional- extra flavor and crunch)

1 Tbsp. brown sugar

½ tsp baking soda

1 tsp. baking powder

Pour buttermilk into blender. Add the wheat kernels and blend on high for 3 minutes (2 minutes in the Vitamix or Bosch). It will sound like popping corn at first but will gradually become quieter. (At this point you can soak the grains overnight in the buttermilk to break down the phytic acid, then finish mixing in the morning.) Add cornmeal, brown sugar, eggs, and melted butter, and blend another minute. Then add baking soda and baking powder and blend only a few seconds longer. Stir batter a little by hand to completely combine ingredients. Spoon onto a hot griddle.

**To make waffles**, add ¼ c. oil. If you want an extra light texture, separate the eggs- mix the yolks with the batter, but whip the egg whites to stiff peaks. Fold in. For even more lightness, stir in 1 cup crisp rice cereal. Really.

## **Wheat Puree Bread** –Rhonda

1 c. uncooked wheat- cook or soak this, or use uncooked and add an extra cup of water to the blender

1 ¼ c. water (use your cooking water)

2 tsp. yeast

1 ½ tsp. salt

¼ c. oil

¼ c. sugar

3- 3 ½ c. flour

Combine cooked wheat (will be about 2 ¼ cups) with the 1 ¼ c. water in a blender- run until mostly smooth. If too thick to blend, add water a tablespoon at a time. Warm it up in the microwave if it's cold- you want it to be very warm but not hot. (If it's hot enough to burn you, it's hot enough to kill your yeast.) Combine in a big bowl with the yeast, salt, oil, sugar, and half the flour. Beat with a wooden spoon or strong handmixer for 2 minutes, until it gets a little bit elastic. Stir in as much more flour as you can, then dump the dough on a floured countertop. Knead for 7-10 minutes, adding flour if needed. When the dough is smooth and elastic (it will feel like your cheek), cover and let rise until double, about 45 minutes. Shape into two smooth logs and place in greased 8x4"

loaf pans. Cover and let rise til nearly double, another 45 minutes. Bake at 375 degrees for 25 minutes or until sides are browned inside the pan. Remove from pans and cool on a rack or kitchen towel. Makes 2 (8x4") loaves.

### **Rough formula to adapt your own recipes:**

1 cup of uncooked kernels is equivalent to about 1 ½ cups of flour;

2 ¼ c. cooked kernels (1 cup before cooking) is about equal to 1 ½ c flour plus 1- 1 ½ cups water.

To use uncooked kernels in place of cooked, in the blender, use 1 c. kernels plus 1- 1 ½ c. liquid. You may use any liquid already in the recipe- milk, juice, mashed fruit (figure it's about 50% water), eggs, oil, etc. To show the formula another way:

This:	and this:	is equal to this:
1 cup uncooked kernels	1 ½ cups flour	2 ¼ c. kernels when cooked
2 ¼ cups cooked	1 ½ c. flour	With 1 to 1 ½ c. water
2 ¼ cups cooked	1 cup kernels	With 1 to 1 ½ c. water

### **Sprouting Wheat**

Always use clean containers for sprouting. Cover kernels with water and let stand 12-18 hours. Drain, then add water and drain again 1-3 times per day. Drain well so you don't encourage bacteria. After 1-2 days, the sprout will start to show. After 3-4 days, the sprout will be as long as the kernel; that's the stage for malt. You can refrigerate sprouts at any point to stop or slow sprouting, but use within a few days. If they ever turn slimy or smell bad, DON'T eat them; use as compost instead of food!

**Nutritional differences in sprouted vs. cooked wheat:** phytates are broken down, making the proteins more digestible and unlocking more nutrients to be used by you. Vitamin C increases 600%, B vitamins increase 20-1200%, Vitamin E 300%, protein 300% by Day 3.

### **Flourless Sprouted Wheat Bread** by Mattie, makes one (9x5) loaf

3 ¼ cups wheat berries

2 Tablespoons warm water

1 ¼ teaspoons active dry yeast

3 Tablespoons agave syrup, maple syrup, or honey

1 ½ teaspoons salt

Soak the wheat berries for about 18 hours. Drain then sprout the wheat berries, rinsing 2 to 3 times per day until the sprout is barely visible. This should take about 24 to 36 hours. If the berries sprout and you don't have time to proceed to step 2, place them in the refrigerator to slow their sprouting rate down.

Divide the sprouted wheat berries roughly in half into two separate batches and process them in a food processor until they form a ball and break apart. This should take a few minutes per batch. Or run the wheat through a meat grinder, adding a couple tablespoons of oil to help them move through. In a small bowl, whisk together the warm water and the yeast with a fork. Let it sit for 5 to 10 minutes so the yeast gets activated. Place the wheat berry puree on a large clean counter surface. Flouring this surface is not necessary. Squish it so it's flat, add the yeast mixture, agave syrup or maple syrup and salt. Fold over and knead the ingredients together.

Knead it for 10 minutes. The dough will start out a little firm and get stickier as the gluten gets activated and the dough warms from the heat of your hands. The dough will seem more moist than traditional bread dough- this is ok. Resist the urge to add additional flour like you would in a traditional bread recipe. Coat the dough with olive oil, place it in a bowl and cover the bowl with a plastic bag. Let it rise for about 1 ½ hours. Flatten the dough, pressing out the air bubbles that may be present and let it sit again, covered for another 1 ½ hours.

Preheat your oven to 350F. Flatten the dough again to push out the air bubbles. Form it into a lightly oiled loaf pan, cover it with the damp towel and let it sit, or proof, for 45 minutes. Bake for 45 minutes or until the loaf pan sounds hollow when tapped

### **Wheat Salad with Chicken and Corn** (adapted from Everyday Food magazine)

2 c. cooked wheat berries, cooled	1 pint grape tomatoes, halved
2 bunches scallions, cut into thirds, and white ends halved	1/4 c. fresh parsley leaves
2 1/2 c. fresh (3 ears) or frozen corn	3/4 lb. cooked chicken, shredded
3 Tbsp. olive oil	1 Tbsp. plus 2 tsp. fresh lime juice
	5 oz. baby spinach or other tender, hearty greens

Toss scallions and corn with 1 tbsp of the oil, season with salt and pepper, and roast at 450 degrees until tender, about 25 minutes. Stir halfway through. Toss spinach with 1 Tbsp. oil and 2 tsp. lime juice; season with salt and pepper. Combine everything together.

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### **Strawberry Nut (Wheat) Gelatin Salad**

1 small pkg. strawberry Jello	1 C whipped cream or whipped topping
½ C boiling water	1/2 C sugar
1 C cooked cracked wheat for "faux nuts"	2 C mashed fresh strawberries

Combine Jell-O and water & refrigerate until syrupy, then add to the rest (word to the wise-you have to watch this like a hawk. It goes from syrupy to jelled very quickly. I would check it between 15-20 minutes after you put it in the fridge).

Refrigerate until firm or overnight. Serve on a bed of lettuce with a dollop of whipped cream/topping sprinkled with cooked cracked wheat as your mock nuts.

## **Gourmet Banana Nut Cookies with Chocolate Chips** (blender wheat recipe)

by Crystal Godfrey @ everydayfoodstorage.net

2/3 C. Brown Sugar	2 C. flour
1/3 C. White Sugar	2 tsp. baking powder
2/3 C. Shortening	1/4 tsp. salt
2 Eggs (2T. powdered eggs & 1/4 C. water)	1/4 tsp. baking soda
1 tsp. Vanilla	3/4 c. chocolate chips
3/4 C. Whole Wheat Kernels	3/4 c. chopped walnuts or cooked
cracked wheat!	1 cup mashed bananas (over ripe ones from the freezer work best)
plus 1/4 C. water	

Beat together sugar and shortening until fluffy. Beat in eggs and vanilla, mixing well. Blend wheat kernels, water, and mashed bananas for 4-5 minutes. Add mashed banana alternately with mixture of flour, baking powder, salt and soda; mix well. Stir in chocolate chips and walnuts. Drop by rounded teaspoons onto lightly greased baking sheets. Bake at 350 degrees about 10 minutes. Cool on rack, makes 4 to 5 dozen soft, moist cookies. If desired, top with frosting.

### ***Frosting:***

1/2 C. Butter, softened- (to make the cookies taste spectacular, brown the butter).

4 C. powdered sugar

Dash of Salt

approx. 1/4 C. Milk (3/4 T. powdered milk and 1/4 C. water)

1 tsp. Vanilla or 1/2 tsp. maple extract

Beat butter, sugar and salt until thoroughly blended. Add milk and vanilla. Add more milk as needed. (Note from Rhonda: to be able to frost the cookies quickly, do this— melt/brown the butter in a saucepan, stir in milk, vanilla, salt, half the powdered sugar, and beat. Stir in enough powdered sugar to make a thick glaze, and DIP the tops of the cookies in.)

**Making malt:** <http://www.dryit.com/diastaticmalt.html> Read about it in depth [here](#).

Put 1 cup of wheat kernels in a quart jar, cover with water, and let soak for about 12 hours. Drain the water (which has vitamins and minerals- save for broth, watering plants, or making bread), rinse, and drain completely. Rinse and drain 1-3 times a day for 2 days, until the sprouted part is about the same length as the grain. Spread on cookie sheets to go in the sunshine or warm oven or in a dehydrator; dry thoroughly but don't heat over 130 degrees, so you don't kill the enzymes. Grind in a mill or in your blender. Makes about one cup. Store

tightly covered. This will keep indefinitely in the fridge or freezer. Use about 1-1 ½ teaspoon (1/10 of 1% flour) per loaf of bread. More than this will give you sticky dough and is not beneficial.

The enzyme in malt (diastase) converts starch in the dough to sugars (maltose) that the yeast can use; longer fermentation (rising) times are needed to be most effective. Malt replaces sugar/honey and feeds the yeast, browns the crust. It also has lots of enzymes and vitamins, and so makes your bread more digestible and more nutritious. The enzymes also improve the flavor, make a finer texture, and increase shelf life. If you wanted to make malt syrup, you would slowly cook the sprouted grain to get a dark syrup, OR add the dry powdered malt to water. Also see: <https://byo.com/article/making-malt-extract/>

### Links for other recipes:

<http://everydayfoodstorage.net/training-cooking/grains>,

<http://everydayfoodstorage.net/2008/10/12/pumpkin-blender-wheat-waffles-with-caramel-sauce/food-storage-recipes> Pumpkin Blender Wheat Waffles with Caramel Sauce,

<http://everydayfoodstorage.net/category/long-term-food-storage/grains/wheat/blender-wheat>

Red, White and Blue Blender Pancakes (blender pancakes with red and blue berries, whipped cream),

<http://everydayfoodstorage.net/2008/04/01/food-storage-gourmet-blender-wheat-cookie/food-storage-recipes> Gourmet Blender Banana Wheat Cookie,

<http://everydayfoodstorage.net/2008/06/24/bring-one-of-these-one-of-a-kind-salads-to-your-next-gathering/food-storage-recipes> Feta Wheat Berry Salad, Wheat Berry Salad with Apples and Cashews

<http://selfreliantsisters.blogspot.com/search/label/Wheat%20Berries> Black Bean, Edamame, and Wheat Berry Salad, Crockpot Wheat Berries, Stovetop Wheat Berries, Pressure Cooker Wheat Berries, Carroll Shelby's Chili, Wheat Berry Pineapple Chicken Salad, Wheat Berry Salad, Wheat Nuts (like Corn Nuts);

<http://selfreliantsisters.blogspot.com/2010/02/4-blender-pancake-recipes.html> 4 different blender pancake recipes to try

<http://www.foodnetwork.com/search/delegate.do?fnSearchString=wheat+berry&fnSearchType=site> Wheat Berry Tapenade, Mushroom Wheat Berry Pilaf, Cumin-Scented Wheat Berry-Lentil Soup, Zesty Wheat Berry-Black Bean Chili, Rice, Red Lentil, and Wheat Berry Salad, Wheat Berries and Greens (Farro e Verdure)

<http://www.foodnetwork.com/search/delegate.do?fnSearchString=wheat+berry&fnSearchType=site> Easter Wheat Pie (Pastiera di Grano); the same type recipe baked in a springform pan to be a cake is as

<http://www.celt.net.org.uk/recipes/miscellaneous/fetch-recipe.php?rid=misc-la-pastiera-di-grano>

<http://www.ldspreparedness.com/Files/cookbook.pdf> The "New Ideas For Cooking with Food Storage" cookbook (20 pages). Meat substitutes and extenders, Bulgur Wheat, another Blender Wheat Pancake recipe with variation for Waffles, Chinese Fried Wheat (instead of rice), Italian Fried Wheat, Spanish Fried Wheat, Cracked Wheat Casserole (includes burger too), Popped

Wheat (similar to Corn Nuts), how to cook it: stovetop, Thermos, gas range's pilot light, crockpot, as cracked wheat.

<http://www.suegregg.com/> for whole foods, including lots of blender wheat recipes.

<http://www.westonaprice.org/food-features/1893-living-with-phytic-acid.html> for more information on phytates and proper grain preparation.