

Using Whole Wheat

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Recipes

WHEAT SPROUTS

Soak wheat or other seeds/grains in water for 8 hours or overnight. Put in sprouter or glass bottle with screen or nylon secured with a lid. Rinse and drain 3-4 times a day. Sprouts will be ready in 2-3 days. Store in refrigerator for up to a week.

A great way to add nutrition and enzymes to your diet. Sprouting will be a vital way to use your food storage in a time of scarcity as it adds Vitamin C as well as other nutrients and can fill in for fresh fruits and vegetables if none are available.

Serving suggestion: Add to salads, sandwiches, etc. Top omelets or anything and everything you eat. You are limited only by your imagination!

GORILLA POOP!

Basic Poop:

½ cup peanut butter

1/3-1/2 cup cocoa powder (or carob powder)

1/3 – 1/2 cup honey

1 ½ cup rolled oats

½ tsp. vanilla

1-2 Tbsp oil

Options:

½ cup shredded coconut, ¼ cup chocolate chips (or carob chips)

To make this super poop:

¼ cup wheat sprouts (sprout your wheat until the tail is about ¼” long)

½ cup sprouts (sunflower seeds, nuts, flax seeds, sesame seeds, pumpkin seeds—all of which are whole and raw and then soaked 8 hours or overnight. This turns them “on” and officially makes them a sprout even though they don’t have a visible tail. Then chop and add to your recipe.)

In a bowl, cream together peanut butter, cocoa, honey, and vanilla. Stir in rolled oats and any of the extras you want. Spread into pan and freeze or refrigerate until ready to eat. Makes 16-18 chunks of poop.

POPPED WHEAT

Put wheat (or one type of other grain or seed) in a fry pan (with no oil) over medium-high heat until lightly browned and popping sounds have almost stopped. Each time the grain/seeds are popped/roasted, add into a large bowl and stir together ½ teaspoon oil with onion or garlic salt.

Try adding soy sauce to moisten and sprinkle with chili powder and/or parmesan cheese. Herb seasoning salts are good. You may also want to add roasted nut, raisins, carob chips, freeze dried peas, corn nuts or other trail mix items with it.

STEAMED WHEAT BERRIES

4 cups wheat kernels
8-9 cups water
1 tsp salt

Stove top: Bring to a boil and reduce heat. Place lid on pan and simmer for 1 ½ -2 hours.

Slow cooker: Cook 6-8 hours or overnight on low.

Thermos: Put 1 cup wheat and ½ tsp salt in thermos. Fill with boiling water and screw the top on lightly. Allow to stand overnight. (Hay box cooking: Put in pan with lid. Insulate and let stand overnight.)

Pressure Cooker: Cook on high pressure for about 25 minutes.

Serving suggestions: Great for breakfast. Add honey, cinnamon, apples, or other spices and dried/fresh fruit. Blend in blender with a little water for a more creamy texture.

Refrigerate the rest and use it in your meals the rest of the week. Put in soups, salads, casseroles, and other dishes. Add to your ground beef as a meat extender, use in place of or in addition to rice or other grains. You are limited only by your imagination!

FRIED WHEAT BERRIES

Take cooked wheat kernels and drain very well so they won't splatter in the oil. Deep-fry them in small batches until crunchy. Spread them out onto paper towels to drain and sprinkle with salt and whatever other seasonings you want to add. Use them on salads or for a munchie snack! Enjoy!

CHINESE FRIED WHEAT

3 C. cooked cold wheat berries (boiled wheat kernels)
¼ C Bacon TVP or ¼ lb. finely diced ham or bacon
2 - 4 T. Oil
4 green onions, sliced OR rehydrated dried onion
1 Tbsp Soy sauce
¾ tsp salt
2 eggs OR rehydrated powdered eggs

If using uncooked meat, place meat in heavy hot skillet and stir fry about 5 minutes or until browned and cooked thoroughly. Add all other ingredients, except eggs, and stir-fry until heated through. Clear a spot in the center and scramble the eggs. When eggs are cooked stir all of the ingredients together. Serves 6.

APPLES AND WHEAT BERRY SALAD

¾ cup mayonnaise
1 ½ tsp fresh lemon juice
3 Tbsp sugar
½ tsp nutmeg
3 cups cooked wheat berries
2 large red apples, cored and diced
1 cup diced celery
1 cup raisins

Combine all ingredients in a large bowl and mix well. Refrigerate for 2 to 3 hours. Serving suggestion: place on a bed of lettuce and sprinkle with chopped walnuts or grated cheddar cheese.

BLENDER PANCAKES/WAFFLES

1 ¼ cups water	2 tbsp butter or oil
1 cup whole wheat kernels	1 tbsp honey or sugar
¼ cup nonfat dry milk (optional)	¼-1/2 tsp salt
1 egg	1 tbsp fresh baking powder

In blender, mix water, wheat kernels, and dry milk on high for 3 minutes. Add egg, butter, honey and salt. Blend for 20 seconds. Add baking powder. Pulse three times, just enough to mix. Mixture should foam up and get very light. Cook immediately on a hot nonstick griddle.

Cook: 3-4 minutes Yield: 16 2" pancakes

SOAKED RAW WHEAT BLENDER PANCAKES

1 c. wheat kernels
1T. oil
2 eggs, separated*
2 t. baking powder

½ tsp salt
2 T. milk powder (dairy, soy or rice)

Soak 1 c. whole wheat kernels overnight in 2 cups water. Drain, reserving ¾ cup liquid. Beat egg whites separately. Add wheat and reserved liquid to blender. Process on high until very smooth, about 2 minutes. Add egg yolks, oil (if used), and dry ingredients. Pour batter into mixing bowl and fold in egg whites. Ladle onto hot griddle and cook until browned on both sides.

*To make without eggs, fold 1 t. baking soda, ¼ c. water, and 2 T. vinegar into batter after blending.

WHEAT QUICK MIX (whole wheat Bisquick type baking mix)

8 cups whole wheat flour
1/4 cup + 2 tsp. baking powder
4 tsp. salt
1/4 cup granulated sugar

Thoroughly mix ingredients together. Best when stored in the refrigerator.

Use this mix by merely substituting it for the amount of flour called for in your favorite recipes, and omit the salt and baking powder or soda. -Note: Since flours vary considerably in moisture content, you may find the batter too thin and will need to add more mix; or it may be too thick and you will need to add more liquid. There is no limit to the use of this mix: pancakes, waffles, biscuits, muffins, fruit breads, cookies, and cake.

PANCAKES

2 Cups Wheat-Quick
2 Tbsp. Oil
1 Egg
1 2/3 Cup Milk

Mix until well blended.
Makes 18 - 4" pancakes.

WAFFLES

2 Cups Wheat-Quick
1 2/3 Cup Milk
1 Egg
4 Tbsp. Oil

Mix until well blended.
Makes 2 large or 6 small waffles.

MUFFINS

2 Cups Wheat-Quick
1 Cup Milk
2 Tbsp. Brown Sugar
2 Tbsp. Oil
1 Egg

Mix ingredients. Add cinnamon or other spices if desired. Grease muffin tins. Fill 2/3 full. Bake at 400° for 15 minutes.

CINNAMON WHEAT NUTS

3 cups whole wheat flour
¾ cup buttermilk
1 T vanilla
1 T cinnamon
½ t salt
¾ c brown sugar

Mix dry ingredients. Using electric mixer or rotary egg beater, add milk and vanilla and mix until you have very fine granules. Mixture should be dry and crumbly, but without any dry flour at the bottom of bowl. Spread on baking sheets and bake at 325 degrees for 10 minutes. Stir to break up granules and bake 5-10 minutes longer, until golden brown. Cool and store in air-tight container.

WHEAT CHIPS

1 TO 2 CUPS WHOLE WHEAT FLOUR (DEPENDS ON YOUR FLOUR)
2 CUPS WATER

Note: The batter should be similar to the texture of whole milk. The thinner the batter, the more crisp the chips.

Mix together and season to taste with one of the following:

½ tsp each onion and garlic salt and salt
1 tsp salt or vegetable salt substitute
3 to 4 Tbsp parmesan cheese
1 Tbsp of any seasoning, such as taco, barbecue, onion, etc.

Makes 1 ½ cups or 75 to 85 chips.

Stir ingredients together. Pour mixture into squeeze bottle (such as a ketchup bottle) and squirt onto non-stick or sprayed cookie sheet in potato chip shapes (add more flour if shapes run). Sprinkle with toasted sesame seeds if desired.

Bake at 350° for 10 to 15 minutes or until crisp. Check occasionally and turn chips over if middle is not cooking as fast as the outside.

For cold cereal flakes: Season batter only with salt to taste and a little sweetening if desired. Bake as above for wheat chips, and break into small flakes.

BASIC CRACKER RECIPE

2 cups whole wheat flour (can replace 1 of the cups with other flours, i.e., rice, oat, etc.)
1 tsp salt
½ tsp baking powder
½ tsp baking soda
¼ cup oil
¾ cup cold water

Cut flour, salt, soda, baking powder, seasonings and oil with fork or pastry cutter to produce a corn meal texture. Add the water and stir into a ball. Place ball of dough onto a baking sheet. Place wax paper on top of dough and roll out with a rolling pin or pizza roller to 1/8-1/4 inch thin. Take wax paper off and cut with knife or pizza cutter into squares or desired shapes. Bake at 350° for 12 to 15 minutes.

Note: If crackers are not crisp enough after they have dried out a while, put back in warm oven to desired crispness.

Onion Parmesan Crackers

Add:

½ tsp salt
½ tsp garlic powder
1 tsp onion salt
2 tsp spike

Sprinkle Parmesan cheese on top and press into dough with rolling pin.

GRAHAM CRACKERS

1 cup oil	2 tsp lemon or vinegar
1 cup brown sugar	2 tsp vanilla
½ cup honey	6 cups whole wheat flour
2 eggs	1 tsp salt
½ cup evaporated milk	1 tsp soda

Mix together evaporated milk, lemon juice. Add oil, honey, vanilla, eggs, sugar. Add all the ingredients to flour and mix. Divide into equal parts. Place on greased and floured cookie sheet. Roll in edges with bottle to 1/8 in thick. Bake at 375° for 10 minutes or until brown. Cut into squares when first out of the oven. Cool.

WHOLE WHEAT SNICKERDOODLES

1 cup butter or shortening
1 ½ cups sugar
2 eggs
2 ¾ cups whole wheat flour
½ tsp salt

1 tsp baking soda
2 tsp cream of tartar
1 tsp cinnamon
2 Tbsp sugar

Cream together butter and sugar. Add eggs one at a time and beat well. Combine flour, cream of tartar, baking soda and salt. Add to creamed mixture. Combine cinnamon and sugar in separate bowl. Form dough into one inch balls and roll in cinnamon and sugar mixture. Bake at 400° for 8-10 minutes.

CRACKED WHEAT CEREAL

1 cup cracked wheat or 9 grain cereal (crack wheat with hand mill or blender)
2-3 cups water ½ tsp. salt

Add cracked wheat and salt to boiling water. Cook for 15-20 minutes on medium heat.

Serve with sweetening and milk if desired.

(Soaked method: Rinse and place whole grain in pan with water at least 1" over wheat kernels. Soak overnight. In morning pour water and wheat in blender and blend until wheat is chopped as desired. Place wheat and water in saucepan with more water, if necessary, and cook 3-5 minutes.)

WHEAT GRASS

To grow: Soak wheat kernels for 12 hours, drain, lay on the top of a tray filled with 1 inch of damp dirt. Cover with newspaper 3 pieces thick for about 3 days. Once roots start to go into dirt, take off the newspaper (works better if in a warm room). Water each day or two. In 10-12 days, it will look like tall grass.

To Harvest: Cut with scissors or knife next to root (you don't have to harvest all at once). Cut into ½ inch or 1 inch pieces, put in blender. Add 1 cup of water (pineapple juice if you have it tastes better). Blend for 30 seconds. DO NOT OVERBLEND! This will oxygenate and you will lose some of the nutrients. Filter through cheese cloth or fine strainer. Drink within a few minutes.

MEAT SUBSTITUTES

Cooked wheat--cracked, bulgar, or whole as well as soaked berries, can be used as meat substitutes or extenders added to ground beef.

HAMBURGER EXTENDER

Add cooked wheat berries, cracked wheat, or bulgar to your hamburger as much as 1 to 1. Use as you usually would. No additional seasonings necessary.

SOAKED WHEAT MEAT

Soak 3 cups of wheat 24 hours, rinsing when water gets cloudy. Drain and put through meat grinder.

To prepare: Put some oil in a pan and add wheat mixture and heat, breaking wheat up with spoon to achieve meat-like texture.

Add seasonings:

2 Tbs. Beef flavoring

2 Tbs. Chicken flavoring

1 tsp Salt

**To use for tacos, add 2 Tbs. onion flakes, chili powder, and cumin (or just add the mexicali seasoning).

WHEAT PATTIES (use for hamburgers, salisbury steak, etc.)

Soak 3 cups of wheat 36 hours, rinsing when water gets cloudy. Drain and put through meat grinder.

Add seasonings:

2 Tbs. Beef flavoring

2 Tbs. Chicken flavoring (or flavorings of your choice)

1/2 C. water

1 tsp. salt

Mix in a mixer until gluten forms (about 3 mins.) Divide into 12 balls. On a lightly oiled cutting board, form into patties. Cook on a griddle, on top of the stove, or bake in the oven, turning over to cook each side.

WHEAT LOAF

Soak 3 cups of wheat 36 hours, rinsing when water gets cloudy.
Drain and put through meat grinder.

add:

2 Tbsp beef flavoring	1/2 cup water
2 Tbsp chicken flavoring	2 tsp salt
(or flavorings of your choice)	1/2 cup oil
1/3 chopped onion	2 Tbsp baking power (optional)

Mix in a mixer until gluten forms. Put in a well-greased loaf pan.
Bake for 1 hour covered with foil at 350 degrees.
Remove foil and bake 30 min. more.

BEEF SEASONING

17 Tbs. Nutritional yeast
3 Tbs. Sweet pepper, ground
3 Tbs. Parsley flakes, powdered
3 Tbs. Salt
1 tsp. Dill seed, powdered
4 1/2 tsp. Celery seed, powdered
4 1/2 tsp. Onion powder
1 Tbs. Basil, powdered
1 tsp. Rosemary leaves, powdered
1 Tbs. Thyme, powdered
1 tsp. Black pepper

Makes about 2 cups

SAUSAGE SEASONING

3 Tbs. Ground rosemary
7 Tbs. Ground sage
7 Tbs. Salt
3 Tbs. + 1 tsp. Powdered marjoram
3 Tbs. + 1 tsp. Powdered basil
2 Tbs. Cayenne (I would start with 1 tsp.)
1 tsp. Black pepper
2 Tbs. Garlic powder

Makes about 1 cup

CHICKEN SEASONING

21 Tbs. Nutritional yeast
3 tsp. Onion powder
3 1/2 tsp. Salt
2 1/2 tsp. Rubbed Sage
2 1/2 tsp. Celery seed, powdered
2 1/2 tsp. Thyme, ground
2 1/2 tsp. Garlic powder
1 1/4 tsp. Marjoram, ground
1 1/4 tsp. Tarragon, powdered
1 1/4 tsp. Paprika
1 1/4 tsp. Rosemary powdered
1/2 tsp. Ground ginger
1/2 tsp. Ground turmeric

Makes about 2 cups

MILD MEXICALI SEASONING

20 Tbs. Chili powder
4 Tbs. Cumin
3 Tbs. Salt
5 tsp. Oregano
3 tsp. Garlic powder
1 1/8 tsp. Cayenne

Makes about 1 cup

The seasonings come from LeArta Moulton's The New Gluten Book

You can make up these seasonings or just put in some of your own.

You need to use a generous amount of oil because the wheat doesn't have any fat and you don't want it to stick.

CRACKED WHEAT SAUSAGE

1 3/4 cups water boiling

1 Tbsp beef bouillon

1 cup cracked wheat

Cook on low until water is all absorbed and wheat is very soft. Makes 3 cups.

3 cups beef flavored cracked wheat

3 Tbsp flour

3 eggs

2 tsp sausage seasoning

Mix together and shape into patties. Fry in hot oil until brown. Can freeze cooked patties.

SAUSAGE SEASONING

3 Tbsp ground rosemary

7 Tbsp ground sage

7 Tbsp Salt

3 Tbsp + 1 tsp Powdered marjoram

3 Tbsp + 1 tsp Powdered basil

2 Tbsp Cayenne (I would start with 1 tsp.)

1 tsp Black pepper

2 Tbsp Garlic powder

Makes about 1 cup