

Your Guide To: Grains

ABOUT GRAINS

The high nutritional value of whole grains can make them the cornerstone of a well-balanced diet. In addition to providing essential vitamins and minerals, grains are an excellent source of fiber.



GRAINS A-Z

- **Amaranth:** Technically not a grain, but a seed. Amaranth is a fantastic source of nutrients, including protein, calcium, iron and zinc.
- **Barley:** An excellent source of soluble fiber, which helps lower blood cholesterol.
- **Buckwheat:** Not a true grain, but a member of the rhubarb family. Buckwheat is high in protein and distinctively flavored.
- **Corn:** Yellow corn is the only grain that is a significant source of vitamin A. Blue corn contains more protein than yellow or white corn, and is richer source of manganese and potassium.
- **Couscous:** A tiny pasta made from semolina, the ground endosperm of hard durum wheat. Couscous is quick and simple to prepare. It is often found in North African cuisine.
- **Kamut:** Ancient form of wheat. More nutritional value than modern, hybridized wheat.
- **Millet:** Higher in iron and protein than most other grains. One of the least allergenic grains.
- **Oats:** A good source of soluble fiber, which helps lower blood cholesterol. A higher percentage of fat means more warmth and stamina for you!
- **Quinoa:** (keen-wah) Originally cultivated in the mountains of Peru, it has the highest protein content of all grains. Rinse thoroughly before cooking to remove the bitter tasting saponins that coat the grain.
- **Rice:** The domestication of rice ranks as one of the most important developments in history. This grain has fed more people over a longer period of time than has any other crop. There are countless varieties of rice, a dozen or more of which are stocked here at Community Market. One of the easiest grains to digest, rice is a good option for people with common food allergies.
- **Rye:** An especially good source of the mineral manganese.
- **Spelt:** A non-hybridized wheat that is higher in protein and fiber than common wheat. Spelt has a lower gluten content than wheat, and substitutes well in baking.
- **Triticale:** A cross between rye and wheat, and nutrition-ally superior to both. Most often used as a flour, but sometimes available in flakes or berries. Triticale can be used as a substitute for wheat or rye in any recipe.
- **Wheat:** The world's preeminent cereal grain, wheat is nutritious, stores well and has superior qualities for baking. The unprocessed seeds are called whole wheat berries. These are processed into flour, bulgar, cracked wheat, bran, germ, gluten and countless other forms.
- **Wild Rice:** Not technically rice at all, wild rice is an aquatic grass native to the Great Lakes region of North America. It is more closely related to corn than rice. Substantially more nutritious than most rice varieties, wild rice has twice the protein, four times as much phosphorus, eight times as much thiamin and twenty times as much riboflavin.

STORAGE TIPS



Whole and cracked kernels of grain still contain the oil-rich germ and can become rancid. To ensure freshness, buy these forms of grain in small quantities and store them in a cool, dry, dark place for up to six months.

SOAKING YOUR GRAINS

Whole grains contain enzyme inhibitors that can interfere with digestion and other natural substances that block you from absorbing all of those great minerals and vitamins. It's only been in more recent years that we have disregarded traditional methods of sprouting, soaking, and fermenting grains. For those who have had digestive trouble when eating whole grains, this could be part of the answer for you. For the rest of us, it will help make sure we don't develop digestive issues and insure that we are able to fully utilize all of those vitamins and minerals we eat whole grains to get!

How do you do it?

It's quite simple. You can soak grains like rice, millet, quinoa, wheat, 12 to 24 hours at room temperature in some water with 1-2 tablespoons of whey, lemon juice, vinegar, buttermilk, yogurt, or kefir (this gives it an acidic medium which helps neutralize anti-nutrients). You can then rinse the grains to remove any acidic taste to them, and then cook in fresh water.

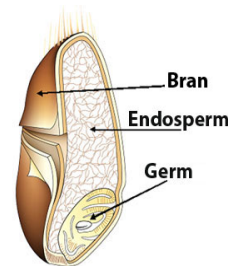
For baked goods, you can soak your flour in buttermilk, yogurt or kefir 12 to 24 hours and then add the rest of the ingredients right before baking.

Grain (1 Cup)	Water	Cooking Time	Yield
Amaranth	3 cups	20 min., let stand 5 mins	3 cups
Barley:			
Whole Barley*	2 1/2 - 3 cups	55 min.	2 3/4 cups
Pearled Barley	2 1/2 cups	40 min.	3 cups
Barley, Rolled	2 1/2 cups	12 min.	3 cups
Buckwheat or Kasha	2 cups	15 min., then fluff with fork	2 1/2 cups
Corn:			
Cornmeal**	4 cups	30 min. stir constantly	3 cups
Polenta	4 cups	20 min. stir frequently	3 cups
Millet	3 cups	30 min., then fluff with fork	3 1/2 cups
Oats:			
Oat Groats*	2 cups	45-60 min.	3 cups
Steel-cut Oats*	4 cups	40-45 min.	3 cups
Rolled Oats	2 1/2 cups	10 min.	3 cups
Quinoa**	2 cups	15 min.	2 1/2 cups
Rice:			
White (Sushi, Basmati, Jasmine)	2 cups	15-20 min., let stand 10 min.	3 cups
Brown (short/med./long grain)	2 cups	50 min.	3 cups
Sweet Brown Rice	1 1/2 cups	30 min.	3 cups
Black Japonica, Wehani	2 1/4 cups	45 min., let stand 10 min.	3 cups
Wild Rice	3 cups	1 hour	3 1/2 cups
Rye:			
Rye Berries*	3 1/2 - 4 cups	50-60 min.	2 1/2 cups
Rye Flakes	2 cups	15-20 min.	2 1/2 cups
Spelt, Rolled	2 1/2 cups	12 min.	3 cups
Teff	3 cups	15 min.	3 1/2 cups
Triticale	2 1/2 cups	1 hour	3 1/4 cups
Wheat:			
Couscous	2 1/2 cups, boiling	let stand 15 mins., then fluff	3 cups
Bulgur Wheat	2 cups	15-20 min.	2 1/2 cups
Cracked Wheat	2 1/4 cups	35-40 min.	2 1/2 cups
Whole Wheat Berries*	3 1/2 - 4 cups	50-55 min.	2 1/2 cups
Whole Wheat Rolled	2 1/2 cups	15-20 min.	2 1/2 cups

* Soak overnight to reduce cooking time

** Cook uncovered

GRAIN ANATOMY



• The husk is a fibrous protective covering, and provides minimal nutrients.

• The bran is comprised of cellulose, an insoluble fiber, and contains some B vitamins, iron, and protein

• The endosperm is the largest part of the grain, and it contains the starch that is converted into glucose for sustained energy.

• The germ is the small center of the grain, and it contains the most nutritional value. It is especially high in B vitamins, vitamin E, unsaturated fat, minerals, and carbohydrates.

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