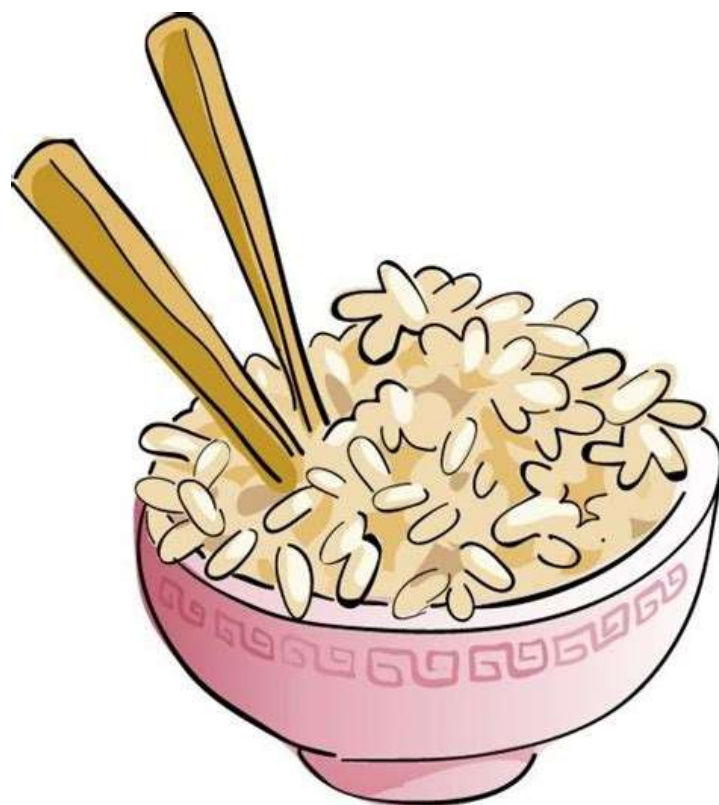


GRAIN BOWLS RECIPES



FACT SHEET – SOAKING AND COOKING WHOLE GRAINS

Fact Sheet: Grain Cooking Chart

Rice (1 cup)	Water	Cooking Time	Yield
^Brown Rice (long grain)	2 cups	35 to 45 minutes	3-1/2 cups
^Brown Rice (short grain)	2 cups	35 to 45 minutes	3-3/4 cups
^Brown Basmati Rice	2 cups	45 to 50 minutes	4 cups
^Brown Jasmine Rice	2 cups	45 to 50 minutes	4 cups
^Black Japonica Rice	2 cups	45 minutes	3-1/2 cups
^Wild Rice	2-1/2 cups	1-1/4 hours	4 cups

Grain (1 cup)	Water	Cooking Time	Yield
^Amaranth**	1-1/2 cups	25 minutes	2 cups
Barley, hulled	3 cups	1-3/4 hours	4 cups
Barley, pearl	2 cups	1-1/2 hours	4 cups
^Buckwheat/Kasha	1-1/2 cups	10 minutes	3-1/2 cups
Bulgur*	1-1/2 cups	30 to 40 minutes	3 cups
^Cornmeal (Polenta)	2-1/2 cups	10 minutes	3-1/2 cups
Couscous	1-1/4 cups	10 minutes	2-3/4 cups
Kamut	2-1/2 cups	1-3/4 hours	2-1/2 cups
^Millet	2 cups	25 minutes	3-1/2 cups
^Oat Groats	2-1/2 cups	35 to 40 minutes	2-1/2 cups
^Oats, Rolled	2 cups	20 to 30 minutes	3 cups
^Quinoa**	2 cups	25 to 30 minutes	4 cups
Rye	2-1/2 cups	1-1/4 hours	2-1/2 cups
Spelt	1-1/2 cups	50 to 60 minutes	2 cups
^Teff	3 cups	15 minutes	3 cups
Wheat, Cracked	2-1/2 cups	7 to 10 minutes	3-1/2 cups
Wheat, Hard (Red)	2 cups	2 hours	3 cups
Wheat, Soft (White)	2 cups	1-1/2 hours	3-1/2 cups

Notes. Cooking times are for *unsoaked* whole grains. Soaked whole grains usually cook in about half the time. Add more water or broth to simmer them longer. *Soak, don't cook. **Rinse first. ^Gluten-free (oats are gluten-free if purchased certified gluten-free).
(credit: Molly Katzen's Enchanted Broccoli Forest)

Fact Sheet: Soaking and Cooking Whole Grains

Why Soak Whole Grains

In their raw and/or cracked state, all whole grains contain phytic acid in the outer layer, or bran. This phytic acid combines with calcium, magnesium, copper, iron and zinc in the intestinal track, blocking mineral absorption. A diet high in untreated, cooked whole grains may lead to mineral deficiencies and bone loss. Soaking grains in warm, acidic water for as little as seven hours will neutralize most of the phytic acid.

Raw, untreated, and uncooked whole grains, like all seeds, contain enzyme inhibitors. Digestion is impaired when the enzyme inhibitors prevent digestive enzymes from doing their work. Enzyme inhibitors are deactivated either through germination, which soaking mimics, or through cooking. In the case of cracked whole grains, which won't germinate, enzyme inhibitors are deactivated through cooking.

Finally, the proteins in grains, such as gluten, are more difficult to digest. The process of soaking (and fermenting) grains partially breaks down the difficult proteins into more easily digestible components.

(credit: Sally Fallon's [Nourishing Traditions](#))

How to Soak and Cook Whole Grains or Whole Cracked Grains

(Refer to the **Fact Sheet: Grain Cooking Chart** for amounts of grain and water.) Rinse the full amount of grain, if necessary (or desired). In the pot for cooking, combine the grains and full amount of warm water* along with an acid, such as Kombucha, raw apple cider vinegar, lemon juice, buttermilk, kefir, whey, yogurt, etc. Use 1 tablespoon of the acid per cup of liquid. Start the soaking the night before, so the grains will soak at least 7 to 8 hours. Keep the mixture warm.

After the soaking time has passed, it is time to begin the cooking process. There is no need to drain the water. However, some prefer to drain and rinse the grains, then replace the amount of water that was drained.

**To cook with stock, do the overnight soaking in half the total amount of water required, and with 1 tablespoon per cup of water used. After the soaking, add the remaining liquid in the form of stock and proceed with the cooking, adding salt or oil as desired.*

To cook, add 1/2 tablespoon of extra-virgin olive oil or unrefined virgin coconut oil per cup of grain (optional). Add 1 teaspoon of sea salt per cup of grain (optional). Bring to a boil. Reduce heat to low and cover. Do not lift lid during cooking time, except very quickly once or twice to make sure it is simmering gently.

The grains are done when all the water is absorbed and they are quite tender, which is usually about half the time normally required for cooking dry whole grains. However, grains benefit from extended simmering time, which may be accomplished by adding extra liquid and allowing extra cooking time. When done, turn off the heat and remove the pot from the burner. Let stand, covered, for about 15 minutes. Fluff with fork.

FACT SHEET – HOW TO SOAK AND COOK DRY BEANS

Fact Sheet: How to Soak and Cook Dry Beans

Step 1: Soaking the Beans

Put dry beans in the cooking container (stockpot or crockpot). Fill with triple the amount of water as beans. Optionally, add a pinch of baking soda to the water for all other beans.

In the Stockpot. Bring all to a light simmer, then turn off heat. Cover the pot and let beans soak a minimum of 7 hours, but preferably overnight or 12 to 24 hours.

In the Crockpot. Put the lid on the crock. Turn the crockpot to HIGH for 1/2 to 1 hour to warm up the mixture. Turn off the crockpot. Let beans soak a minimum of 7 hours, but preferably overnight or 12 to 24 hours.



Step 2: Cooking the Beans

Drain and rinse the beans. Cover the beans in the stockpot or crockpot with water. Use at least double the amount of water as beans.

In the Stockpot. Bring the bean/water mixture to a boil, then cover all or partially as the boil reduces to a constant simmer. Watch for foam, and skim as it appears. Boil gently until beans are tender — about an hour for soft beans, or an hour and a half for harder beans. Turn off the heat. Drain. The cooking water may be kept and used in soups.

In the Crockpot. Turn the crockpot to high for one hour, then turn down to low for the duration of the cooking time. Skim foam occasionally, but quickly so as not to lose much heat. Cooking time depends on the crockpot's heat output, but generally 8 to 12 hours cooking time is sufficient for most hard beans; soft beans such as lentils and peas will take less time. Turn off crockpot. Drain. The cooking water may be kept and used in soups.

Note: Soft beans, such as lentils, peas, or split mung beans, will often be falling apart by the time they are tender. Therefore, I advise following a recipe that takes into account the proper amount of water for the desired food consistency.

Optional (for hard beans): add 1/2 teaspoon (2.5 mL) baking soda or a piece of kombu (Japanese sea vegetable) to the cooking water.

Generally, 1 cup of dry beans will yield 2-1/2 to 3-1/2 cups of cooked beans.

GRAIN BOWL SAUCES:

PEANUT SAUCE:

½ cup peanut butter
2 TB fresh lemon or lime juice
1 TB soy sauce
1 TB minced fresh ginger
2-4 tsp Thai red curry paste, to taste
¼ cup water

In a bowl, combine all the ingredients from the peanut butter through curry paste and stir with a fork/whisk until smooth. Then add the water and stir until creamy.

YIELD: 1 cup

THAI PEANUT SAUCE

¼ cup creamy peanut butter
3 TB rice vinegar
2 TB soy sauce
2 TB honey
2 TB lime juice
1 TB fresh ginger minced
1 tsp sesame oil
2 cloves garlic, minced
¼ tsp crushed red chili flakes
Salt and freshly ground black pepper

In a small bowl, whisk together peanut butter, rice vinegar, soy sauce, honey, lime juice, ginger, sesame oil, garlic, and red pepper flakes. If the dressing is thick, thin with water. Season to taste with salt and pepper.

YIELD: about 1 cup

SESAME-GINGER VINAIGRETTE

1-inch knob fresh ginger, peeled and minced (1 TB)
1 TB toasted sesame seeds
3 TB tamari or soy sauce
1 TB oil
1 TB maple syrup or runny honey
1 TB seasoned rice vinegar
1 tsp toasted sesame oil

In a small bowl, whisk together all the ingredients. Taste and adjust the seasonings if needed.

Alternatively, combine all the ingredients in a jar and shake to combine. Store in the fridge for up to a week.

YIELD: about 1/2 cup

GINGER TAHINI SAUCE

4 TB tahini
2 TB minced ginger
2 TB tamari or soy sauce
2 TB lemon juice
2 TB raw honey
1 garlic clove, crushed
1 tsp sea salt
2 TB spring water

Blend all the ingredients together until smooth.
Shelf life: 2 days in the fridge – stir again before serving.

Good on about anything!

YIELD: about 1/2 cup

VARIATIONS: leave out ginger for LEMON TAHINI...or use orange juice in place of lemon juice for ORANGE TAHINI

TERIYAKI SAUCE

½ cup soy sauce
½ cup water
3 TB packed light brown sugar
2 TB rice vinegar
½ tsp sesame oil (optional)
2 tsp. grown ginger
2 tsp. minced garlic
2 TB honey
3 tsp cornstarch

In a small pan combine all of the ingredients and stir well. Bring to a boil and stir until the sauce thickens.

YIELD: about 1 cup

SWEET AND SOUR SAUCE

1 cup canned pineapple juice (see note)
¾ cup packed light brown sugar
1/3 cup rice vinegar or apple cider vinegar
3 TB ketchup
2 TB soy sauce

Place all of the ingredients, except for cornstarch slurry, in a small saucepan and bring to a boil. Stir in the cornstarch slurry and simmer for another minute until thickened, stirring constantly.

YIELD: about 1-2 cup

NOTE: freshly squeezed pineapple juice contains enzymes that will break down the cornstarch and prevent the sauce from remaining thick, so either use canned or bottled juice.

For the cornstarch slurry: 1 ½ TB cornstarch dissolved in 2 TB water.