



Why whole grains?

Whole grains offer so much more than a little extra fibre! We have chosen to focus our offer on whole grains because these humble foods are incredibly rich. A good whole grain may provide all the protein you need in a meal, not to mention a lovely balance of vitamins, minerals & other nutrients.

It seems a shame that typical refined white flour loses 80% of its nutrients – all the iron, thiamine & riboflavin; most of the niacin, protein & folate, and some vitamin E & B6, magnesium, zinc... the list goes on!

Further, whole grains contain more fibre causing us to digest the food more slowly, providing more sustained energy & less of an increase in blood sugar. Anyone accustomed to brown pasta will notice how much less full you feel after a plateful of the white stuff.

To take advantage of all that whole grains have to offer, try experimenting & enjoy the wide variety of nutrients, textures & most importantly flavours!

Gluten free:

Corn (polenta), buckwheat (related to rhubarb), quinoa, millet, rice, tapioca, bean flours (gram/chickpea or soya)

Good alternatives to wheat, not gluten-free:

Rye, oats, barley

Similar to wheat, lower gluten content:

Spelt, farro (emmer), kamut

Similar to wheat, similar gluten content:

Durum wheat (pasta, semolina, often in couscous & bulgur)

Cooking with whole grains

Keep in mind it's more art than science, so experiment with what works best! Some grains benefit from stock rather than water, or dry toasting/frying a little in the pan before you cook them for more flavour. Try these basic instructions:

1. Rinse grain & bring liquid to boil
2. Add grain, pinch salt, stir & bring back to boil for a couple minutes
3. Cover & turn heat to low (don't disturb!) until liquid is absorbed
4. Turn off heat & let sit 5-10 minutes (don't stir!)

Amounts indicated below are guidelines for 1 cup grain by volume or any standard measure (mug, etc.):

	<i>Liquid</i>	<i>Time</i>	<i>Notes</i>
Barley	4 cups	1-1½ hrs	Slower than pearl barley
Buckwheat	2 cups	15-20 min	Good to toast first
Bulgur I (chewy)	2½ cups	1-2 min	& Stand 30min (for salad)
Bulgur II (fluffy)	2 cups	15 min	As a stuffing or side
Couscous	2 cups	1-2 min	& Let stand 10min
Farro	3 cups	1½-2 hrs	Used in early baking!
Millet	2 cups	20-30 min	Digestible & nutritious
Quinoa	2 cups	15-20 min	Rinse 1st & toast if you like
Polenta I (pudd)	2-3 cups	15-20 min	Humble, versatile Italian fare
Polenta II (cake)	1½ cups	3-5 min	Brush with oil & grill!
Rice: Short Grain	2 cups	25-35 min	Use in risotto or rice pudding
Rice: Long Grain	2-2½ cups	25-35 min	Fluffier, for pilaf & sides
Rice: Basmati	2 cups	30-40 min	Fragrant long-grain rice
Rice: Jasmine	2 cups	30-40 min	Thai aromatic long-grain
Rice: Sweet	1½ cups	40-45 min	Thai stickier long-grain
Rice: Red	2 cups	40-45 min	Nutty & chewy (Or soak first)
Rice: Wild	3-4 cups	45-55 min	Tasty & nutty, lovely in salad
Rice: Risotto I	4 cups	50-60 min	If you cook like other rice
Rice: Risotto II	4-5 cups	1½-2 hrs	If you add liquid bit by bit
Wheat Grain	2½ cups	1½-2 hrs	Can be sprouted as well