



## 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, folate & protein, and some vit 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!

### **No gluten containing ingredients (NGI):**

Corn (polenta/maize), buckwheat, quinoa, millet, rice, tapioca, ground almonds, coconut/bean (gram, chickpea, soya) flours, gluten-free oats

### **Alternatives to wheat, not gluten-free:**

Rye, oats, barley

### **Similar to wheat but with 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 rules:

1. Rinse grain & put in pan with cold water & salt/stock. Bring to a boil.
2. Cover & turn heat to low (don't disturb!) until liquid is absorbed.
3. Turn off heat & let sit covered 5-10 minutes (don't stir).

*Amount for 1cup/240ml grain by volume, or any standard measure, mug, etc.*

	<b>Liquid</b>	<b>Simmer Time</b>	<b>Notes</b>
Barley	3 cups	45min-1hr	~20min more than pearl barley
Buckwheat	2 cups	15-20 min	Good to toast first
Bulgur (chewy)	2½ cups	1-2 min	&Stand 30min (for salad)
Bulgur (fluffy)	2 cups	15 min	As a stuffing or side
Couscous	¼ cups	-	Add boiled water&stand 10min
Millet	1-1½ cups	20-30 min	Digestible & nutritious
Quinoa	1½-2 cups	15-20 min	Rinse 1st & toast if you like
Polenta (pudd)	2-3 cups	15-20 min	Humble,versatile Italian fare
Polenta (cake)	1½-2 cups	5-10 min	Stir lots, brush with oil & grill!
Rice: Short	1½-2 cups	20-25 min	Use in rice pudding
Rice: Long	2 cups	20-25 min	Fluffier, for pilaf & sides
Rice: Basmati	1½-2 cups	20-25 min	Fragrant long-grain rice
Rice: Jasmine	1½-2 cups	20-25 min	Thai aromatic long-grain
Rice: Sweet	1½-2 cups	40-45 min	Thai stickier long-grain
Rice: Red	2 cups	40-45 min	Nutty& chewy (can soak first)
Rice: Wild	3 cups	45-55 min	Tasty& nutty, lovely in salad
Risotto Brown	4-5 cups	1½-2 hrs	If you add liquid bit by bit
Spelt	3 cups	1-1½ hrs	Or soak 3-4hrs & cook 25min.
Wheat Grain	2½-3 cups	30min-1hr	Delicious in salads or as a side.