



Whole Wheat Recipes

Blender Wheat Pancakes

Ingredients:

- 1 cup milk or 1/3 cup nonfat powdered milk and 1 cup water
- 1 uncooked cup whole wheat kernels
- 2 eggs
- 2 tsp baking powder
- 2 Tbs oil
- 2 Tbs honey or sugar
- 1/2 tsp salt

Directions - Combine milk and wheat in blender blend on highest speed for 4-5 minutes. Allow to sit at room temperature over night. Next day add eggs, oil, baking powder, honey and salt. Blend on low to combine. Cook on hot griddle. Makes 6-8 pancakes.

Cooking Whole Wheat by Nancy Berry

Ingredients:

- 1 cup wheat kernels
- 2 cups water
- 1 tsp salt

Directions - Method 1: Wash wheat, soak in salted water overnight. Boil in same water 5 minutes, simmer 1 hour or until tender. Triples in volume.

Method 2: Wash wheat, add to boiling salty water. Reduce heat, simmer 5-6 hours

Method 3: Wash wheat, add to boiling salty water. Boil 2 minutes, pour into preheated thermos. Seal immediately and let sit overnight. (Make sure thermos is large enough for wheat expansion)

Method 4: Wash wheat. Place wheat, water and salt in a crock pot. Cook on low 8 hours. May be served as a delicious cereal or to add to other recipes (this amount serves 4)

Method 5: Toast grain kernels on cooking sheet in 375° F oven for 10 minutes. Transfer to saucepan and add 3 cups water and a big pinch of salt. Bring to a boil, reduce heat to simmer and cook covered for 30 minutes. Start checking for doneness. Should be chewy, not tough. Cook until preferred tenderness is achieved. Drain, transfer to bowl.

Toss with a dash of olive oil and pinch of salt. Can store in refrigerator for a week.

Note: Check pot to make sure there is enough water. Add more hot water as needed.

Wheat Berry Salad

Ingredients:

- 1 1/2 cup hard wheat berries
- 3/4 cup chopped walnuts
- 2 stalks celery, finely chopped
- 1/2 cup tart dried cherries, chopped
- 1 scallion, white and green parts, chopped
- 1/2 cup finely chopped parsley leaves
- 3 Tbs olive oil
- 2 Tbs lemon juice

Salt and freshly ground black pepper, to taste

Directions - In a large pot combine the wheat berries and enough water to cover by 2 inches. Bring to a boil and cook uncovered for 1 hour, or until tender. Drain and let cool. Toast walnuts in medium dry skillet over medium-high heat until fragrant, 2-3 minutes. In a large bowl, combine wheat berries, walnuts, celery, dried cherries, scallions, parsley, olive oil and lemon juice. Season with salt and pepper.

Warm Wheat Berry and Mushroom Salad

Ingredients:

2 cups wheat berries
3 bay leaves
1 bundle fresh thyme
Kosher salt
4 oz slab of bacon, cut into lardons
extra-virgin olive oil
1 red onion, cut into 1/4 " pieces
pinch of crushed red pepper
1 sprig fresh rosemary, leaves finely chopped
1 1/2 lbs assorted mushrooms, sliced
1/2 cup chicken broth
1/2 cup dry white wine
1 bunch fresh Italian parsley, finely chopped

Directions - Put wheat berries in a medium sauce pan and toss in bay leaf and thyme bundle. Fill pan with water and season with salt. Bring water to boil and reduce to a simmer, until soft, 1 hour. Drain wheatberries. In large skillet, render bacon until almost crispy. Add few drops olive oil and add onions. Season onions with salt, a pinch of crushed red pepper and the rosemary. Bring pan to a medium heat and cook onions for 6-7 minutes. Add garlic and cook 2-3 minutes longer. Add mushrooms, stir to coat with oil. Season with salt and cook 5-6 minutes. Add wine and cook until reduced by half. Toss in wheat berries and chicken stock. Cook until stock has reduced almost all the way but salad is not dry. Stir in parsley and serve warm or at room temperature.

Wheat Berry Salad with Melon & Feta

Ingredients:

3 Tbs extra virgin olive oil
2 Tbs white wine vinegar
1/2 tsp Kosher salt
1/2 tsp freshly ground black pepper
1/2 tsp tomato paste
1 1/2 cups cooked wheat berries
1 cup sliced English cucumber
1 cup chopped watermelon
1 cup yellow grape tomatoes, halved
3 Tbs chopped fresh mint
2 oz feta cheese, crumbled (about 1/2 cup)
2 Tbs unsalted sunflower seed kernels

Directions - Combine first 5 ingredients in a large bowl, stirring well with a whisk. Stir in wheat berries, toss to coat. Stir in cucumber, watermelon, tomato, and mint; toss to coat. Sprinkle with cheese and sunflower seeds

Smoked Salmon-Wheat Berry Salad with Caper-Yogurt Dressing

Ingredients:

3 Tbs water
2 Tbs capers, drained
2 Tbs plain 2% Greek yogurt
2 Tbs cider vinegar
1 tsp Dijon mustard
3/4 tsp freshly ground black pepper
1/2 tsp sugar
3 oz 1/3-less-fat cream cheese
2 cups cooked wheat berries
1/2 cups thinly sliced English cucumber
3/4 cup thinly vertically sliced red onion
1/3 cup fresh dill
3 1/2 oz cold-smoked salmon, cut into thin strips, divided
4 cups baby spinach leaves

Directions - Combine first 8 ingredients in a bowl, stirring well with a whisk. Stir in wheat berries, cucumber, onion, dill and 1 1/2 oz salmon; toss to coat. Place 1 cup spinach in each of 4 bowls, top each serving with 1 cup wheatberry mixture and 1/2 oz salmon

Cashew Chicken Wheat Berry Salad with Peas

Ingredients:

4 tsp hoisin sauce
1 Tbs rice vinegar
1 Tbs low sodium soy sauce
1 Tbs minced garlic
1/2 tsp freshly ground black pepper
1/4 tsp Kosher salt
2 cups cooked whole wheat berries
1 1/2 cups chopped cooked chicken thighs
3/4 cup sugar snap peas, halved diagonally
1/2 cup dry-roasted unsalted cashews
1/3 cup thinly sliced green onions

Directions - Combine first 6 ingredients in a medium bowl, stirring well with a whisk. Add wheat berries, chicken, and peas; toss well to coat. Stir in cashews and onions.

Nancy's Wheat Casserole

Ingredients:

- 1 cup wheat berries, pre-cooked and drained
- 1 lb ground meat
- 1 large onion, chopped
- 2 Tbs vegetable oil
- 1 cup celery, chopped
- 2 cups carrots, diced
- 1 can cream of mushroom soup
- 1 1/2 cup water
- 1 cup potato chips, crushed (optional)
- 1 large pimento, diced

Directions - Brown meat and onion in oil and drain. Add remaining ingredients except potato chips. Butter the bottom of a baking dish. Pour in mixture and sprinkle potato chips on top. Bake at 350°F for 45 minutes to 1 hour, or until vegetables are done.

Whole Wheat Pizza Dough

Ingredients:

- 1 1/2 cup warm water (115°F)
- 2 packets active dry yeast
- 1/4 cup olive oil
- 2 Tbs sugar
- 2 tsp salt
- 2 cups white flour
- 2 cup whole wheat flour

Directions - Place water in large bowl; sprinkle with yeast. Let stand until foamy, about 5 minutes. Brush another large bowl with oil. In bowl with yeast, whisk sugar, oil, and salt. Stir in flour with a wooden spoon until a sticky dough forms. Transfer to oiled bowl.

Brush top of dough with oil. cover bowl with plastic wrap; let stand in a warm spot until dough has doubled in size, about 1 hour. Turn dough onto a well floured surface. With floured hands, knead until smooth, about 15 seconds; divide into two balls.

To Freeze: Set balls on a plate not touching; freeze until firm about 1 hour. The place in freezer bag up to 3 months. Thaw overnight in refrigerator. Or roll into shells and freeze. No need to thaw before using. Just add favorite topping ingredients and bake in pre-heated 450°F oven for 12-15 minutes.

Warm Wheat Berry Breakfast

Ingredients:

- 1 cup – Wheat Berries
- 3 cup 8 fl oz – WATER
- 1 cup (8 fl oz) – yogurt, plain, low-fat
- 2 tbs – honey

Directions - Cook wheat berries until tender (40 - 60 minutes). Whisk together honey and yogurt. Top wheat berries with yogurt, seasonal fruit and nuts. Varying toppings to include milk and a variety of fruits and nuts makes this a frequently eaten breakfast.

Essene Bread

Soak wheat berries overnight in lots of water. In the morning decant water, rinse and place in sprouting jar or tray. Rinse 2-3 times daily for two to three days. When you see sprouting roots the same size as the wheat kernels, it is time to make the bread.

Sprout some wheat, grind it up and shape a living loaf. Bake it in an oven or on a wood stove - at a low temperature, and you've got live bread!

The size of your loaf depends on the amount of sprouts you use - it is completely up to you.

Ingredients:

2-4 cups wheat sprouts

The root should be about equal in length to the wheat berry

Flax and/or sesame seeds

Directions - Grind the sprouts in a food processor. Put the dough in a large bowl and knead for about 10 minutes (optional). Wet your hands and form the dough into oval or round loaves, balls, sticks or buns. Coat a cookie sheet with flax or sesame seeds to keep the loaf from sticking. Always use a cookie sheet and bake at approximately 160°F - 200°F (higher will kill some of the enzymes). Thick loaves will take about an hour to cook, smaller loaves will take less time. The bread should be moist and chewy inside.

Alternative:

Sprout 2 cups of wheat berries over the course of 3 days while rinsing 2x a day

Chop in food processor with 2/3 cup dates

Let sit 1 hour

Bake on an oiled baking sheet at 200°F for four hours.

Recommendation: Soak dried fruit in warm water before mixing.

Sprouted grains are "living food" and have way more good stuff than seeds/grains. Here is info on wheat berry good-stuff compared to plain unsprouted wheat grain:

- Vitamin B1 (thiamin) increase of 28%
- Vitamin B2 (riboflavin) increase of 315%
- Vitamin B3 (niacin) increase of 66%
- Vitamin B5 (pantathenic) increase of 65%
- Biotin increase of 111%
- Folic acid increase of 278%
- Vitamin C increase of 300%