



Food Storage Digest



March 2005

FYI

Cannery Location

4400 Presidential Ave. NE
(See map on other side of sheet.)

Cannery Phone

343-1905

Ward Canning Specialists

David & April Thomas 299-1537

Regional

Butch & LuJean Hess 296-8157

Regional Assistants

Gordon and Evelyn Baker 296-2099

(See last page for canning times.)

Why Store Wheat?

You look at your food storage and there are cans of wheat, bags of wheat, and buckets of wheat. Why is wheat so important? This staple grain, which serves as a foundation food for almost 50% of the world's population, boasts several key nutrients. They include B-complex vitamins, calcium, iron, and other minerals. Freshly ground flour is high in the antioxidant vitamin E, which nourishes the heart and immune system, among other vital functions.

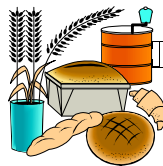
Wheat is actually a very versatile food. It can be cracked, sprouted, ground into flour, and even grown as wheat grass, which is very therapeutic and helps the body neutralize toxins. When combined with beans or legumes, wheat dishes can supply the complete spectrum of necessary amino acids -- replacing the need for animal proteins in the diet. Grain and legume-based meals provide the fiber necessary for intestinal health, without the fats, growth hormones, antibiotics, and other undesirable elements found in today's animal products. No wonder wheat has been dubbed "the staff of life." From bulgur to semolina, nutritious forms of wheat exist besides flour. (healthyharvest.com)

Properly stored wheat will last 20+ years and could possibly "outlive" you! ☺

Spiritual Thought

D&C 89:14-21

"All grain is ordained for the use of man and of beasts, to be the staff of life... All grain is good for the food of man; as also the fruit of the vine; that which yieldeth fruit, whether in the ground or above the ground - Nevertheless, wheat for man... And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones; And shall find wisdom and great treasures of knowledge, even hidden treasures; And shall run and not be weary, and shall walk and not faint. And I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them. Amen."



Recipe

Wheat Chili

1 cup of wheat	1 tsp. cumin
1 lb. ground beef	1/2 tsp celery salt
4 beef bouillon cubes	1/4 tsp ginger
1 can tomato sauce	1/4 tsp paprika
1 can whole corn	1 Tbsp cornstarch
1 can chili beans w/ liquid	1/2 cup water
1 can pinto beans, drained	
1 can black beans, drained	
1 8-oz. pkg frozen mild green chili	
2 Tbsp. dehydrated onions	
1 tsp. minced garlic or garlic powder	
1-2 Tbsp. taco seasoning (to taste)	

Soak wheat overnight, with enough water for it to double in size. Keep the soaking water and put it and the wheat in a 5 quart pot. Bring to boil, then simmer for 1 hour. Then brown ground beef adding some garlic and onions. Add to wheat. Mix cornstarch with 1/2 cup water, stir and add to wheat. Bring to boil for 1 minute. Add in all other ingredients, turn down heat and let simmer about another hour or until wheat is cooked. The wheat will be slightly chewy but should be soft. Note: The green chili really complements the wheat!



WHEAT

MORE THAN JUST FOR MAKING BREAD!



Sprouting Wheat

In times of food shortages, being able to have fresh green food may be an important issue. Sprouting your seeds and grains can yield high nutritional value. **Sprouting Instructions (Yields approximately 1 Cup (1/2 lb.) of Sprouts):** Put 2/3 Cup of seed into a bowl or sprouting jar. Add 2-3 times as much cool water. Mix seeds up to assure even water contact for all. Allow seeds to Soak for 6-12 hours. Empty the seeds into your sprouter if necessary. Drain off the soak water. Rinse thoroughly with cool water. Drain thoroughly. Set anywhere out of direct sunlight and at room temperature between Rinses. Rinse and Drain every 8-12 hours for a few days until seeds have sprouted tiny (1/4 inch) roots. The soaked seeds are already alive and though they may not be their most nutritious they are still very nutritious - they are already without enzyme inhibitors (a very good thing indeed) so they'll digest themselves and nourish your cells without requiring anything from your body! You may also grow them for as long as you like (as long as you continue to Rinse and Drain every 8-12 hours) and find out for yourself when they are most delicious! If you grow for a week you'll have grass growing as well as roots. Experiment! Have Fun! It's All Good! **Harvest:** Your sprouts are done 8-12 hours after your final rinse. Be sure to Drain them as thoroughly as possible after that final rinse. The goal during the final 8-12 hours is to minimize the surface moisture of your sprouts. Transfer your sprout crop to a plastic bag or the sealed container of your choice - glass is good too - and put them in your refrigerator. **Note:** Grains do not store well in refrigeration so you should try to grow just what you need, because they continue to grow - even in the refrigerator. (sproutpeople.com) For a zesty treat and added nutrition, add to salads and soups.

Recipe

Tabouli

Tabouli is a healthful and delicious Greek salad. It tastes great chilled or at room temperature. Tabouli is a nice Mediterranean departure from ordinary salad recipes!

- 2 cups cracked wheat (bulgur)
- 2 cups very hot water
- 1 cucumber, chopped
- 2 small tomatoes, chopped
- 1 bunch green onions, sliced
- 1/2 cup fresh chopped mint (optional)
- 2 cups fresh chopped parsley
- 1 clove garlic, minced (optional)

Dressing:

- 1/2 cup fresh lemon juice
- 3/4 cup olive oil
- 1 tablespoon pepper
- 2 teaspoons salt, or to taste

Soak the cracked wheat in the hot water until the water is absorbed (about 30 minutes). Drain any excess water, if necessary, and squeeze dry. Combine the salad ingredients, including wheat, in a medium bowl. Mix the dressing ingredients together and stir into the salad mixture. Serve chilled or at room temperature. Makes about 8 cups, 12 to 16 servings.

Recipe

Wheat Treats

1. Soak wheat in cold water 24 to 48 hours, changing the water once or twice during this period; or boil wheat for 30 minutes (it will triple in volume).
2. Drain wheat and rinse. Remove excess water by rolling wheat on a cloth or paper towel.
3. In a heavy kettle, heat vegetable oil to 350-400° F. Put small amounts of wheat (about 1/2 cup) in a wire basket or strainer and deep fry in hot oil for about 1 1/2 minutes. The wheat should be a nice golden color and be crisp and crunchy. Drain on absorbent paper. (An electric fry pan may also be used: carefully drop the wheat kernels directly into the pan of hot oil, and pour the oil through a wire strainer to remove the kernels after cooking.)*
4. Season wheat with salt or other seasonings as desired: garlic salt, celery salt, onion salt, seasoned salt, etc.

***Oven method:** Place wheat on cookie sheet, with sides, spray evenly with cooking oil; add seasoning of choice and bake at 400° F for about 20 minutes or until golden brown. To help cook evenly turn cookie sheet at least once halfway through, but more if you need to. (Excerpted from: Loraine T. Pace, "Wheat Can Be a Treat", *Ensign*, Sept. 1973, 59)

USING WHOLE WHEAT FLOUR

Use wheat in recipes your family already likes. Then it is not totally unfamiliar and you know the recipe is good.

Try wheat in desserts first -- who can turn down a cookie? Do not feel you must use 100 percent whole wheat. Half white and half whole wheat gives excellent results.

How to substitute whole wheat in your favorite recipes

Wheat flour is heavier than white flour and needs more leavening. Yeast breads: use more yeast and/or let it rise longer. Baking powder leavened products: increase baking powder by 1 tsp. for each 3 cups of whole wheat flour.

Recipes using baking soda do not need to be adjusted.

Baked products using eggs: separate the eggs and beat the whites until stiff. Then fold in just before baking. For extra lightness, extra separated egg may be added. Good for waffles and especially cakes.

BULGUR WHEAT

Wash wheat in cool water and discard water. Add enough water to cover wheat, simmer until all water is absorbed and wheat is tender.

Spread wheat thinly on cookie sheet or shallow pan and dry in oven at 200°F until very dry so that it will crack easily. Wet surface of dried wheat slightly and rub kernels between hands to loosen and remove chaff.

Crack wheat in moderate size pieces, using a mill, grinder, or leave whole. This processed bulgur when thoroughly dried is easily stored and may be used in many wheat recipes. If the recipe calls for cooked wheat or bulgur, simply boil in water for 5-10 minutes. It will approximately double in volume.

Bulgur makes an excellent meat extender when used in meat loaves, meat balls, chili and recipes where rice is used. Soaked overnight in salt water, it may be added to yeast bread recipes to give a nut-like taste.

CRACKED WHEAT

Cracked wheat may be made in a blender by using the "chop" selection on the machine. Depending upon the coarseness desired, adjust the length of processing time. Cracked wheat may also be made by using various food processors or a nut chopper.

BLENDER WHEAT PANCAKES

Makes 6 to 8 pancakes

1 cup milk
1 cup uncooked whole wheat
2 eggs 2 tbsp. oil
2 tsp. baking powder 2 tbsp. honey or sugar
1 1/2 tsp. salt
Put milk and wheat in blender. Blend on highest speed for four or five minutes or until batter is smooth. Add and blend on low, eggs, oil, baking powder, honey, and salt. Bake on hot griddle.



For more wheat recipes and information, visit the food storage area of providentliving.org (look for the "dry pack handouts").

MAKING WHEAT GLUTEN MEAT SUBSTITUTE

Wheat contains a protein called gluten. The gluten can be easily extracted and used as a high protein meat substitute. Don't forget that gluten will be low in some of the essential amino acids, especially Lysine. It, therefore, should be combined with legume or peanut butter, or sweet lupine flour. If this is done conscientiously, the protein quality and quantity will provide an adequate substitute for meat. It will still be lacking in certain vitamins and minerals normally found in animal foods and these will have to be provided from other sources. The flavor is another issue. This stuff doesn't taste like meat but will take on whatever flavor you cook it with.

To achieve an approximately balanced protein combination, use gluten and TVP (Textured Vegetable Protein -- you can find it in health food stores) soy flour, or sweet lupine flour in equal proportions.

Extracting gluten from wheat flour does require more work and preparation than using cooked whole wheat or whole wheat flour. Some people throw away the starch and water which contains most of the B vitamins. You can save the carbohydrates, bran, and B vitamins by using the liquid slurry as a soup or stew stock.

If you are a serious cook, Gluten meat substitute can be composed into some truly delicious meals. Perhaps the change of pace will make it worth the small amount of extra effort required to process the wheat.

EXTRACTING THE GLUTEN

Combine about 10 cups of fresh flour with just enough water to make a stiff dough, about 3 to 4 cups. Knead this dough very thoroughly, for at least 15 minutes. Then knead and wash the dough ball gently in about 3 quarts of cold water. Pour off the creamy solution and repeat with fresh water. When the soft dough has become firm, the starch has been removed. The liquid residue from the washing process contains the bran, germ, starch, and most of the B vitamins from the wheat. You can use it as a soup stock as is or you can separate the sediment out and make crackers with it.

GROUND BEEF SUBSTITUTE

Marinate the gluten pieces in soy sauce or meat broth then grind them up and combine with equal parts of TVP. Use this mixture in place of hamburger in chili, soups, or casseroles. To make patties or meatballs, you will need to add eggs and/or a little oil and flour to get it to stick together. You may also wish to add sausage spices or other meat enhancing spice combinations to give it additional zest. Use this for making "hamburger patties" or as a substitute for ground beef in any recipe calling for it.