

Ancient Grains



EPICUREAN GROUP

the natural choice.

Nourishing Ancient Grains

Overview

Ancient grains provide an alternative to wheat and rice, the most commonly consumed grains in the Western diet. Ancient grains, also called “heritage grains” or “super grains,” are quickly becoming more common. Some ancient grains include varieties of wheat such as farro, spelt, Kamut, freekah or sorghum. Others are technically seeds, like quinoa or chia, or even weeds, like amaranth.

Ancient grains are nutrient-rich and add variety to your diet. These grains are good sources of protein and fiber, which jointly help contribute to satiety – the feeling of being full. Feeling full longer helps you to eat less throughout the day. Ancient grains also are rich in calcium, magnesium, potassium, iron and zinc.

History

Grains like teff, millet and sorghum have been staple grains in countries for centuries. They grow well, are easily harvested and provide ample nutrients for sustenance.

Qualities

Many of the ancient grains, such as spelt, Kamut, quinoa, amaranth have higher protein content, and are good protein sources for vegans. Ancient grains also have a delicious nutty flavor and crunchy texture.

There is also a group of ancient grains – quinoa, chia, teff and sorghum – that are not wheat varieties and, when grown and harvested properly, are considered gluten-free. The consumption of these grains has been on the rise as alternatives for a gluten-free lifestyle.

Cooking

All of the ancient grains are easy to cook. Just like cooking rice or other common grains, they can be boiled or steamed with water or stock. Heartier grains like farro retain their nutty texture, while small grains like amaranth deliver a creamy textured dish.

New Interest in Ancient Grains

Interest in ancient grains has increased as a result of food awareness and education movements, and the desire for organic and GMO-free foods and foods grown with clean farming techniques. For example, Kamut is actually the

trade-marked name for the ancient khorasan wheat variety. To carry this name, it must be certified organic. Almost all of these ancient grains are grown in smaller fields, where organic certification methods and clean farming practices can be controlled.

Increased exposure to multi-cultural cuisines also has led to a resurgence of many of these ancient grains:

- Farro was common in Roman legions and plays a great part in Italian cuisine.
- Chia seeds have long been a staple of Mexico and Guatemala, and were reportedly a favorite of the Aztecs. As traditional menus from these countries surface, the use of these seeds has increased.
- It is estimated that teff is the principal source of nutrition for more than two thirds of Ethiopians.

Ancient Grains and their Nutritional Benefits

FARRO

- Farro is a whole grain, with high fiber and vitamin B3 and zinc.
- Whole grains like farro can help reduce the risk of stroke, Type-2 diabetes, heart disease, inflammation and certain cancers, as well as help with weight control, gum disease and blood-sugar levels.

SPELT

- Spelt can be used in place of common wheat in most recipes. It contains a moderate amount of gluten and a lightly sweet, nutty flavor.
- Spelt is much higher in protein (17%) than common wheat.
- It is a good source of niacin, vitamin B6, iron, zinc and phosphorus.
- Spelt is also easier to digest due to its high water solubility, which makes its nutrients available to the body with minimal digestive effort.

KAMUT

- Contains protein levels of 12 to 18%, while most wheat is only 10-11%.
- Certified organic and free from 99% of the contamination found in modern wheat varieties.
- Grown by an informal cooperative of farmers on 80,000 acres in Montana, Saskatchewan and Alberta,
- Kamut is higher in protein and many minerals, especially selenium, zinc and magnesium, compared to modern wheat.
- Eating Kamut brand ancient wheat is associated with significant reductions in total cholesterol and blood sugar levels, as well as lower levels of key pro-inflammatory cytokines.

QUINOA

- Packed with minerals, folate, protein and healthy fats.
- Quinoa is a potentially important crop for food security – it grows well in harsh, dry climactic conditions.
- Given its high demand, it remains the most expensive ancient grain.

- Quinoa is often recommended as an alternative to grains containing gluten, for those following a strict gluten-free diet.
- Quinoa is one of the only plant foods that is considered a complete protein, and contains all essential amino acids.

AMARANTH

- Amaranth is a gluten-free, pseudo-cereal.
- At 13 to 14% protein, it easily trumps the protein content of most other grains.
- It contains lysine, an amino acid missing or negligible in many grains.
- Amaranth also contains more than three times the average amount of calcium and is high in iron, magnesium, phosphorus, and potassium.
- It is the only grain documented to contain vitamin C.
- Amaranth has shown potential in lowering cholesterol in several studies conducted over the past 14 years.

CHIA SEEDS

- Currently popular for their nutritional content, Chia seeds contain the short chain Omega-3 fatty acid ALA (Alpha-Linolenic Acid).
- High in natural anti-oxidant compounds, known to be cancer-fighters.
- A good source of riboflavin, niacin, thiamine and minerals including calcium, potassium, phosphorus, zinc, magnesium and copper.
- Chia's high fiber content has been linked to regulation of intestinal transit, reduction of the glycemic index and its corresponding insulin response.
- Adding chia seeds to bread formulas significantly increases final product levels of proteins, lipids, ash and dietary fiber.

SORGHUM

- The third most important cereal crop in the United States and the fifth most important around the world, largely due to its drought tolerance.
- Use in the US is on the rise, thanks to the gluten-free benefits of sorghum for those with celiac disease.
- Because it doesn't have an inedible hull, sorghum is commonly eaten with all its outer layers, thereby retaining the majority of its nutrients.
- Some specialty sorghums are high in antioxidants, which are believed to help lower the risk of cancer, diabetes, heart disease and some neurological diseases. In addition, the wax surrounding the sorghum grain

contains compounds called policosanols, which may have an impact on human cardiac health.

FREEKEH

- Because the grains are harvested while young, they retain the maximum nutritional value, along with the best flavor and texture.
- While the grain has not yet made it onto the USDA nutrient database, the grain is reportedly high in protein and fiber, and low in available carbohydrates and glycemic index.

TEFF

- This nutritious and easy-to-grow type of millet is largely unknown outside of Ethiopia, India and Australia.
- Teff has a sweet, molasses-like flavor and is versatile as a gluten-free grain. Because the kernel is too small to mill easily, it's always eaten in its whole form.
- Teff leads all grains by a wide margin in calcium content, and is also an excellent source of vitamin C, a nutrient not commonly found in grains. It's also high in resistant starch, a dietary fiber that can benefit blood sugar management, weight control and colon health.

MILLET

- The leading staple grain in India, and commonly eaten in China, South America, Russia and the Himalayas.
- Millet has a mild flavor and is often mixed with other grains or toasted before cooking, to bring out the full extent of its delicate flavor.
- A gluten-free grain that's high in antioxidant activity, millet is especially high in magnesium.
- Recent research has also found certain types of millet may be helpful in controlling diabetes and inflammation.
- One surprising ingredient in millet is its serotonin, shown to calm and soothe moods.

Ancient Grains

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FARRO



An ancient strain of wheat, Farro (also known in the US as Emmer) was one of the first cereals ever domesticated in the Fertile Crescent- the rich growing region of the Tigris and Euphrates rivers, and was the standard daily ration of the Roman Legions. Over the centuries, Emmer was gradually abandoned in favor of Durum Wheat, which was easier to hull. We see a comeback alongside Americans' growing love affair with Italian food. Farro is a harder grain than einkorn (another Mediterranean wheat) and is often confused with Spelt. Known for its earthy nuttiness and satisfying chew, the whole grain variety (as opposed to semi-pearled) offers the highest amount of fiber and nutrients like Vitamin B3 and Zinc. The Whole Grains Council reports that whole grains like farro can help reduce the risk of stroke, type 2 diabetes, heart disease, inflammation and certain cancers, as well as help with weight control, gum disease and blood-sugar levels.



Farro Vegetarian Jambalaya

24 servings

Ingredients

1-1/2 gallon vegetable stock, recipe follows
1 cup olive oil
4 cup finely chopped onions
3 cup finely chopped yellow bell pepper
3 cup finely chopped red bell pepper
3 cup finely chopped celery
4 tablespoon minced garlic
8 cups whole grain Farro (or spelt), picked over for impurities and rinsed
8 cups diced tomatoes
8 cups quartered Cremini mushrooms
1 pound okra, halved lengthwise
1 pound whole baby carrots, tops removed and scrubbed
4 small zucchini, sliced into 1/2-inch thick half circles
4 bay leaf
4 tablespoon chopped fresh thyme leaves
2 tablespoon salt
2 teaspoon black pepper
1 teaspoon cayenne pepper
1 cup chopped fresh parsley leaves

Directions

In a medium saucepan, bring the vegetable stock to a simmer. Lower the heat to keep warm.

In a medium pot, heat the olive oil over medium-high heat. Add the onions, peppers, and celery and cook until soft, 4 to 5 minutes. Add the garlic and farro to the pan and cook, stirring, until the farro is toasted and coated with oil, 3 to 4 minutes. Add the tomatoes, mushrooms, okra, baby carrots, zucchini, bay leaf, and thyme, and cook, stirring, for 2 minutes. Add 1 gallon of the warm stock, salt, black pepper, and cayenne, and bring to a boil. Reduce the heat to medium-low and simmer, stirring, until the liquid is absorbed. Continue adding the stock, 2 cups at a time, as the previous addition is absorbed, cooking and stirring, until all the stock is used and the grains are plump and tender. Remove from the heat and discard the bay leaf. Stir in the parsley and adjust the seasoning, to taste. Serve immediately.

Farro Vegetarian Jambalaya (vegan)

Number of Servings: 24 (526.82 g per serving)

Amount	Measure	Ingredient
1.50	gal	Broth, vegetable, low sod
1.00	cup	Oil, olive, salad or cooking
4.00	cup	Onion, yellow, chopped, fresh
3.00	cup	Peppers, bell, yellow, sweet, fresh, chpd
3.00	cup	Peppers, sweet, bell, red, chopped, fresh
3.00	cup	Celery, diced, fresh
3.00	Tbs	Garlic, minced
8.00	cup	Farro - Woodland Foods D'allas brand
8.00	cup	Tomatoes, red, year round avg, chopped, fresh
8.00	cup	Mushrooms, brown, sliced, fresh
1.00	lb	Okra, fresh
1.00	lb	Carrot, fresh, baby
4.00	ea	Squash, zucchini, baby, med, fresh
4.00	ea	Herb, bay leaf, dried
4.00	Tbs	Herb, thyme, fresh
2.00	Tbs	Corse Kosher Salt
2.00	tsp	Spice, pepper, black, ground
1.00	tsp	Spice, chili pepper, cayenne, dried, ground
1.00	cup	Herb, parsley, chopped, fresh

Nutrients per serving

Nutrition Facts	
Serving Size (527g)	
Servings Per Container	
Amount Per Serving	
Calories 400	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 670mg	28%
Total Carbohydrate 66g	22%
Dietary Fiber 9g	36%
Sugars 9g	
Protein 10g	
Vitamin A 80%	• Vitamin C 130%
Calcium 8%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

SPELT



Spelt is an ancient species of wheat widely cultivated until the spread of fertilizers and mechanical harvesting left it by the wayside in favor of wheat's more compatible with industrialization. Spelt can be used in place of common wheat in most formulas, as it contains a moderate amount of gluten and a lightly sweet, nutty flavor. It is much higher in protein (17%) than common wheat. Spelt is made up of nearly 58% carbohydrates and is a good source of niacin, vitamin B6, iron, zinc and phosphorus.



Spelt, Pear & Watercress Salad

24 Servings

Ingredients

2 TBSP Kosher salt
6 cup spelt whole-wheat berries
6 lemon, juiced, about 1/4 cup
12 firm, but ripe eating pears such as Anjou, Bartlett or Comice, cored
3 bulb fennel
12 bunches watercress, stems trimmed, (about 6 cups)
1 cup extra-olive oil
2 TBSP Freshly grated black pepper
18-ounce piece Gruyere or aged Gouda

Directions

Bring a generously salted medium saucepan of water to a boil. Add the spelt and return to a boil, adjust the heat to maintain a simmer, cover, and cook until the berries are tender but not mushy 15 to 20 minutes. Drain and set aside.

Put the lemon juice in medium bowl. Thinly slice the pears, and fennel lengthwise, with a mandoline into the bowl. Toss with the lemon juice. Add the spelt berries, watercress, and olive oil and toss to dress evenly.

Using a vegetable peeler, shave the Gruyere or Gouda cheese over each plate. Serve.



Spelt and Corn Salad

28 Servings

Ingredients

4 cups spelt groats
6 cups vegetable stock
4 teaspoons salt
4 cup fresh yellow corn kernels
4 cup fresh shelled peas
6³/₄ cup lemon juice
1 cup extra virgin olive oil
1/2 teaspoon freshly grated pepper
2 cup cubed peaches
4 teaspoons ground cumin
2 cup chopped red bell pepper
2 cup chopped scallion
¼ cup finely chopped shallot
4 teaspoons minced mint

Directions

Rinse the spelt groats and drain. In a large stock pot, add vegetable stock, 2-1/2 teaspoon of salt, and spelt groats. Bring to a boil and simmer for 1 hour and 15 minutes. While still hot, add corn and peas. Cover and allow to cool.

In a small bowl, stir 1 1/2 teaspoons of salt and lemon juice together until the salt is dissolved. Stir in the oil and pepper and set aside. Place the spelt and corn in a large bowl. Add the peaches, cumin, bell pepper, scallion and shallot, and mix together well. Pour in the lemon juice and oil mixture. Toss until all the salad is evenly coated. Garnish with mint.

Spelt and Corn Salad

Number of Servings: 28 (159.88 g per serving)

Amount	Measure	Ingredient
4.00	cup	Spelt, berries
6.00	cup	Broth, vegetable, low sod
4.00	Tbs	Coarse Kosher Salt
4.00	cup	Corn, yellow, sweet, kernels, fresh
4.00	cup	Peas, green, fresh
3/4	cup	Juice, lemon, fresh
1.00	cup	Oil, olive, extra virgin
1/2	tsp	Spice, pepper, black, ground
2.00	cup	Peaches, sliced, fresh
4.00	tsp	Spice, cumin, seeds, ground
2.00	cup	Peppers, sweet, bell, red, chopped, fresh
2.00	cup	Onion, scallions, tops & bulb, chopped, fresh
1/4	cup	Shallots, chopped, fresh
4.00	tsp	Herb, spearmint, fresh

Nutrients per serving

Nutrition Facts

Serving Size (160g)

Servings Per Container

Amount Per Serving

Calories 200 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

 Saturated Fat 1g **5%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 860mg **36%**

Total Carbohydrate 28g **9%**

 Dietary Fiber 5g **20%**

 Sugars 6g

Protein 6g

Vitamin A 15% • Vitamin C 45%

Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

KAMUT



A trademark for the ancient khorasan wheat variety, Kamut is used to market a grain with certain guaranteed attributes, including protein levels of 12 to 18%, certified organic and free of 99% of contaminating varieties of modern wheat. Grown by an informal cooperative of farmers on 80,000 acres in Montana, Saskatchewan and Alberta, Kamut is higher in protein and many minerals, especially selenium, zinc and magnesium, compared to modern wheat. It also contains a higher percentage of lipids. A 2013 preliminary study published in the *European Journal of Clinical Nutrition* found that consuming products formulated with the Kamut brand ancient wheat was associated with significant reductions in total cholesterol and blood sugar levels, as well as lower levels of key pro-inflammatory cytokines.



Kamut Pilaf with Butternut Squash Cauliflower & Almonds

24 Servings

Ingredients

3 cup kamut berries
1 TBSP Coarse salt and 1 TBS freshly ground black pepper
3 head cauliflower, trimmed and broken into small florets
3 small butternut squash, peeled, seeded, and cut into 3/4-inch cubes
3/4 cup plus 6 tablespoons olive oil
6 small red onions, julienned
12 shallots, sliced
3 teaspoon brown mustard seeds
1 teaspoon Madras curry powder
1 teaspoon ground cumin
1 TBP Pinch cayenne pepper
6 tablespoons sherry vinegar
2 tablespoons Juice of one lemon
1-1/2 cup packed fresh flat-leaf parsley leaves
1-1/2 cup slivered almonds, toasted

Directions

Preheat oven to 400 degrees.

Place kamut berries in a small sieve and rinse under cold running water. Transfer kamut berries to a medium saucepan and add enough water to cover by 2 inches; add 1 tsp salt to water. Bring to a boil over high heat; reduce heat to a simmer. Simmer until tender, adding more water as necessary, about 2 hours. Drain and transfer to a large bowl.

Meanwhile, place cauliflower and squash on two separate rimmed baking sheets; drizzle each with 2 tablespoons olive oil and toss to coat. Season with salt and pepper. Transfer to oven and roast until golden and slightly crisp, about 15 minutes for cauliflower and 30 minutes for squash.

Heat remaining 1/4 cup olive oil in a large saucepan over medium-low heat. Add onions and shallots; season with salt and pepper. Cook, stirring occasionally, until soft and golden, but not browned, about 15 minutes.

Continued on next page...

Increase heat to medium-high and add mustard seeds, curry powder, cumin, and cayenne pepper; continue cooking until fragrant, about 1 minute. Add sherry vinegar, stirring from bottom of pan to deglaze, and cook 2 minutes more. Remove from heat and add to bowl with kamut berries along with the lemon juice; stir to combine. Add cauliflower and squash; toss to combine.

Kamut Pilaf w Butternut Squash, Cauliflower & Almonds

Number of Servings: 24 (295.62 g per serving)

Amount	Measure	Ingredient
3.00	cup	Wheat, kamut, dry
6.00	cup	Water, tap, municipal
1.00	Tbs	Coarse Kosher Salt
1.00	Tbs	Spice, pepper, black, ground
3.00	ea	Cauliflower, fresh, head, med
4.50	lb	Squash, butternut, fresh, cubes
3/4	cup	Oil, olive, salad or cooking
6.00	Tbs	Oil, olive, salad or cooking
6.00	ea	Onion, red, fresh, sml, whole
12.00	oz	Shallots, chopped, fresh
3.00	tsp	Spice, mustard seed, ground
1.00	tsp	Spice Blend, curry, pwd
1.00	tsp	Spice, chili pepper, cayenne, dried, ground
6.00	Tbs	Vinegar, red wine
2.00	Tbs	Juice, lemon, fresh
1.00	cup	Herb, parsley, chopped, fresh
1.50	cup	Nuts, almonds, slivered, dry toasted, unsalted

Nutrients per serving

Nutrition Facts

Serving Size (296g)
Servings Per Container

Amount Per Serving

Calories 290 **Calories from Fat 130**

% Daily Value*

Total Fat 15g **23%**

 Saturated Fat 1.5g **8%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 270mg **11%**

Total Carbohydrate 36g **12%**

 Dietary Fiber 7g **28%**

 Sugars 7g

Protein 8g

Vitamin A 190% • **Vitamin C 110%**

Calcium 10% • **Iron 15%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Kamut and Cheese Muffins

Makes 20 muffins

Ingredients

6 tablespoons olive oil, divided
2 bunch red chard, washed, drained and middle vein removed
1 plus 1/3 teaspoon salt, divided
1/2 plus 1/3 teaspoon freshly ground black pepper, divided
2 cup flour
2 cup kamut flour
4 tablespoons sugar
1tablespoon baking powder
4 tablespoons wheat germ
1-1/2 cup buttermilk (low-fat)
1 cup light sour cream
4 tablespoons melted butter (unsalted)
2 Egg
3 cups grated Cotswold cheese (about 1/3 pound)
1-1/2 cup Parmesan, finely grated
1/2 teaspoon cayenne

Directions

Heat the oven to 350 degrees. Lightly spray a muffin pan with vegetable oil. In a large sauté pan, heat 4 tablespoon olive oil over medium-high heat. Sauté the chard, seasoning it with one-eighth teaspoon each salt and pepper, for 3 to 5 minutes until wilted and softened. Remove from heat and cool the chard on paper towels. Blot if any liquid remains. Roughly chop the chard and set aside. Into a medium mixing bowl, sift the flour, kamut flour, sugar, baking powder, the remaining salt, the remaining black pepper and the cayenne pepper into medium mixing bowl, then stir in the wheat germ. In a separate bowl, whisk the buttermilk, sour cream, the remaining 2 tablespoons olive oil, melted butter and egg; stir in the cheeses and chopped chard. Gently fold in the dry ingredients until combined. Using an ice cream scoop (about one-half cup capacity), scoop the mixture into prepared muffin tins, about one scoop per muffin. Bake for about 45 minutes. You can use a small offset spatula or knife to carefully lift a muffin from the tin and check to see that the bottom is dark golden brown. As soon as muffins come out of the oven run a knife around the edges for easy removal.

Kamut and Cheese Muffins

Number of Servings: 20 (121.54 g per serving)

Amount	Measure	Ingredient
6.00	Tbs	Oil, olive, salad or cooking
24.00	oz	Greens, Swiss chard, fresh
1.00	tsp	Salt, table, iodized
1/3	tsp	Salt, table, iodized
1/2	tsp	Spice, pepper, black, ground
1/3	tsp	Spice, pepper, black, ground
2.00	cup	Flour, all purpose, white, bleached, enrich
2.00	cup	Flour, Kamut
4.00	Tbs	Sugar, white, granulated
1.00	Tbs	Baking Powder, double acting
4.00	Tbs	Wheat, germ
1.50	cup	Buttermilk, low fat, cultured
1.00	cup	Sour Cream, light
4.00	Tbs	Butter, unsalted
2.00	ea	Egg, whole, raw, lrg
1/3	lb	Cheese, double gloucester, Cotswold, w/onions & chives
1.50	cup	Cheese, parmesan, fresh, grated
1/2	tsp	Spice, chili pepper, cayenne, dried, ground

Nutrients per serving

Nutrition Facts

Serving Size (122g)

Servings Per Container

Amount Per Serving

Calories 260 **Calories from Fat 120**

% Daily Value*

Total Fat 13g **20%**

 Saturated Fat 6g **30%**

 Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 560mg **23%**

Total Carbohydrate 24g **8%**

 Dietary Fiber 3g **12%**

 Sugars 5g

Protein 11g

Vitamin A 45% • Vitamin C 15%

Calcium 25% • Iron 10%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

AMARANTH



Cultivated for nearly 8,000 years since it was first discovered in Mesoamerica, amaranth is a gluten free pseudo-cereal, meaning it's not a true grain. At about 13-14% protein, it easily trumps the protein content of most other grains. It also contains lysine, an amino acid missing or negligible in many grains. Amaranth also contains more than three times the average amount of calcium and is also high in iron, magnesium, phosphorus, and potassium. It's also the only grain documented to contain vitamin C. Very little research has been conducted on amaranth's beneficial properties, though it has shown potential as a cholesterol lowering whole grain in several studies conducted over the past 14 years.



Amaranth Fruit & Nut Bars

Makes 16 Bars

Ingredients

Nonstick cooking spray, for spraying foil
1/3 cup all-purpose flour
2 teaspoons ancho chili powder
1/4 teaspoon salt
1/8 teaspoon baking powder
1/8 teaspoon baking soda
1 cup raw almonds, chopped
3/4 cup dried apricots, cut into quarters
1/2 cup chopped bittersweet chocolate
1/2 cup dried cranberries
1/2 cup dates, pitted and cut into quarters
1/2 cup dried figs, cut into quarters
1/3 cup light brown sugar
1/4 cup popped amaranth
1 tablespoon honey
1/2 teaspoon vanilla extract
1 large egg

Directions

Position an oven rack in the center of the oven and preheat to 325 degrees F. Prepare an 8-by-8-inch square baking pan by lining it with aluminum foil and spraying the foil with nonstick cooking spray.

In a large bowl, whisk together the flour, ancho chili powder, salt, baking powder and baking soda. Stir in the almond, apricots, chocolate, cranberries, dates, figs, brown sugar and popped amaranth. Use your fingers to make sure that everything has been coated with the flour mixture evenly.

In a separate bowl, using a stand mixer with a whisk attachment, beat the honey, vanilla and egg until thick in texture, about 1 minute. Add the egg mixture to the fruit and flour mixture and mix using a spatula until everything is coated with the egg mixture. Spread onto the prepared baking pan, pressing to even out.

Bake until the batter is golden brown and can pull away from the sides of the pan, about 30 minutes. Let cool before cutting. Lift the bar from the pan by the edges of the aluminum foil. Use a sharp knife to cut into 16 even squares.



Amaranth "Risotto" with Mushrooms

24 servings

Ingredients

6 ounce dried porcini mushrooms (about 1 cup)
1 gallon boiling water plus 2 1/2 cups cold water
½ cup unsalted butter
½ cup tablespoons olive oil
4 large yellow onion, finely chopped (about 1 1/2 cups)
12 cups amaranth
2 tablespoon salt, or to taste
6 garlic cloves, finely chopped
5 pound sliced mushrooms (white, baby bella, cremini, or a mixture)
6 tablespoon soy sauce
1 cup sherry (any type from dry to cream)
3 tablespoons of fresh ground black pepper to taste
4 teaspoon chopped fresh thyme, or to taste

Directions

Put the dried porcini mushrooms in a heatproof bowl and pour the 1 gallon of boiling water over them. Let the porcini mushrooms soak until tender, 10 to 15 minutes, then lift them from the liquid and squeeze any excess liquid into the bowl. Finely chop the porcini mushrooms. Reserve the porcini mushrooms and the liquid separately.

In a heavy 3 gallon pot over moderately low heat, warm ¼ cup butter and ½ cup oil. Add the onion and cook, covered and stirring occasionally, until tender and lightly golden, 10 to 15 minutes.

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Add the amaranth and stir to coat it with the butter and oil. Slowly add the reserved porcini mushroom soaking liquid, leaving any grit at the bottom of the bowl. Add the 2 1/2 cups cold water, cover the pot, and bring the mixture to a boil, whisking occasionally. Using a heatproof rubber spatula, push any seeds clinging to the side of the pot into the liquid, then reduce the heat to low and continue to simmer, covered, until the liquid is absorbed, 20 to 25 minutes. Stir in 2 tablespoons salt. Remove the pot from the heat and let the amaranth stand, covered, 5 to 10 minutes.

While the amaranth is simmering, in a heavy skillet over moderate heat, melt ¼ cup of the remaining butter with the remaining ¼ cup oil. Add the garlic and cook, stirring, for 30 seconds. Add the reserved porcini mushrooms, along with the fresh sliced mushrooms, the remaining 1 teaspoon salt, and the soy sauce and sauté until the mushrooms are softened and juicy, 8 to 10 minutes. Add the sherry and continue to sauté until the mushrooms are tender, about 2 minutes. Season with salt and freshly ground black pepper.

Remove the pan from the heat then stir in the thyme. Cut the remaining 6 tablespoons butter into small pieces, add it to the pan, and stir until melted. Spoon the amaranth onto plates or into soup bowls and top with the mushroom mixture.

MILLET



Millet is actually the name given to a group of several different small seeded grains from several different genera of the grass family Poaceae. It is rarely served to humans in the United States – here, it’s the grain most often found in bird feeders. Yet it’s the leading staple grain in India, and is commonly eaten in China, South America, Russia and the Himalayas. Millet has a mild flavor and is often mixed with other grains or toasted before cooking, to bring out the full extent of its delicate flavor. Millet’s tiny grain can be white, gray, yellow or red. A gluten free grain that’s high in antioxidant activity, millet is especially high in magnesium. Recent research has also found certain types of millet may be helpful in controlling diabetes and inflammation.



Millet Stuffed Tomatoes

24 servings

Ingredients

24 medium ripe tomatoes
4 tablespoons salt
3 cup millet
6 cups chicken or vegetable stock
3 small shallot, finely diced
12 ounces goat cheese, crumbled into small pieces
1- 1/2 cup olive oil
6 tablespoons lightly toasted pine nuts
3 tablespoon basil, chiffonade
3 tablespoon chopped fresh parsley leaves
6 teaspoons chopped fresh chives
3 teaspoons lemon zest
1 teaspoon fresh ground white pepper
1 cup grated Parmesan cheese

Directions

Preheat oven to 500 degrees F.

Slice off about 1/2 inch of the stem end of the tomatoes and hollow out the inside; slice just a small section off of the bottom of the tomatoes, so that they will sit flat on a sheet pan.

In a medium saucepan, over medium-high heat, stir the millet for 5 minutes or until the seeds turn golden brown and begin to pop in the pan. Remove from heat and add the chicken stock and shallot. Bring to a boil. Reduce the heat, cover and cook over medium-low heat until the millet is tender and all the liquid has been absorbed, about 20 minutes. Remove from heat and let stand covered for 10 minutes. Fluff with a fork.

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Pour the millet into a medium mixing bowl and add the goat cheese, olive oil, pine nuts, basil, parsley, chives, lemon zest and white pepper. Drain any liquid that has been released from the tomatoes; dry the sheet pan. Turn tomatoes so the hollow side faces up and roast the tomatoes in the oven for 5 to 7 minutes or until the skin begins to turn brown and slightly blister. Remove the tomatoes from the oven and let cool slightly. Turn the oven down to 350 degrees F.

Evenly divide the filling among the tomatoes. Sprinkle with the Parmesan and bake in the oven until heated through, about 5 minutes. Serve immediately.



Toasted Millet Tabbouleh

24 servings

Ingredients

4 cup millet
4 cups loosely packed parsley leaves, coarsely chopped
8 Persian cucumbers, finely chopped (do not peel)
6 medium tomato, finely chopped
12 radishes, finely chopped
12 scallions, white and green parts, finely chopped
6 tablespoons fresh lemon juice
4 tablespoons extra-virgin olive oil
1 tablespoon kosher salt and 1 tablespoon freshly ground black pepper

Directions

Put the millet in a medium saucepan over medium heat and swirl until lightly golden and toasted, 6 to 8 minutes. Pour in 1 1/2 cups of water and bring to a boil. Reduce heat to medium low, cover and simmer until most of the water is absorbed and the millet is tender, about 15 minutes. Remove from the heat and let sit, covered, for 10 minutes. Fluff with a fork and cool.

Combine the cooled millet, parsley, cucumbers, tomato, radishes, scallions, lemon juice, oil, 3/4 teaspoon salt and a few grinds of pepper in a medium bowl. Serve at room temperature or chilled.

PURCHASING

<u>ITEM</u>	<u>US FOOD</u>	<u>UNIT</u>	<u>PRICE</u>	<u>COST/LB</u>
Farro	4302568	13 lbs.	\$38.32	\$2.95
Spelt	3732872	5.5 lbs.	\$35.03	\$6.37
Kamut	3740529	5.5 lbs.	\$34.86	\$6.34
Quinoa	9544545	10 lbs.	\$64.04	\$6.41
Amaranth	3740586	5.5 lbs.	\$45.91	\$8.35
Chia	3740859	3 lbs.	\$79.61	\$26.54
Sorghum	3740610	6 lbs.	\$32.46	\$5.41
Freekeh	7979321	24 lbs.	\$147.51	\$6.15
Teff	9698358	10 lbs.	\$32.02	\$3.21
Millet	9698309	10 lbs.	\$27.56	\$2.76

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