



# “Alternative Grains & Early Greens” Workshop

Wednesday, June 10th, 2015

Presenter: Lisa Wilby

## SAVOURY OAT GROATS AND KALE

2 tablespoons olive oil 1 small onion (1/2 cup), finely chopped 1 medium leek, white and pale-green parts only, halved lengthwise, cut into matchsticks, and rinsed well 4 garlic cloves, thinly sliced 1 small carrot, cut into 1/4-inch dice 1 cup oat groats 1 cup homemade/low-sodium store-bought chicken stock	1/2 teaspoon coarse salt 6 ounces kale, stemmed and cut crosswise into 1/2-inch-wide strips Freshly ground pepper Crushed red-pepper flakes 1/4 cup shaved Parmesan cheese Lemon wedges, for serving
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### METHOD

- Heat 1 tablespoon oil in a medium saucepan over medium heat until hot but not smoking. Add onion, leek, and half the garlic. Cook, stirring, until onion is translucent, about 5 minutes. Stir in carrot and groats; cook 1 minute. Add stock, 1 cup water, and the salt. Bring to a boil. Reduce heat; simmer, covered, 25 minutes.
- Heat remaining tablespoon oil in a medium skillet over medium heat until hot but not smoking. Add remaining garlic; cook until garlic begins to turn golden, about 30 seconds. Stir in kale; cook, stirring, until wilted, about 3 minutes.
- Stir kale mixture into groats. Cover; cook until liquid is completely absorbed and groats are tender but still chewy, about 5 minutes. Season with pepper and red-pepper flakes. Garnish with cheese, and serve with lemon wedges.

### Some facts about Oat Groats...

Oats are sold in more forms than any other grain - even the savviest grocery shopper can get overwhelmed. All forms of oats are high in a kind of fiber called beta-glucan, which has special cholesterol-lowering properties; studies have shown that those with high cholesterol have lowered their total level by eight to 23 percent simply by consuming three grams of this soluble fiber (the amount found in one bowl of oatmeal) per day.

### Focus on these four types of oats:

**Oat groats** ("whole" oats) are the most intact form, only the outermost inedible hull is removed.

**Steel-cut oats** (also known as Irish or pinhead oats) are simply oat groats that have been cut into two or three pieces with steel blades, slightly decreasing their cooking time. Oat groats and steel-cut oats are the least processed; they take a long time to cook, but result in a chewy, lower-glycemic treat.

**Rolled oats** are the result when oat groats are steamed, flattened and dried. This is the form most people know. Though somewhat processed, rolled oats are still a whole grain. I don't recommend eating oats that have been processed any further than this, such as quick-cooking or instant oats - they are no longer whole, intact grains, and instant oatmeal packets often contain copious amounts of salt, sugar and other additives.

**Oat bran** - the finely ground meal of oat groats' bran layer - though not technically a whole grain, has the health benefits of one with its high fiber and low starch content; it makes a good addition to other foods, especially baked goods.

Despite its short cooking time and smooth texture, it won't spike blood sugar levels, thanks to its soluble fiber.

Oats have a higher fat content than other grains, and can go rancid more easily as a result. Whether you're buying oat groats, steel-cut oats, rolled oats or oat bran, buy in smaller quantities, and store in the refrigerator. Although oats do not actually contain gluten, they are generally grown alongside gluten grains such as wheat and barley, which is why many people with gluten intolerance cannot eat them. However, pure, uncontaminated, certified gluten-free oats (which can be ordered online or sometimes found in health food stores) can usually be tolerated by those with celiac disease. In rare cases, a protein called avenin has triggered an immune response similar to that of gluten in some people with celiac disease. Proceed with caution if gluten is an issue for you.

**Cooking time:** Bran, 5-7 minutes; rolled, 10 minutes; steel-cut, 20-40 minutes; groats, 45-60 minutes

**Liquid per cup of grain:** Bran and rolled, 2 cups; steel-cut and groats, 3 cups

**How to cook oats:** With the exception of whole oat groats, oats are among the only grains that should be stirred while cooking. For oat groats, combine groats with water in a pot, cover and bring to a boil. Reduce heat and simmer for 45-60 minutes until tender. For steel-cut, rolled or oat bran, combine with the appropriate amount of water in a pot and, covered, bring to a boil. Reduce heat, and simmer uncovered for required time, stirring often (stir steel-cut oats less), until desired consistency is reached. Season with milk or soymilk, dried or fresh fruit, your favorite spices and a small amount of low-glycemic sweetener, if you wish. A spoonful of nut butter stirred in before eating also makes a delicious addition.

## MUSHROOM BARLEY RISOTTO

4 ½ cups chicken stock 2 tblsp butter 1 small onion, finely chopped	1 cup pearl barley 2 tsp fresh thyme 2 tblsp olive oil	1 pound assorted fresh mushrooms 1 garlic clove minced Fresh chopped parsley for garnish
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### METHOD

- Bring the Chicken stock to boil, remove from heat and set aside
- Melt 2 tsp butter in a large in a larger non stick skillet over low heat. Add onion and saute until translucent, about 5 minutes. Add thyme and barley and 2 cups warm stock, bringing mixture to a boil.... Reduce heat and simmer until stock is absorbed, stirring frequently. Add remaining stock, ½ cup at a time, allowing stock to be absorbed before adding more. Stir frequently until barley is tender—about 50 minutes
- Meanwhile... heat oil in a large non stick skillet over high heat. Add mushrooms and saute until beginning to brown, about 3 minutes. Stir in garlic. Reduce heat to medium and cook until tender. Add to Barley mixture. Season with salt and pepper. *Serve immediately!!*

### About Barley....

- Both pot and pearl barley have been put through a pearling machine or pearler. The machine bounces the barley around a grinding wheel in order to remove the outer inedible hull and polish the kernel—this process is called pearling. The longer the grain stays in the pearling machine, the more polished it becomes.
- Pot barley is pearled for a shorter amount of time and still has most of the barley bran intact.
- Pearl barley is pearled for a longer amount of time—it is more refined and has most of the bran removed. While pearl barley has most of its bran removed, barley fibre is found throughout the entire kernel so pearl barley is still a very healthy option.

### HOW TO MAKE RISOTTO - Serves 4 to 6

1 small onion 2-3 cloves garlic, minced 2 cups arborio, carnaroli, or vialone nano rice 1/2 cup white wine 6-8 cups vegetable or chicken stock 1-2 tablespoons butter 1 cup cheese (Parmesan is classic, but use any kind)	<u>Equipment</u> High-sided sauté pan (at least 10" diameter) or dutch oven Saucepan Spatula Ladle or measuring scoop
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### INSTRUCTIONS

- 1. Risotto Prep** - Measure, chop, and gather all of the ingredients going into your risotto. Warm the broth in a saucepan over low heat. It should be just barely steaming by the time you start the risotto.
- 2. Soffrito** - This is the flavor base of your risotto. It almost always includes onions, but you can add any other aromatics, spices, or ingredients you would like. Sauté these ingredients in a healthy amount of butter (which is traditional) or olive oil over medium-high heat until the onion is translucent and beginning to break down. Add the garlic and other spices, and cook until fragrant.
- 3. Tostatura** - Pour the rice into the soffrito and stir until every grain is coated with fat. (Add more fat if needed - this is not the time to skimp!) Continue stirring the rice until the edges have turned translucent but the center is still opaque. You should also be able to smell the aroma of toasted rice.

**4. Deglaze** - Deglazing the pan at this point isn't strictly necessary, but a splash of white wine will add another layer of flavor and help lift up any bits that have caramelized to the pan. Use a 1/2 cup or so of wine, and simmer until the wine has completely reduced and the pan is nearly dry.

**5. Cottura** - Begin incrementally adding the warm broth one ladle at a time. Wait to add another ladle until the liquid has been almost completely absorbed by the rice. This gradual addition of liquid is key to getting the rice to release its starch and create its own delicious sauce, so don't rush this step. Ideally, you want to use just enough broth to cook the rice and no more.

Begin tasting the rice after about 12 minutes to gauge how far it has cooked. Add salt and other seasoning, as needed. The risotto is ready when the rice is al dente (when it still has a bit of chew) and the dish has the consistency of thick porridge. If you run your spatula through the risotto, the risotto flow slowly to fill in the space. As the Italians say, risotto should be like "la onda," a wave that slowly rolls to shore.

**6. Mantecatura** - As a final step, add one more ladle of broth along with one or two tablespoons of butter and a cup of cheese to enrich the risotto and make it extra-creamy.

**Serve the risotto immediately.** The longer it stands, the more the starches will set and you'll lose the creamy silkiness.

#### EARLY MIXED GREENS SALAD - Serves 8

12 cups bite size pieces of assorted greens- arugula, watercress, red and green leaf lettuces 1 cup flat leaf parsley 5 tblsp extra virgin olive oil Coarse salt to taste Fresh ground black pepper to taste	2 teaspoons fresh lemon juice 1 clove garlic minced 1 avocado- either mashed in to dressing or cut into salad 1 bunch fresh mint- roughly chopped and added to salad at very end
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Mix dressing and pour over salad- toss and serve

#### FEREKAH PILAF

2 medium onions, thinly sliced 25g butter 1 tbsp olive oil, plus extra to finish 1 cup freekeh (or bulghar wheat) 1/4 tsp ground cinnamon 1/4 tsp ground allspice 1 ¼ c good-quality reduced vegetable stock 3 tblsp Greek yoghurt	1 1/2 tsp lemon juice 1/2 garlic clove, crushed 1 small bunch parsley, finely chopped, plus extra to garnish mint, finely chopped coriander, finely chopped 2 tbsp pine nuts, toasted and roughly broken salt and black pepper
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#### METHOD

- Place the onions, butter and olive oil in a large heavy-based pot and sauté on medium heat, stirring occasionally, for 15–20 minutes. or until the onion is soft and brown.
- Meanwhile, soak the freekeh in cold water for 5 minutes. Drain in a sieve and rinse well under cold running water. Drain well.
- Add the freekeh and spices to the onions, followed by the stock and some salt and pepper. Stir well. Bring to the boil, then cover, reduce the heat to a bare minimum and leave to simmer for 15 minutes. Remove the pan from the heat and leave it covered for 5 minutes. Finally, remove the lid and leave to pilaf to cool down a little, about another 5 minutes.
- While you wait, mix the yoghurt with the lemon juice, garlic and some salt.
- Stir the herbs into the warm (not hot) pilaf. Taste and adjust the seasoning. Spoon onto serving dishes and top each portion with a generous dollop of yoghurt. Sprinkle with pine nuts and parsley and finish with a trickle of olive oil.

#### What is special about Freekeh?

**Convenient.** It is easy to cook, can be used as an ingredient and is extremely versatile. Add 1 cup of cracked Freekeh to 2

and a half cups of water and boil on the stove for 15 minutes and your cracked Freekeh is ready. For wholegrain Freekeh use 1 cup of Freekeh to 3 cups of water, boil on the stove for 35 minutes and your grain is ready.

**Safe.** It is 100% natural, free from all chemicals, additives, preservatives, pesticides and pesticide residues.

**Healthy.** It is extremely good for bowel health, assisting weight loss, combating diabetes and may aid in the prevention of bowel cancer.

**Tasty.** Freekeh has a crunchy, nutty taste with a hint of roasted grain.

**Is Freekeh gluten free?** No, it is not gluten free. Because the grains are harvested when green the gluten structure is slightly different and the grain may lack another amino acid called gliadin which acts as a trigger to gluten intolerance. The grain is also burnt which denatures the gluten.

**Is it suitable for celiacs?** No. Freekeh may not be suitable for celiacs. Over the years, however, anecdotal evidence shows that some celiacs have consumed Freekeh without either an adverse or an allergic reaction. This does not constitute scientific research. Research conducted in the Ukraine (still unpublished) however suggests that gluten in Freekeh is not of the normal variety. This research recommends a new classification called 'free from normal gluten'.

**I am allergic to wheat, can I eat Freekeh?** Unless you are a celiac, in which case please see above, the likelihood is yes. If you can eat spelt and kamut, then you should be able to eat Freekeh.

**How does Freekeh compare to other grains?**

Below is a comparative analysis comparing Freekeh with quinoa, brown rice and farro.

Nutritional Component - One serving 42grams				
	Quinoa	Brown Rice	Farro	Freekeh
Calories	155	170	170	150
Total Fat	1.3g	2g	1g	1.5g
Total Carbohydrates	30g	38g	35g	30g
Dietary Fibre	3g	2g	5g	6g
Protein	5.5g	4g	7g	6g
Calcium	0mg	0mg	2mg	25mg
Iron	2%	2%	1%	2.2mg

*Quinoa is a species of the goosefoot genus, a grain crop grown mainly for its edible seeds. It is a pseudocereal rather than a true cereal, as it is not a member of the true grass family*

### QUINOA SALAD

1 cup Quinoa 2 cups water ¼ cup olive oil 2 limes, juiced	2 tsp cumin 1 tsp salt 1 ½ cups halved cherry tomatoes 1 can black beans, drained & rinsed	5 green onions, finely chopped ¼ cup fresh chopped cilantro Salt and pepper to taste
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### METHOD

- Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10 to 15 minutes. Set aside to cool.
- Whisk olive oil, lime juice, cumin, 1 teaspoon salt, and red pepper flakes together in a bowl.
- Combine quinoa, tomatoes, black beans, and green onions together in a bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with salt and black pepper. Serve immediately or chill in refrigerator.

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