

Food Storage Recipe Club

“You Can’t Beat Wheat”

January 2008

Welcome – Introductions- Prayer

Why Wheat?

Wheat is for Man (Word of Wisdom)....Basis of Long Term Food Storage Program

Excellent nutrition: 1 c. WW flour= 407 calories, 2 g fat, 16 g protein, 87 Carbs, 15 g fiber
calcium, Iron , 18 amino acids, E, K, **thiamin**, ribo, **Niacin**, B6, Folate, **Mang**, **selenium**, zinc, pot., **mag.**, cop.**phos**.

Stores well as whole grain: 30+ years BUT WW flour only 3-12 months

Economical: 200 lb.@ \$90 in 36-cans or \$120 in 4-buckets per person

Versatile and filling (breads, breakfasts, salads, main dishes, wheat meat, wheat grass juice)

Parts of Wheat:

Bran: outer covering, high in vitamins, minerals and protein

Germ: high B and E: also protein, fat and mineral, phosphates(brain/nerve food), calcium

Endosperm: inner part where cellulose, starch and gluten are found, little vitamin and minerals found.

White flour is mostly made from this.

What are the different kinds of wheat and its products?

All wheat and it’s products are either grown in the winter/spring and is either red/white.

Hard Winter: high in gluten, good for breads, low in moisture, stores 30+ years

VS

Soft Spring: low in protein gluten (cake, pastries, crackers, etc), stores 5 years

Red Wheat: kind found in pyramids, most widely grown (hard or soft)

VS

White Wheat: makes lighter, sweeter bread, easier to digest than red wheat (hard or soft)

Bran: outer layer, 43% insoluble fiber. It also contains substantial amounts of protein, carbohydrates, and is quite high in some of the vitamins and minerals.

Bulgur: WW that has been cleaned, cooked, dried and broken, stores 6 months

Couscous: Round granules which are made by rolling and shaping moistened durum wheat and then coating them with finely ground wheat flour. It is traditionally served under a meat or vegetable stew.

Cracked Wheat: whole grain, broken into smaller pieces, quicker cooking than WW

Durum: hardest wheat, used for semolina flour to make pasta

Germ Flakes: Germ part of the wheat kernel, flattened and toasted. It contains most of the vitamins and minerals found in the seed. Good for breads or breakfast cereal.

Germade / Farina / Cream of Wheat: steel-cut endosperm, cooks quickly

Rolled: whole grain that has been rolled like oatmeal, stores 8 years

Wheat Grass: Liquid made from juicing wheat grass, packed full of antioxidants

Wheat Meat: made from flour and water, can be boiled or baked for meat substitute

Where to Purchase Wheat Products?

Bishop’s Storehouse, Walton Feed, Emergency Essentials, Honeyville Grain, Win Co Foods

When to Purchase?

ASAP Wheat Prices have doubled from a year ago and worldwide production is down while demand is up. What does this mean? Availability will continue to drop and prices will continue to rise.

Wheat Trivia:

1 c. wheat=2 c. cooked
1 lb. wheat = 2 ¼ c. whole wheat
1 bushel=60 lbs. wheat/42 lb flour
Wheat kernel/berry = seed
Wheat grown in 42 states
1917-\$3.17/bushel =2007 \$10
Pyramid workers paid in bread
Wheat first grown in US 1777

2 c. whole wheat= 3 cups flour
1 acre wheat=feed family 4 for 10 years
60 lbs wheat = 73 loaves of bread
\$.05 of wheat in each loaf of bread
63 million acres grown in US each year
Only grain to make raised/leavened bread
Kansas yearly wheat=36 billion loaves bread
Wheat: cat litter, concrete, spoons, soap,

What do we do with all this Wheat?

Store in cans or buckets for long term, insect free storage
Use recipes family already likes and substitute WW flour (desserts or substitute for rice dishes)
Use ½ whole wheat flour and ½ white flour
You can substitute all WW flour for cookie or cake recipes that use shortening (not butter or marg.)
Wheat flour is heavier than white flour. More leavening and longer rise time.

Wheat Class Demonstrations

Cooked Wheat
Blender Wheat Pancakes
Hearty Wheat and Beef Chili
Cracked Wheat Sausage
Sausage and Wheat Casserole
Popped Wheat
Bottled Fruit Cake

"From the standpoint of food production, storage, handling, and the Lord's counsel, wheat should have high priority. Water, of course, is essential. Other basics could include honey or sugar, legumes, milk products or substitutes, and salt or its equivalent. The revelation to store food may be as essential to our temporal salvation today as boarding the ark was to the people in the days of Noah."
(Ezra Taft **Benson, October Conference, 1973**).

"The time will come that gold will hold no comparison in value to a bushel of wheat."
(President Brigham Young, Discourses of Brigham Young, p.298.)

COOKING METHODS FOR WHOLE WHEAT

Bulgur Wheat (waltonfeed.com)

Take cooked whole kernel wheat and spread thinly on cookie sheets or shallow pans and place in a warm oven to dry (200 degrees F) 2-6 hours. Wheat must be very dry so it will crack easily. When thoroughly dry, crack wheat in a mill, grinder or blender or smash with rolling pin. It is now ready to use. If the recipe calls for cooked bulgur, boil it in water for 5-10 minutes or cover with boiling water and let stand, cover, until re-hydrated. It will approximately double in volume.

Cracked Wheat:

Stir 1 c. cracked wheat into 2 c. rapidly boiling water. Reduce heat. Cook 15-18 minutes, stir occasionally.

Cooking Whole Kernel Wheat (waltonfeed.com)

Wash one cup of wheat and soak in 2 cups cool water for 12 hours. Drain, rinse, add water until 1" over wheat, cover and bring to a boil. It may be necessary to add water but not necessary to cover with water. Simmer for about one hour until tender. Water should be mostly absorbed after the hour. The plump, cooked wheat will keep in a covered container in the refrigerator for about two weeks or frozen for longer. So, make lots and save time!

Crock Pot method

2 c. whole wheat, 5 c. water, 1 t. salt cook on low 6-8 hours. Refrigerate or freeze.
Substitute cooked wheat for rice or pasta in your recipes

Popped Wheat (waltonfeed.com)

Take 1 cup soaked and cooked whole wheat kernels (cooked just about 30 minutes -- not until split) and drain very well. (You may even wish to dry it off with a towel.) Heat cooking oil to 360°. Deep fry a small portion at a time, about 6 tbsps for 30-45 seconds or until golden brown and popping sound is done. Immediately remove from oil with a strainer and place on a paper towel to cool. The wheat will not pop like popcorn, in fact some kernels may not pop at all but will be very crispy and golden. Season to taste with salt, onion salt, garlic salt, barbecue salt, or dust with powdered ranch dressing

Sprouts: (method used to test if old wheat is still good – use 100 kernels, if ½ sprout = good)

Soak wheat in water for 8-12 hours. In quart size glass jar, put drained and rinsed wheat; cover top with window screening or part of an old nylon, secure with a rubber band or jar ring. Lay on side, no direct sunlight. Twice a day, rinse (cover with cool water, swirl around, dump out) In 2-3 days, a small sprout will appear, length of seed. Refrigerate or freeze at this point. Can eat raw, in salads, on sandwiches or alone or cook about 5 minutes, use in bread, or cook and eat plain or rice.

Wheat Grass- see sproutpeople.com for detailed growing instructions

Wheat Meat (waltonfeed.com- please see Wheat Meat page for complete instructions.)

It is process of separating gluten/protein from the starches. Add enough water to flour make a dough like texture -- just wheat flour and water. Let it sit for 30-45 minutes for the gluten to develop. Rinse under water to remove the starches. (It will run clear and take out some of the bran. It feels like it's falling apart as the starches rinse clear, then comes together again.)

Boiling: boil in broth for about 30 minutes broth to cook/boil/flavor it. . The boiled wheat meat can be cut to mimic slices of chicken or beef.

Baking: You can either take this heap of gluten and make a long "loaf" shape out of it then put it on a greased cookie sheet and bake in the oven. bake through and usually browns just barely The baked wheat meat can then be ground to make a "ground beef" texture. Using a blender to shred it also works great.