

Wheat (Grains and Seeds)

Interesting facts: More types of foods are made with wheat than with any other cereal grain. It does contain gluten and should be avoided by those sensitive to this. Different types of wheat are bulgar, couscous, cracked and whole berries. Bulgur is made from whole wheat that's been soaked and baked to speed up the cooking time. It's especially popular in the Middle East, where it's used to make tabouli and pilafs. Couscous is made by subjecting freshly ground whole wheat to a rigorous milling and rolling process. The result is essentially a grain turned inside out. Cracked wheat is made by milling raw wheat berries into smaller pieces, a process that reduces cooking time. Whole berries are wheat kernels that have been stripped only of their inedible outer hulls.

How to prepare and cook: Before cooking grains, soak them in pure water overnight then rinse them thoroughly. To cook the grain, combine it with water in a heavy steel pot. Do not use aluminum cookware. You may add a pinch of salt, ghee, oil or spices. Bring the grain to a boil, cover the pot, reduce heat, and simmer without stirring until the water is absorbed. Remove from heat and allow the grain to stand, still covered, for ten minutes before serving.

For bulgur wheat: Use 1 cup of grain and 2 cups of water or broth. Cook for 15 minutes. Yields 2 ½ cups.

For couscous: Use 1 cup of grain and 2 cups of water or broth. Cook for 1 minute. Yields 2 ½ to 3 cups.

For cracked wheat: Use 1 cup of grain and 2 cups of water or broth. Cook for 20 to 25 minutes. Yields 2 ¼ cups.

For whole wheat berries: Use 1 cup of grain and 3 cups of water or broth. Cook for 1.5 to 2 hours. Yields 2 ½ cups.

Gluten - We strongly recommend eliminating gluten grains from your diet. Studies now show that gluten is harmful to nearly everyone. Gluten causes intestinal inflammation in at least 80% of the population and is strongly associated with multiple brain disorders. And, it is highly addictive to many people. Gluten sensitivity is increasing dramatically worldwide.