Questions and Ideas

• Thork shopping
  – 3 tine dinner fork in bulk
    • 24/$15 (foodservice superstore, $35 shipping)
    • 12/$5 (katom restaurant supply, $25 shipping)

• Brita filter only partially removes minerals
  – Designed to eliminate chloride and fluoride
  – Better than using water softened water
Sprouting Cereals for Flour

- Removes anti-nutritional compounds
  - Spouted flour can be purchased

- Fill jar less than half with grain
  - Wheat, spelt, oats, barley, einkorn, rice

- Fill to top with warm water and a little vinegar
  - 1 tbs vinegar to ½ gallon jar w. 1 Lb. grain

- Soak 18-24 hours, drain
Sprout Care for Cereal

- Rinse and stir twice daily till first root tips appear
  - 2-3 days
Stopping the Sprouts

• Stop spouting process by drying grains
  – Dehydrator, air-dry, retains enzyme if temp <113°F
  – Oven dry too hot for enzymes
  – Test for dryness by comparing before and after weight
    • Sprouted grains should weigh the same as pre-sprouting once dried
Making Flour

• Grind as regular grain and use for baking and cooking
• Bakes dense flavor full products
Glenna’s Sprouted Grain Bread

First step: Sprout the wheat berries. Makes: 2 cups

Ingredients:
1/2 cup raw wheat berries

Directions:
Place wheat berries in bowl, add tepid water to cover by 1”
Let stand at room temperature for 6 to 8 hours
Drain wheat berries and rinse with fresh water
Place bowl and cover with a cloth (or use jar)
Twice a day rinse and drain the wheat berries
After 2 to 3 days, the wheat berries will sprout
Here's what they look like!
Not dried and ground

• Chop up the sprouted berries in a blender or food processor before using them
• Don't over do it, since they should be chunky
• Can be stored in freezer

• https://jenna-henrie.wistia.com/medias/klxi2lcv5r
Ingredients

- 1/2 cup warm water (105° to 115°)
- 1 1/2 tablespoons (1 1/2 packages) active dry yeast
- Pinch of sugar
- 1 Drop of ginger
- 6 ½-7 cups whole wheat flour (I use whole wheat pastry flour)
- ½ C Wheat Gluten
- 1 tablespoon salt
- 1 1/2 cups warm water (105° to 115°)
- 1/4 cup honey
- 4 tablespoons (1/2 stick) unsalted butter, at room temperature
- 2 cups sprouted wheat berries, chopped
- 4 1/2 to 5 cups bread flour
- Melted butter, for brushing
Directions

Pour the 1/2 cup warm water into a small bowl. Sprinkle the yeast, sugar, and ginger over the water. Stir to dissolve and let stand until foamy, about 10 minutes.

In a large bowl using a whisk or in the bowl of a heavy-duty electric mixer fitted with the paddle attachment, combine ½ of the whole wheat flour, water, and salt. Add the warm water, honey, and 4 tablespoons butter. Beat for 1 minute. Add the yeast mixture and beat 1 minute longer. Add all the wheat berries.

Then add the rest of flour with the wheat gluten, 1/2 cup at a time, beating on low speed until a soft dough that just clears the sides of the bowl forms, switching to a wooden spoon when necessary if making by hand.

Turn the dough out onto a lightly floured work surface and knead until soft and spongy, 1 to 2 minutes for a machine-mixed dough and 3 to 4 minutes for a hand-mixed dough, dusting with flour only 1 tablespoon at a time, just enough as needed to prevent sticking. Place in a lightly greased deep container, turn once to coat the top, and cover with a towel.

Let rise at room temperature until doubled in bulk, 1 1/2 to 2 hours.

Grease three 8-by-4-inch loaf pans or two 9-by-5-inch loaf pans. Turn the dough out onto the work surface and divide into 3 equal portions.

Pat each portion into a rectangle and roll into a loaf shape. Place, seam side down, into the prepared pans. Cover loosely with a towel and let rise until level with the rim of the pans, about 1 hour.

About 20 minutes before baking, preheat the oven to 350°F and position a rack in the center of the oven. Bake for 45 to 50 minutes, or until crusty and golden. Brush the tops with melted butter.
Dua Gia- Pickled Mung Bean Sprouts

Yield: 6-8 servings  Prep Time: 15  Cook Time: 5  Total Time: 2 hours

Ingredients:
* 1/2 cup sugar- I use half amount and coconut sugar
* 1-1/2 teaspoons salt
* 1 cup white vinegar
* 1 cup water
* 1-1/4 pounds bean sprouts, rinsed under cool water
* 1 carrot, peeled and shredded
* small bunch chives or green onions, cut on the diagonal into small pieces- or use regular onions and garlic

Directions:
Combine the sugar, salt, vinegar and water in a small saucepan over medium heat. Stir to dissolve the salt and sugar. Set aside and let cool completely.

Combine the bean sprouts, carrot and chives or green onion in a large bowl. Pour the brine over the vegetables. Toss and let sit for at least one hour, tossing occasionally. The vegetables will shrink in volume, allowing the brine to cover all of the vegetables.

Serve immediately or cover and refrigerate. To serve use tongs or a slotted spoon to scoop up the bean sprouts from the brine. Will keep for several days in the refrigerator.
Tanning Reminder

• Avoid over heating in the sun

• Rotate
Today We Hull

• Few slides for today
• Hulling is the most time consuming part
  – Taste test with and without hulls
• Lots of water and a big bowl
When You Get Home

• Finish tanning, then hull
• Or just store in fridge and munch at will
Jars

- Rinse jars thoroughly
Floating Hulls

• All sprouts in bowl
  – Use favorite utensil to float apart after short soak
Skimming in The Bowl

• “Herd” hulls to one side
  – Skim off with spoon
Transfer to Jars

- Use forks to spread evenly in 2 jars if you spouted all your seed.
Draining the Bowl

• Frugal with sprouts
Mung Beans

• They try my patience
Drain and Done

• Let sit a while then drain to keep fresh
Reminder

• Grow at angle with sprouts spread as thin as possible but still touching
• Store horizontally and rotate
References

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