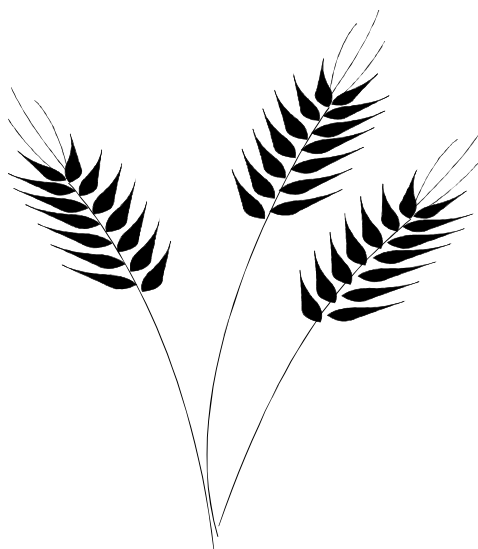


Whole Wheat and Whole Wheat Flour: Recipes and Storage Recommendations



Presented by:
Melanie Jewkes
USU Extension Agent
Family and Consumer Sciences
Duchesne County
(435) 738 – 1140
melanie.jewkes@usu.edu
<http://extension.usu.edu/duchesne>

Created by:
Adrie Roberts M.S., CFCS
USU Extension Assoc. Professor
Family and Consumer Science
Cache County
adrie.roberts@usu.edu

UtahState
UNIVERSITY

COOPERATIVE
extension

“Utah State University is an Affirmative Action/Equal Opportunity Institution.”

Use It or Lose It: Stored Wheat

This handout will not attempt to describe all the ways wheat may be used, but rather to share ideas and tips to aid in the rotation of wheat by incorporating it into the daily diet in a practical manner. If the wheat is to be ground into flour, invest in an electric or hand operated wheat grinder.

Varieties

Red Wheat Varieties

Hard red wheat varieties grown in Utah and other states are desirable for home storage and bread making. Some of the spring-planted and fall-planted hard red wheat varieties commonly grown in the Intermountain States are listed below.

Spring-planted varieties

- | | |
|------------|------------|
| 1. Bannock | 5. Pondera |
| 2. Borah | 6. Rick |
| 3. Fremont | 7. Vandal |
| 4. Mckay | 8. WB 936 |

Fall-planted varieties

- | | |
|---------------|---------------|
| 1. Bonneville | 5. Promontory |
| 2. Garland | 6. Ute |
| 3. Hansel | 7. Weston |
| 4. Manning | |

White Wheat Varieties

Recently some new varieties, considered in a new category known as hard white wheat, have been developed. They are suitable for making bread and some people feel that these grains are more acceptable in whole wheat bread than red wheat. Most hard white wheat are spring planted, but some new varieties of hard white winter wheat are being developed. Golden 86 and Klasic are two varieties of hard white spring wheat that may be commercially available.

Make it More Convenient

We are in a society where convenience is the norm. We want everything to be fast and require little work. Wheat takes a little time to prepare. Making it more convenient will increase the likelihood that it will be used. For example: cooked wheat kernels will store in the refrigerator about 1 week.

1. Bulgur (wheat berries), a dried form of cooked wheat will store for several months. Bulgur shortens preparation time because it only needs to be re-hydrated rather than cooked. A recipe for preparing wheat berries is included with the recipes in this booklet.

2. Freeze cooked wheat: Place cooked wheat in a thin layer on cookie sheet. Partially freeze, then place in freezer bags and store in freezer. Freezing it in this manner will allow you to remove the amount desired for use without thawing the entire container.

Make it Accessible

You can store wheat in smaller usable quantities in or near the pantry. We often use the most accessible items first. Make it accessible.

Bring it to Mind

Make menus (a list of meals your family will eat) with notes to the side of the list indicating which dishes may be easily converted to a partial or complete wheat dish. Post the list of menus where they are easy to see (on the fridge, cupboard door, etc.).

Start Small and Keep on Going

Do not try to make changes or conversion to a wheat diet overnight. We eat the foods we do because of habit, taste preferences, and familiarity. Allow time to make changes. Make changes small and gradual, to avoid intestinal discomfort.

Use with Strong Flavored Foods

Wheat is a strong, nutty flavored grain. When becoming accustomed to eating wheat, use it in strong flavored dishes (which will compliment other flavors rather than compete with or overpower mild flavors).

Mellow it by Removing the Bran

Removing the bran from whole wheat flour will mellow flavor, lighten color, and smooth the texture. Sift the flour and remove the bran remaining in the sifter (save the bran and add to cereal, soups, stews, etc.).

Do it

Set a goal to use more wheat and stick to it. The goal may be as simple as making one meal or dish a month using whole wheat.

Taken from: Food Storage Cooking School- Low and Hendricks, USU Extension, Salt Lake County, 1/99. Copies may be made for individual and non-profit use.

Whole Wheat Berries

These whole kernels need soaking or steam cooking to become tender. When cooked, they have a sweet, nut-like flavor and a slightly chewy texture. There are many ways to prepare dishes with wheat berries, and many ways haven't been discovered yet - so experiment!

The versatility of wheat berries is demonstrated in recipes from cereals to breads, to casserole and to stuffing for fowl. These recipes call for cooked wheat berries. Wheat berries can be prepared ahead of need and the ready-to-use cooked wheat may be stored in an airtight container in the refrigerator for about 1 week.

Wheat berries are probably the easiest whole wheat food to prepare, and certainly ranks as one of the most versatile foods in use. None of the measurements are critical, and there's no fussing with stirring, continual watching, etc.

Wheat berries can be made from whole wheat kernels or cracked wheat and can be used to replace rice in most dishes; they can also be substituted for mashed potatoes.

To make wheat berries: In a pot with a fairly tight lid, combine 3 cups of water, and 1 cup of wheat. Bring to a boil. Allow to simmer ½ hour. Turn off the heat and allow the wheat to stand 8-12 hours. Drain any remaining liquid. Use or store in refrigerator, tightly covered, for no more than one week.

Thermos cooked: Put wheat and 2½ cups boiling water in a quart-sized thermos. Screw the top lightly and leave until morning.

Slow cooker method: Simmer ingredients on high for approximately 2-3 hours. Turn off the slow cooker and let it sit overnight untouched.



Wheat Recipes

Wheat and Bean Chili

1 cup uncooked dry beans	1 large can (46 oz.) tomato juice
1 cup uncooked wheat	1 (15 oz.) can Mexican-flavored stewed tomatoes*
1 quart water	1 tsp. chili powder
1 onion, chopped	Salt and paprika to taste
1 lb. ground beef	2 tsp. brown sugar
1 clove garlic	½ tsp. cumin
2 tsp. canola or olive oil	

Cook wheat and beans together in one quart of water (may be soaked overnight before cooking). Cook until almost tender. In a separate pan, sauté meat and onions and garlic in canola or olive oil. Drain. Add to beans. Add other ingredients. Simmer for 1 hour. Season to taste.

*Fresh tomatoes may be added in place of canned stewed tomatoes. Use about 8 skinned tomatoes. Adjust spices for flavor.

Meatloaf Mix

2 eggs, beaten	¼ tsp. ground marjoram
2 (8 oz.) cans tomato sauce	¼ tsp. celery salt
2 Tbsp. dried chopped onion	2 lbs. lean ground beef*
1 tsp. salt	½ cup bread crumbs (optional)
2 tsp. Worcestershire sauce	½ cup regular oatmeal (optional)
¼ tsp. ground sage	½ cup wheat berries (optional)
¼ tsp. ground oregano	½ cup cooked rice (optional)

In a large bowl, combine eggs, tomato sauce, onion, salt, Worcestershire sauce, sage, oregano, marjoram, and celery salt. Add in ground beef and any/all optional ingredients as desired and mix well. Spoon evenly into three 2-cup freezer containers with tight-fitting lids. Attach lids. Label containers with date and contents. Store in freezer. Use within 3 months. Makes 3 packages or about 6 cups MEAT LOAF MIX.

*use only fresh (not frozen and unthawed) ground beef

Mini Meat Loaves

1 pkg. MEATLOAF MIX
2 tsp. tomato sauce
1 tsp. brown sugar

Preheat oven to 375°. Shape meat mix into two mini-meatloaves. Place in shallow baking pan. Top with tomato sauce mixed with brown sugar, if desired. Bake 30 minutes or until done.

Stuffed Green Peppers

1 pkg. MEATLOAF MIX	1/8 tsp. garlic salt
2 green peppers, halved, seeded	1/2 cup cooked rice
1/2 cup tomato sauce	

Cook green pepper halves in boiling water for 2 minutes. Drain well. Combine tomato sauce (reserve 4 Tbsp. for topping) and rest of ingredients with the meat mixture. Fill each pepper half. Place in glass baking dish. Top each pepper with 1 Tbsp. tomato sauce. Bake uncovered at 375° F. for 45 minutes or until done.

Casserole Pizza

1 pkg. MEATLOAF MIX	6 green pepper rings
1/2 cup tomato sauce	1 cup shredded mozzarella cheese
1/4 tsp. oregano leaves, crushed	1 Tbsp. grated Romano cheese
1/8 tsp. dried sweet basil leaves, crushed	Sliced black ripe olives for garnish
1 (4 oz.) can sliced mushrooms	2 parsley sprigs for garnish

In medium bowl, combine tomato sauce, oregano, basil and mushrooms; set aside. Preheat oven to 375° F. Turn MEAT LOAF MIX evenly into two 4-inch pie pans, or individual casserole dishes. Spoon tomato sauce mixture evenly over mix. Bake 15 minutes in preheated oven. Remove from oven and top each with 3 green pepper rings. Sprinkle evenly with mozzarella and Romano cheese. Bake 10 minutes longer. Garnish with black olives and parsley sprigs.

Porcupine Meatballs

1 pkg. MEATLOAF MIX

Form into balls, each about 2 inches in diameter. Place in casserole dish. Cover with sauce (below). Bake at 350° F for about 45 minutes. Makes 6 to 8 servings, 2 large meatballs each.

Sauce:

1/2 cup brown sugar	1/2 tsp. Worcestershire sauce
1/2 cup bottled barbecue sauce	1/2 tsp. seasoning salt
1/2 cup catsup	1/2 tsp. chili powder
1 can tomato soup	1 tsp. dry onion flakes

Combine ingredients and blend thoroughly. Heat and simmer about 3 minutes. Pour over meatballs.

Minestrone Soup

2 Tbsp. oil
1 lb. hamburger
¾ cup chopped onions
1 cup chopped celery
1½ quarts water
1 Tbsp. beef bouillon crystals
1½ tsp. salt
¼ tsp. pepper
¼ tsp. oregano

1 cup green beans or peas
½ cup kidney beans
1 cup wheat berries
1 cup sliced zucchini
½ cup shredded cabbage
½ cup sliced carrots
½ cup minced parsley
1 (15 oz.) can Italian-flavored stewed tomatoes

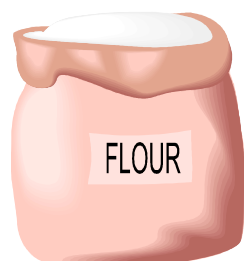
Heat oil; add ground beef and onion, sauté until onions are straw-colored. Drain grease from beef; add celery, water, and beef bouillon. Cover and simmer slowly until celery is tender. Add remaining ingredients. Cover and simmer 15 minutes. Yield: 8-10 servings.

Chocolate Zucchini Cake

2 cups flour
1 cup whole wheat flour
½ tsp. salt
2 tsp. soda
½ tsp. cinnamon
½ tsp. allspice
4 Tbsp. cocoa
1 cup brown sugar

½ cup white sugar
½ cup butter or margarine
½ cup oil
3 eggs
1 tsp. vanilla
½ cup buttermilk
2 cups grated zucchini
1 cup chocolate chips

Sift together white and wheat flour, salt, soda, spices, and cocoa. Set aside. In a large mixing bowl, cream together sugars, butter or margarine, and oil. Beat in eggs, vanilla and buttermilk. Add sifted dry ingredients. Add 2 cups of grated zucchini and 1 cup chocolate chips. Bake in greased and floured 9x13 pan for 45 minutes in a preheated oven at 350° F.



Feather Rolls

7 cups whole wheat flour, divided	$\frac{2}{3}$ cup oil
2 to 3 cups white flour	$\frac{1}{2}$ cup honey or sugar
2 to 3 Tbsp. dry yeast	4 large eggs
1 cup nonfat dry milk powder	2 tsp. salt
3 cups warm water	

Mix 5 cups whole wheat flour, dry yeast, and nonfat dry milk in large mixer bowl. Add water, oil and honey. Mix well for 1 to 2 minutes. Turn off mixer, cover bowl, and let dough *sponge for 10 minutes. Add remaining 2 cups of whole wheat flour. Add eggs and salt. Turn on mixer. Add white flour, 1 cup at a time, until dough begins to pull away from sides of bowl. Knead for 5 to 6 minutes. Dough should be very soft and manageable. Stiff dough produces heavy, dry rolls. If dough stiffens while mixing, drizzle a little warm water over dough as you knead it. Dough may be used immediately or covered and stored in refrigerator for several days. Lightly oil hands and counter top if needed. Shape immediately into rolls. Let rise until very light. Bake at 350° F. for 18 to 20 minutes. Do not over-bake. Yield: 5 dozen large rolls.

*Sponge means to let it stand while yeast becomes active.

Honey and Wheat Mix

3 cups whole-wheat flour	$\frac{1}{3}$ cup baking powder
6 cups all-purpose flour	4 tsp. salt
1 cup instant nonfat milk powder, or whey milk substitute, or dry buttermilk powder	$\frac{1}{4}$ cup powdered honey* or $\frac{1}{2}$ cup sugar

In a large bowl, combine wheat flour, all-purpose flour, milk powder or buttermilk powder, powdered honey, baking powder, and salt. Spoon into 12-cup container with tight-fitting lid. Attach lid. Label container with date and contents. Use within 10 to 12 weeks if stored in refrigerator or within 6 months, if stored in freezer. Makes about 12 cups HONEY AND WHEAT MIX.

*($\frac{1}{2}$ cup liquid honey may be used. Drizzle over mixture while stirring with a wire whisk.)

Honey Wheat Waffles

3 eggs, separated	3 cups HONEY AND WHEAT MIX
2 cups buttermilk	$\frac{3}{4}$ tsp. baking soda
$\frac{1}{4}$ cup butter or margarine, melted	$\frac{1}{2}$ cup canola oil

Preheat waffle iron. In medium bowl, combine egg yolks, buttermilk, and butter or margarine, beating with wire whisk to blend. In large bowl, combine HONEY AND WHEAT MIX and baking soda. Stir in buttermilk mixture until just moistened. Batter will be lumpy. Beat egg whites until stiff but not dry. Fold into batter. Bake in waffle iron according to manufacturer's instructions. Serve hot with syrup. Makes 4 large waffles.

Honey Wheat Pancakes

1 egg, slightly beaten
1½ cups water

2 cups HONEY AND WHEAT MIX
3 Tbsp. canola oil

In medium bowl, combine egg, oil and water, beating with wire whisk to blend. Stir in HONEY AND WHEAT MIX until blended. Let stand 2 minutes. Preheat griddle according to manufacturer's instructions. Lightly oil griddle. Stir in more water if a thinner batter is desired. Pour about ⅓ cup batter onto hot griddle to make 1 pancake. Cook until edge becomes dry and bubbles form. Turn with a wide spatula. Cook 35 to 45 seconds longer until browned on both sides. Repeat with remaining batter. Makes about ten 4-inch pancakes.

Honey and Wheat Muffins

3 cups HONEY AND WHEAT MIX
2 Tbsp. packed brown sugar
1 egg, slightly beaten

1½ cups water
¼ cup canola oil

Preheat oven to 400° F. Generously grease 12 large muffin cups. In large bowl, combine HONEY AND WHEAT MIX and brown sugar. In a small bowl, combine egg, oil and water, beating with wire whisk to blend. Add egg mixture all at once to flour and brown sugar mixture, stirring until just moistened. Batter will be lumpy. Fill each prepared muffin cup ⅔ full with batter. Bake 15 to 20 minutes in preheated oven until golden brown and wooden pick inserted in center comes out dry. Makes 12 large muffins.

Buttermilk Biscuits

2 cups HONEY AND WHEAT MIX
½ cup buttermilk, milk or water
¼ cup shortening

Preheat oven to 400° F. Pour HONEY AND WHEAT MIX into medium bowl. Cut in shortening. Add buttermilk, milk or water all at once. Stir with fork until dough follows fork around bowl. Turn out dough on lightly floured surface. Knead 10 to 12 times. Roll out dough to ½ inch thick. Use 2-inch biscuit cutter to cut rolled-out dough. Arrange dough circles on ungreased baking sheet. Bake 10 to 12 minutes in preheated oven until lightly browned. Makes about 9 biscuits.

Pancake Mix

10 cups flour
2½ cups instant nonfat dry milk
½ cup sugar

¼ cup baking powder
2 Tbsp. salt

Combine all ingredients in large bowl. Stir together to blend well. Put in large airtight container. Label. Store in a cool dry place. Use within 6 months. Makes about 13 cups of Pancake Mix.

Perfect Pancakes

1½ cups PANCAKE MIX
1 egg, slightly beaten
1 cup water
3 Tbsp. canola oil

Put pancake mix in medium bowl. Combine egg, water, and oil in small bowl. Add egg mixture to PANCAKE MIX. Add more water for thinner pancakes. Blend well. Let stand 5 minutes. Cook on hot oiled griddle about 3 to 4 minutes, until browned on both sides. Makes ten to twelve 4-inch pancakes.

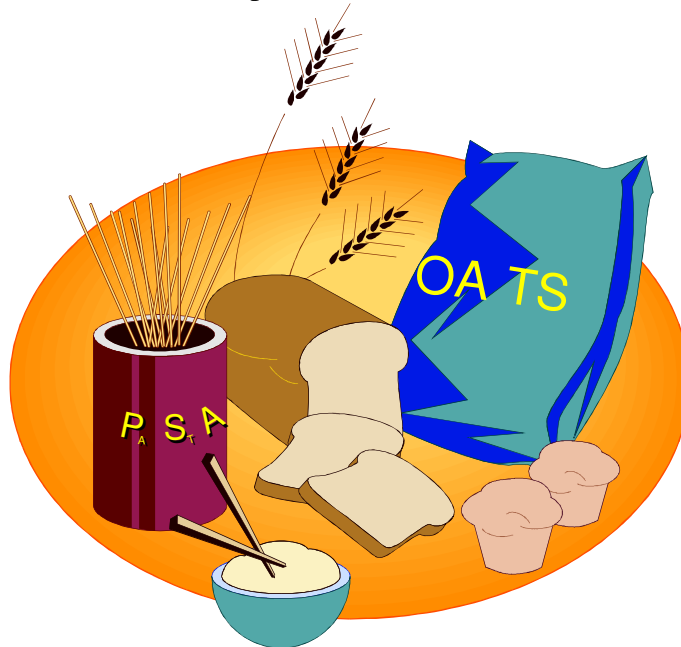
Cinnamon Oatmeal Pancake Mix

4 cups quick cooking oats	1 Tbsp. cinnamon
2 cups flour	2 tsp. salt
2 cups whole wheat flour	3 Tbsp. baking powder
1 cup non-fat dry milk	½ tsp. cream of tartar
½ cup sugar	

Combine ingredients and stir to mix well. Put in large airtight container. Label. Store in a cool dry place. Use within 6 months.

Mixing Directions:

In medium bowl, beat 2 eggs. Beat in 3 Tbsp. oil gradually. Gradually stir in 2 cups pancake mix and 1 cup water. Drop by spoonfuls onto lightly greased skillet over medium-high heat. When batter shows broken bubbles, turn pancakes over. Cook about 2 to 3 minutes.



Quick Mix

8½ cups flour	1 Tbsp. baking powder
or 5 cups white flour &	1½ cups instant nonfat dry milk
3½ cups whole wheat flour	1 Tbsp. salt
1 tsp. baking soda	2 tsp. cream of tartar

In large bowl, sift together all dry ingredients. Blend well. Put in large airtight container. Label. Store in cool, dry place. Use within 10 to 12 weeks. Makes about 10 cups of QUICK MIX.

Millionaire Bars

1 (14 oz.) pkg. caramels	½ cup brown sugar, firmly packed
⅓ cup evaporated milk	½ cup margarine, melted
2½ cups QUICK MIX	⅓ cup evaporated milk
¾ cup canola oil	2 cups milk chocolate chips
⅓ cup cocoa	¾ cup chopped nuts
¾ cup granulated sugar	

Preheat oven to 350° F. Lightly grease and flour 9x13 inch baking pan. In medium saucepan, combine caramels and ⅓-cup evaporated milk. Cook over low heat about 10 minutes, stirring constantly until caramels are melted. Keep warm. In a medium bowl, combine QUICK MIX, canola oil, cocoa, granulated sugar, brown sugar, butter or margarine, and ⅓-cup evaporated milk. Stir until dough holds together. Press half of dough into prepared pan, reserving remaining dough. Press half of mixture into baking pan. Bake about 7 minutes, until edges are browned. Remove from oven and cool slightly. Drizzle caramel mixture evenly over baked crust and sprinkle with chocolate chips and nuts. Top with remaining dough. Bake 15 to 20 more minutes, until edges separate from pan. Cool thoroughly. Cut into 2-inch squares. Makes about 24 to 30 bars.

Sugar Cookies

3 cups QUICK MIX	½ cup milk or water
1 cup sugar	1 egg, slightly beaten
¾ cup canola oil	1 tsp. vanilla, lemon, or almond extract

Preheat oven to 375° F. Lightly grease baking sheets. Combine QUICK MIX and sugar in a medium bowl. Blend well. In small bowl, combine oil, milk or water, egg and extract. Add to dry ingredients. Blend well. Drop by teaspoonfuls onto prepared baking sheets. Bake 10 to 12 minutes until lightly browned. Makes 30 to 36 cookies.

Variations:

Flavor Drop Cookies: Add 1 cup nuts, raisins, small gumdrops, chocolate chips, butterscotch chips or dates. For coconut cookies, add 1½ cup shredded coconut. For peanut butter cookies, add ½ cup peanut butter. For orange cookies, omit extract and add 1 Tbsp. orange peel and ½ cup

raisins. For molasses cookies, substitute 3 Tbsp. molasses for milk or water and add $\frac{1}{8}$ tsp. mace.

Shaped Cookies: Decrease milk or water to 3 Tbsp. Shape dough into one-inch balls. Place about 3 inches apart on prepared baking sheets. Flatten each ball with the bottom of a glass dipped in sugar.

Rolled Cookies: Decrease milk or water to 3 Tbsp. On a lightly floured surface, roll out dough to $\frac{1}{8}$ -inch thickness. Sprinkle with sugar and cut into shapes. Place about one inch apart on baking sheets.

Hot Fudge Pudding Cake

1½ cups QUICK MIX	$\frac{3}{4}$ cup brown sugar, packed	1½ cups boiling water
$\frac{1}{3}$ cup canola oil	2 Tbsp. cocoa	$\frac{1}{2}$ cup milk
1 tsp. vanilla	$\frac{1}{4}$ cup cocoa	
$\frac{1}{2}$ cup granulated sugar	$\frac{3}{4}$ cup chopped nuts	

Preheat oven to 350° F. In unbuttered, 8-inch square pan, combine QUICK MIX, granulated sugar, 2 tablespoons cocoa, nuts, milk, oil, and vanilla. Blend well. Combine brown sugar and $\frac{1}{4}$ cup cocoa in small bowl. Add to water. Bring to boil. Gently pour over top of cake mixture. Do not stir. Bake 35 to 40 minutes, until edges separate from pan. Cool in pan 15 minutes before serving. Makes one 8-inch cake.

Caramel-Nut Pudding Cake

2½ cups QUICK MIX	$\frac{2}{3}$ cup milk
$\frac{1}{2}$ cup chopped nuts	$\frac{1}{2}$ cup raisins, if desired
$\frac{1}{2}$ cup brown sugar, firmly packed	Brown Sugar topping, see below
$\frac{1}{2}$ cup canola oil	

Preheat oven to 375°F. Lightly grease an 8-inch square pan. In a medium bowl, combine QUICK MIX, brown sugar, raisins, if desired, and nuts. Mix well. Add oil and milk; blend well. Pour into prepared pan. Prepare Brown Sugar Topping. Gently pour over top of cake mixture without stirring. Bake 30 to 40 minutes, until cake springs back when lightly touched in center. Cool in pan 15 minutes before serving. Makes an 8-inch cake.

Brown Sugar Topping:

1 cup brown sugar, firmly packed	2 cups boiling water
1 Tbsp. butter or margarine	

In small bowl, combine brown sugar, butter or margarine, and boiling water. Blend.

Mrs. Field's Cookies, revised

1 cup brown sugar	½ tsp salt	2 cups whole wheat flour
1 cup white sugar	1 tsp baking powder	2 ½ cups oatmeal
1 cup butter	1 tsp baking soda	1 ½ to 2 cups chocolate chips
2 eggs	1 tsp vanilla	

Heat oven to 400 degrees. Cream butter and sugars together until smooth. Add eggs. Then add salt, baking powder, baking soda and vanilla. Mix well. Add in flour and oats. Stir in chocolate chips. Mold into golf ball size balls (or use a cookie scoop). Place on ungreased cookie sheet and slightly flatten. Bake 6 minutes. Do not over bake. Remove from oven and allow to cool on cookie sheet. Makes about 4 dozen cookies.

German Pancakes

6 eggs	¼ cup all purpose flour	1 cup milk
¾ cup wheat flour	¼ tsp. salt	¼ cup butter

Heat oven to 450 degrees. Melt butter in a jelly roll or 9 x 13 pan while oven is preheating. Beat eggs until thick and lemon-colored. Add salt, flour and milk, just until smooth. Pour into pan. Bake for 15-20 minutes until light golden brown.

Whole Wheat Angel Food Cake

2 cups whole wheat flour	1 tsp. almond flavoring	2 cups sugar
1 cup cold water	8 eggs, separated	1 ½ tsp. vanilla
½ tsp. salt	½ cup cornstarch	1 tsp. cream of tartar

Grind wheat on fine setting. Beat egg whites with cream of tartar until very stiff, set aside. Combine flour, cornstarch, salt and sift 3-4 times, set aside. Beat egg yolks in mixer until light colored. Slowly add cold water and vanilla; beat 2 minutes. Add sugar and flour mixture; beat for 3-4 minutes. Fold egg whites into batter; pour into ungreased angel food cake pan. Bake at 325 degrees for 75 minutes. (You can also bake it in two 9" bread loaf pans at 350 for 35-45 minutes).

Wheat Pilaf

2 Tbsp. butter	¼ cup chopped onion	1/8 tsp. pepper
1 cup bulgur	Minced garlic	1/3 cup parmesan cheese
½ tsp. salt	2 cups chicken broth	1 Tbsp. parsley

Melt butter in heavy skillet, add onion and garlic and sauté until opaque. Add bulgur, salt, broth and pepper. Cover and simmer over low heat 20 minutes, or until all liquid is absorbed. When cooking is complete, stir in parmesan cheese and minced parsley. Yields 6 servings.