



## COOKING WITH TEFF:

There are two methods for cooking teff. Method 1 results in a poppy seed like texture where the grains are still a bit firm. Use this method when you want to add the teff to soups and stews or sprinkle on vegetables or salads. Method 2 results in a porridge like texture. Eat it as is or with your favorite toppings for breakfast, add it to muffins or pancakes, or to make a polenta.

### Whole grain method 1:

1 cup teff  
1 cup water  
Pinch of salt (optional)

Toast the teff in a hot skillet, stirring quickly for 2 minutes or until the sound of popping grains is at its height (*toasting before cooking enhances the flavor of the grain*). Add teff to a saucepan with the water and bring to a boil. Reduce heat to a simmer, cover and cook for about 10 minutes. Remove from heat and let sit, covered for another 5 minutes.

### Whole Grain method 2:

1 cup teff  
3 cups water  
Pinch of salt (optional)

Toast teff in a hot skillet, stirring quickly for about 2 minutes or until the sound of popping grains is at its height (*toasting before cooking enhances the flavor of the grain*). Add teff and water to a saucepan and bring to a boil. Reduce heat, cover and simmer for 15 to 20 minutes or until water is absorbed and teff is soft.

### Teff Flour

Teff flour can be used for many baked goods such as cookies, muffins, waffles, pancakes, crepes, pie crusts, quick breads, etc. Teff contains its own form of yeast and is not compatible with bread yeasts. Do not add teff to yeast breads.

Teff is a great source of plant protein. It contains all the essential amino acids including lysine, which is limited in other grains.

Besides quality protein, amaranth is also an excellent source of calcium. In fact a cup of cooked teff has more calcium than a cup of milk.

### Teff Crepes with Sautéed Spinach and Mushrooms

#### Crepes:

½ cup teff flour  
⅛ teaspoon salt  
½ cup skim milk  
1 large egg  
1 tablespoon vegetable oil  
Feta cheese

#### Filling:

1 teaspoon extra-virgin olive oil  
8 ounces mushrooms, sliced  
6 cups fresh baby spinach  
Salt and pepper  
Freshly ground black pepper

To prepare crepes, combine the teff flour and salt in a medium bowl; set aside. In a separate bowl combine the milk, egg and oil. Add the wet ingredients to the flour mixture and stir with a whisk until smooth. Cover and set aside.

# CREATE

To prepare filling, heat oil in a large nonstick skillet over medium-high heat. Add mushrooms and sauté 5 minutes or until tender and beginning to brown at the edges. Add the spinach and sauté 1 minute or until just wilted. Add salt and pepper to taste. Removed from heat and keep warm.

Spray nonstick skillet or crepe pan with cooking spray. Pour a scant  $\frac{1}{4}$  cup of batter into the pan and immediately tilt the pan in a circular motion to create a thin crepe. Cook 45 seconds or just until the surface of the crepe is set. Turn with a spatula and cook for an additional 30 seconds. Transfer cooked crepe to a clean kitchen towel. Repeat procedure with remaining batter for a total of 4 crepes.

Divide the spinach and mushroom filling among the crepes; roll or fold the crepes over the filling. Sprinkle with feta cheese and serve immediately.

## Teff Polenta

1 tablespoon extra virgin olive oil	$\frac{1}{2}$ teaspoon sea salt
4 cloves garlic, minced	1 teaspoon dried basil or 2 tablespoons fresh basil
1 cup chopped onions	$\frac{2}{3}$ cup teff grain
1 cup chopped green peppers	1 $\frac{3}{4}$ cups water
2 cups coarsely chopped tomatoes and Parmesan cheese for garnish	

Sauté onions and garlic in olive oil, stirring occasionally, for about 5 minutes. Add peppers and sauté for 2 minutes more. Stir in the teff and basil. Add the water and salt. Bring to a boil, cover and reduce heat to a simmer. Let simmer for 20 to 30 minutes or until liquid is absorbed and teff is soft. Taste and adjust seasonings. Transfer to a 9-inch pie plate. Let cool for about 30 minutes. Slice and serve with tomatoes and sprinkle with Parmesan cheese.

**Whole grain teff and teff flour can be purchased at some grocery stores, health food stores, specialty stores, or online ([bobsredmill.com](http://bobsredmill.com), [shilofarms.com](http://shilofarms.com), [teffco.com](http://teffco.com)).**

## Corn Quiche in a Teff Crust

Crust:	Filling:
$\frac{3}{4}$ cup teff flour	2 cups fresh, frozen or canned corn
$\frac{3}{4}$ cup whole wheat flour	1 cup skim milk
$\frac{1}{4}$ teaspoon salt	4 large eggs
2 tablespoons butter	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup water	3 green onions, chopped
Tabasco sauce, to taste (optional)	$\frac{1}{2}$ cup minced green bell pepper
$\frac{1}{4}$ cup shredded Swiss cheese	2 tablespoons shredded Swiss cheese

Preheat oven to 350°F.

For crust, combine flours and salt in a bowl. Cut in the butter until the mixture forms a crumbly meal.

Combine Tabasco sauce if using, with water. Add water to flour mixture and form into a ball. Let the dough rest for 10 to 15 minutes. Roll out between 2 sheets of waxed paper to an 11- inch circle. Line a 9-inch pie plate with the rolled out crust. Crimp the edges. Sprinkle cheese on crust and set aside.

For filling, combine the corn and milk in a blender and blend until smooth. Add the eggs, more Tabasco if desired, and salt; blend just to mix. Pour corn mixture into pie pan. Sprinkle green onions, green pepper, and cheese over surface. Bake for 45 minutes or until a knife inserted in the center comes out clean.



### Teff Waffles

2 cups teff flour	2 cups skim milk
1 teaspoon baking powder	¼ teaspoon salt
½ teaspoon cinnamon	2 large eggs, beaten
1 tablespoon unsalted butter, melted	

Sift the flour, baking powder, cinnamon, and salt into a mixing bowl. Whisk in the eggs, melted butter, and milk. Pour into a heated waffle iron and cook according to manufacturer's directions. Serve with your choice of toppings.

**There is nothing like a hot waffle to get your morning started. Store leftover waffles in the refrigerator or freezer and pop in the toaster to reheat. Instant Breakfast!**

Whole grain teff can be stored in in an airtight, food grade container in a cool, dry place for up to a year or more. Teff flour, grounded in a mill at home or purchased, should be stored in the refrigerator or freezer and used within 4 to 6 months. Whole grains contain oils that are susceptible to oxidation, especially when ground into flour, and so they must be kept cool to prevent the flour from going rancid.