

# CREATE

## COOKING WITH KAMUT

### Stovetop Method:

1 cup kamut berries  
1 ½ cups water  
Pinch of salt (optional)

Rinse the kamut and drain in a colander. Add water, berries and salt to a medium saucepan and bring to a boil over high heat. Reduce heat to low, cover and cook for 1 to 1 ½ hours or until berries are soft and water has been absorbed. Alternately, soak the berries for an hour or overnight. Bring kamut and soaking water to a boil, reduce heat to low, cover and cook for 50 to 60 minutes.

### Slow Cooker Method:

1 cup kamut berries  
1 ½ cups water  
Pinch of salt (optional)

Add all ingredients to the slow cooker. Cook on low for 8 hours and on high for 4 hours. This method works well overnight for hot cereal in the morning. Just add nuts, dried fruit and milk or yogurt for a quick breakfast. The cooked berries can be processed in a blender with a little milk for a cracked wheat like texture if desired.

### Rolled Kamut:

Rolled kamut is available at specialty stores and online at edenfoods.com. Follow package directions to prepare.

### Kamut flour:

Kamut flour can be made from kamut berries in a grain mill or it can be purchased as whole grain flour at specialty stores or online. Kamut flour can be used as you would use regular wheat flour for breads, pancakes, muffins, cookies etc. Whole grain kamut flour is ideal for homemade pasta.

**Kamut is a high-energy grain that will keep you feeling full for hours. It is a good source of selenium, potassium, magnesium, zinc, iron, phosphorus, and several B vitamins.**

### Whole Grain Kamut Pasta

This pasta dough is very dense and stiff so may be difficult to work by hand. A hand crank pasta machine is recommended to make homemade pasta from kamut flour. Resist the temptation to add more water to your pasta dough; a stiff, dry dough results in a better textured finished product.

3 cups kamut flour  
2 eggs  
4 to 6 tablespoons water

In a large bowl, measure flour and make a well in the center. Add eggs and 3 tablespoons water into the center of the well and mix with a fork working the flour into the egg mixture a little at a time. Continue mixing until all the flour is incorporated adding 1 tablespoon at a time of water until all the flour has been incorporated. The dough should be very stiff but not crumbly. Knead the dough for about 2 to 3 minutes. Cover the dough and let rest for 1 hour.

Divide the dough into three or four portions. Work with one portion at a time and keep remaining portions covered. Roll out dough with a rolling pin to about ¼ inch in a long strip preparatory to using the pasta machine. Using a pasta machine and working with one portion at a time, roll the dough according to manufacturer's instructions. Cut pasta sheets into noodles as desired. Cook immediately or cover and refrigerate for up to two days or store in the freezer.

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## Ragu Pasta Sauce

½ pound sweet Italian sausage	2 carrots, peeled, quartered and chopped
1 tablespoon olive oil	½ pound mushrooms, sliced
1 onion, chopped	2 stalks celery, chopped
1 clove garlic, chopped	½ cup skim evaporated milk (optional)
2 jars spaghetti sauce	

Brown sausage in a large skillet. Remove meat from skillet and set aside. Heat oil in same skillet and add onion and sauté till onion begins to soften. Add garlic, celery, carrot and mushrooms and sauté till vegetables are soft. Add spaghetti sauce and simmer on low till vegetables are very tender, about 40 minutes. Stir in evaporated milk just before serving if desired. Serve over hot pasta.

**Whole grains provide fiber in the diet. Dietary fiber can help lower your risk for type 2 diabetes and heart disease; it may help reduce blood cholesterol and it important for proper bowel function. Fiber also helps you feel full longer and can aid in weight loss and weight maintenance.**

## Kamut Salad

1 ½ cup cooked Kamut berries	¼ teaspoon salt
2 cups shredded carrots	3 tablespoons orange juice
¼ cup golden raisins	¼ teaspoon ground cinnamon
1 tablespoon lemon juice	¼ cup walnuts, toasted
1 tablespoon olive oil or canola oil	1 tablespoons honey
¼ to ½ cup pomegranate seeds (optional)	

Combine Kamut, carrots and raisins in a bowl. In a separate bowl, combine orange juice, lemon juice, honey, cinnamon and salt. Drizzle olive oil into juice mixture and whisk to combine. Pour dressing over salad and toss to combine. Add walnuts and pomegranate just before serving.

## Storing Kamut

- Whole grains contain oil that are susceptible to oxidation, especially when cracked, rolled or ground into flour.
- Store Kamut in a food grade container in a cool dry place for a year or more.
- Store kamut flour in the refrigerator or freezer for six months to keep them from going rancid.
- Cooked kamut can be kept in the refrigerator for five days.

For information on how to order printable versions of this handout, go to [extension.usu.edu](http://extension.usu.edu).