

CREATE

COOKING WITH SPELT

Super Simple Whole Grain Goodness!

To cook spelt berries:

- 1 cup spelt berries
- 2 cups water
- Pinch of salt (optional)

Rinse the spelt 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 1½ hours. Alternately, soak the berries for an hour or overnight. Bring spelt and soaking water to a boil, reduce heat to low, cover and cook for 45 minutes.

Slow cooker method

- 1 cup spelt berries
- 2 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 creamier texture if desired.

Rolled Spelt:

- 1 cup rolled spelt
- 2 cups water
- ¼ teaspoon salt

Combine spelt, water and salt in a medium sized saucepan and bring to a boil. Cover, reduce heat to medium low and cook for about 15 minutes.

Spelt Flour:

Spelt flour can be made from spelt berries in a grain mill or it can be purchased in whole grain flour. Spelt flour can be used as you would use wheat flour for breads, pancake, muffins, cookies, etc.

You can cook spelt in large batches, divide into smaller containers and store for later use in the freezer. Cooked and frozen spelt will last for about 4-6 week. Making a large batch and freezing will allow you to have some wholesome grain ready to add to soups, salads, pilafs, etc. Simply rinse under hot water to thaw frozen spelt.

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Whole Grain Spelt and Applesauce Muffins

1¾ cups whole grain spelt flour	¼ cup canola oil
1 teaspoon baking soda	1 egg
½ teaspoon salt	½ teaspoon vanilla
1½ teaspoons cinnamon	¼ cup sugar
½ teaspoon nutmeg	⅛ teaspoon allspice
1 cup unsweetened (no sugar added) applesauce	

Preheat oven to 400°F. Prepare muffin tins with cupcake papers or spray with cooking spray. Mix flour, baking soda, salt, cinnamon, nutmeg and allspice in a medium sized bowl. In a separate bowl mix oil, egg, sugar, vanilla and applesauce until combined. Add wet ingredients to dry and mix until just combined. Do not over mix. Fill muffin tins about ½ full. Bake for 15 to 20 minutes or until the tops spring back when touched. Makes 12 muffins.

Double the recipe and freeze a batch for another day. Add raisins or other dried fruit, nuts or mini chocolate chips for a treat.

Quick Spelt Bread

2½ cups whole grain spelt flour	1 cup buttermilk
¼ teaspoon salt	2 tablespoons canola oil
2 teaspoons baking powder	1 egg
1 teaspoon baking soda	2 tablespoons sugar

Preheat oven to 375°F. Spray a 9x9 inch pan or a 9 inch oven proof skillet such as cast iron with cooking spray. Combine flour, salt, baking powder and baking soda in a mixing bowl and mix well. In a separate bowl combine sugar, egg, oil and buttermilk and whisk till combined. Add wet ingredients to dry and mix well. Pour batter into pan or skillet and bake for 35 to 40 minutes. Serves 8-10.

Tip: If you don't have buttermilk on hand, measure 1 tablespoon lemon juice or white vinegar in a one cup measuring cup then fill the cup with milk. Let mixture sit for about 5 minutes. This quick bread has the texture of corn bread and is just as easy to prepare. Serve it hot with your favorite cup of soup.

Spelt berries, spelt flour, spelt flour and rolled spelt flakes are available online or at health food stores, specialty stores, or even your local grocery store.

Spelt pasta and bread is available from specialty stores.

Spelt berries can be stored in an airtight, food grade container in a cool, dry place for up to a year or more.

Whole grain flours including spelt flour are stored best in the refrigerator for 2 – 3 months and in the freezer for 6 – 8 months. Whole grains contain oils that are stable until ground, but then are susceptible to oxidation and must be kept cool to prevent the flour from going rancid.

Cooked spelt can be kept in the refrigerator for 3-4 days and in the freezer 4 to 6 weeks.

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Corn Chowder with Mushrooms and Spelt

1 small onion, chopped
1 tablespoon canola oil
½ pound mushrooms, sliced
2 cups chicken broth
1 carrot, diced
1½ cups fresh or frozen corn or 1 (15 oz.) can corn, drained and rinsed

¼ teaspoon pepper
¼ teaspoon salt
2 cups low-fat milk
2 tablespoons cornstarch
¾ cup cooked spelt

Heat the oil in a large pot and add the onion. Sauté until onion is softened. Add mushrooms and sauté for another 2 minutes until mushrooms are tender. Add broth, carrot, spelt, and corn and bring to a boil. Cover, reduce heat and simmer for 20 minutes or until carrot is tender. Add cornstarch to milk and stir until dissolved. Bring soup back to boil and add milk mixture all at once. Cook and stir till soup is thickened. Season with salt and pepper.

Yield: 4-6 servings

Spelt Berry Waldorf Salad

½ cup fat-free vanilla yogurt
⅛ teaspoon salt
1 cup cooked spelt berries
2 medium apples, peeled, cored, and diced

½ cup chopped walnuts
1 cup red or green grapes, sliced in half
½ cup celery, sliced thin

Combine all ingredients and mix well. Serve on a lettuce leaf if desired.

Spelt is a nutritional powerhouse. It is an excellent source of fiber, B vitamins, vitamin E, zinc, iron, copper, magnesium, phosphorous, and protein.