Whole Grain Information

Much of the information and recipes on the following pages has been excerpted from *Cooking with Grains* by Coleen and Bob Simmons and appears courtesy of Bristol Publishing. For more information, to order this book or to view more of their fine cooking publications visit their website at www.bristolcookbooks.com.
SUGGESTED NOURISHING INGREDIENTS

Spinach
Great Source of: Calcium, Iron, Magnesium, Manganese, Potassium, Vitamin A, Vitamin B2, Vitamin B6, Vitamin E, Vitamin K

Tofu
Great Source of: Essential Fatty Acids, Iron

Tomatoes
Great Source of: Manganese, Potassium, Vitamin A, Vitamin B1, Vitamin C, Vitamin K

Tuna
Great Source of: Iodine, Selenium, Vitamin B1, Vitamin B3, Vitamin B6

Whole Wheat
Great Source of: Dietary Fiber, Magnesium, Manganese

Zucchini
Great Source of: Copper, Dietary Fiber, Folic Acid, Magnesium, Manganese, Phosphorus, Potassium, Vitamin A, Vitamin C

ABOUT RICE

Rice as we know it was most likely developed when wild grasses were domesticated about 5,000 years ago. Thousands of varieties or rice are grown around the world.

Rice is a very important ingredient in the diet of over half the world’s population. In many cultures it is consumed 3 times a day. It can be used to make everything from soups to salads, side dishes, entrées and desserts.

Brown Rice
Brown rice is a whole grain rice from which the outer husk has been removed. It is more nutritious than white rice and has a nutty flavor. Although long-grain is the most common type of brown rice, it is also available in medium- and short-grain varieties.

White Rice
White rice is a brown rice that has been stripped of its bran and germ. Due to the stripping process, white rice has fewer nutrients and less fiber than brown rice. The long-grain variety of white rice cooks into soft separate grains.

Converted Rice
Converted rice is white rice that has been steamed before the bran is removed, which preserves some nutrients. The grains remain firmer than regular long-grain white rice, which makes it a good choice to add to long-cooking dishes, such as jambalaya, gumbo and paella.

Basmait Rice
Basmait is an aromatic white rice. Its long, tender grains have a distinct earthy aroma. It’s great with curries or in pilafs.

Jasmine Rice
Jasmine, like Basmati, is a type of aromatic white rice with long separate grains and a distinct perfumy aroma.

Wehani Red Rice
Wehani Red is a California medium-grained hybrid based on an Asian red rice variety. It has a chewy texture and an aroma similar to popcorn.

Arborio Rice
Arborio is a short-grained variety that becomes creamy with constant stirring while cooking. It remains slightly firm after cooking, but absorbs the flavor of the cooking liquid. Arborio is a classic choice for making risotto.
Wheat is high in fiber and vitamins B and E, and it even provides some protein. Much of the wheat in the U.S. is consumed in either breads or pastas, which are often made from highly processed “white” wheat flour. Many of the nutrients inherent to wheat are lost after this process. The following are some of the most common forms of wheat available.

Wheat Berries
Wheat berries are whole wheat kernels from which the hull has been removed. Wheat berries have a somewhat meaty texture and are good substitutes for ground meat in recipes. Hard wheat berries come from high-protein “hard” wheat strains. Soft wheat berries come from low-protein “soft” wheat strains. Hard wheat berries take a little longer to cook than soft, but they are interchangeable in recipes.

Cracked Wheat
Cracked wheat is produced by cutting the wheat berry into 2 or 3 pieces. It can be added to breads or used as a substitute for wheat berries or bulgur.

Bulgur
Bulgur is wheat that has been precooked by either steaming or parboiling, after which it is dried, cracked and separated into grades of fine, medium or coarse. Bulgur is easy to cook and its tender, chewy texture makes it perfect for salads, pilafs, savory stuffings and hearty soups. It also makes an excellent breakfast cereal.

Spelt
Spelt is an ancient form of wheat that has a high protein content. Spelt berries are interchangeable with wheat berries.

Couscous
Couscous is a type of tiny pasta that is made from wheat flour. Traditional couscous is made from cracked semolina, a strain of hard wheat. Couscous is a versatile grain and cooks quickly. The quick-cooking couscous found in markets generally steams in 5 minutes. Couscous is exceptional as either a side dish or in a salad.

Israeli Couscous
Israeli Couscous is a wheat product with “kernels” about the size of pepperorns. It can be served topped with sauce or tossed into a salad. It can most likely be found in Middle Eastern markets or specialty food stores.
Eggs
Great Source of: Iodine, Iron, Phosphorus, Vitamin D

Fish
Great Source of: Essential Fatty Acids, Iron, Phosphorus

Garlic
Great Source of: Manganese, Vitamin B6, Vitamin C

Green Peas
Great Source of: Dietary Fiber, Folic Acid, Manganese, Vitamin B1, Vitamin C, Vitamin K, Zinc

Kale
Great Source of: Manganese, Vitamin A, Vitamin C, Vitamin K

Kamut
Great Source of: Iron, Manganese, Magnesium, Phosphorus

Lemon, Lime
Great source of: Vitamin C

Milk
Great Source of: Calcium, Iodine, Phosphorus, Vitamin D

Millet
Great Source of: Magnesium, Manganese, Phosphorus

Barley is full of vitamins and is a great source of fiber, complex-carbohydrates and protein. Barley is low in fat and has no cholesterol. It is a delicious base for soups, stews, salads, curries, casseroles and desserts. Below is a bit more about some of the most common forms of barley available today.

Pearl Barley
Pearl barley is a whole-grain barley from which the outer hull has been removed. It is the most common form available. Pearl barley comes in both regular and quick-cooking forms.

Barley Flakes
Barley flakes make an excellent hot cereal, much like oatmeal. They are also great for use in baked goods.

Barley Flour
Barley flour is a low-gluten flour. It can be used in baked items to add a distinctive flavor, but it should be combined with wheat flour to achieve proper results. In general you can replace up to 25% of the wheat flour with barley flour in yeast breads and up to 50% of the wheat flour with barley flour in cookies and quick breads.

Corn is so versatile that it can be incorporated into nearly every meal and snack. It is a good source of carbohydrates and is high in B vitamins, potassium and magnesium. Below is more information about several of the most popular forms of corn.

Commeal
Commeal is made from dried, ground corn kernels. It comes in yellow, white and blue varieties, depending on which corn kernels it was ground from.

Polenta
Polenta is a version of commeal made of both finely ground and coarse-ground commeal.

Corn Flour
Corn flour is commeal that has been very finely ground. It is mostly used in baking.

Grits
Grits are made from hominy, which is corn that has been soaked in wood ash or lime to loosen the outside hull and soften the kernel. There are many types of grits on the market today, some of which are made from untreated corn. Stone-ground grits have more flavor and texture than instant or quick-cooking grits. The most commonly available grits cook in only 5 minutes.
About Oats
Oats have significant quantities of fiber, protein and trace minerals. Unlike many other grains, the oat germ, which contains oil, is not removed during processing. Due to this, oats have a higher fat content than most other grains.

Rolled Oats
Rolled oats, also called old-fashioned oats, are made by slicing raw oats before steaming and “rolling” them into flakes.

Steel-Cut Oats
Steel-cut, or Irish or Scotch oats, are whole-grain oats that have been coarsely sliced with sharp steel blades, which leads to a chewy texture.

Quick-Cooking Oats
Quick-cooking oats are processed the same way as rolled oats, but they are rolled into very thin slices over a hot surface, which precooks them slightly.

Oat Flour
Oat flour is made from finely ground oat groats. It has no gluten, so it must be used in conjunction with wheat flour. Oat flour adds a creamy, soft and moist texture.

About Millet
Millet is gluten-free, which makes it a great grain for people who are allergic to wheat. Millet is also rich in fiber and protein. It cooks in about the same amount of time as rice and can be substituted for it in many rice recipes. Try it in soups, salads and main courses. Here are the most popular forms of millet.

Hulled Millet Seeds
Hulled millet seeds are whole-grain millet from which the indigestible outer hull has been removed.

Millet Flour
Millet flour is made from ground millet seeds. It has a slightly sweet flavor.

Puffed Millet
Puffed millet is a popular breakfast cereal and can be used as a crunchy topping for baked goods. It is similar to puffed rice and puffed wheat. Look for it in boxes in the cereal aisle of the supermarket or in bulk bins.

Suggested Nourishing Ingredients

Buckwheat
Great Source of: Dietary Fiber, Magnesium, Manganese

Bulgur
Great Source of: Dietary Fiber, Iron, Manganese

Carrots
Great source of: Dietary Fiber, Potassium, Vitamin A, Vitamin C, Vitamin K

Cauliflower
Great source of: Dietary Fiber, Potassium, Vitamin A, Vitamin E, Vitamin K

Celery
Great Source of: Vitamin C, Vitamin K

Chicken
Great Source of: Iron, Phosphorus, Vitamin B3, Vitamin B6

Chard
Great Source of: Dietary Fiber, Iron, Magnesium, Potassium, Vitamin E, Vitamin C

Collard Greens
Great Source of: Calcium, Dietary Fiber, Folic Acid, Vitamin A, Vitamin E, Vitamin K

Corn
Great Source of: Dietary Fiber, Folic Acid, Magnesium, Phosphorus, Vitamin B1, Vitamin B5
Amaranth
Great Source of: Calcium, Vitamin C

Apples
Great Source of: Dietary Fiber, Vitamin C

Asparagus
Great Source of: Folic Acid, Vitamin B1, Vitamin B3

Barley
Great Source of: Copper, Dietary Fiber, Manganese, Phosphorus, Selenium

Beef
Great Source of: Iron, Phosphorus, Vitamin B2, Vitamin B3, Vitamin B6, Vitamin B12, Zinc

Bell Peppers
Great Source of: Vitamin A, Vitamin B6, Vitamin C

Broccoli
Great Source of: Dietary Fiber, Folic Acid, Vitamin C, Vitamin K

Brown Rice
Great Source of: Magnesium, Manganese, Selenium

Brussels Sprouts
Great Source of: Dietary Fiber, Folic Acid, Manganese, Potassium, Vitamin A, Vitamin B1, Vitamin B6, Vitamin C, Vitamin K

Although buckwheat is not a true grain, it is treated as such in cooking. It is high in protein, potassium and phosphorus. Buckwheat has a distinctive, somewhat earthy taste. It is very versatile and comes in many forms.

Kasha
Kasha is the familiar name for roasted buckwheat groats or kernels. Kasha is a quick-cooking grain that can be cooked in milk for a nutritious hot breakfast cereal, or cooked in water or stock for pilafs or salads.

Soba
Soba are Japanese-style noodles made from buckwheat and wheat flour. Soba can be used in much the same way as wheat pasta.

Buckwheat Flour
Buckwheat flour is made from ground buckwheat seeds. It has a very pronounced flavor. Buckwheat flour is most often used in blinis (tiny Russian-style savory pancakes) and breakfast pancakes.

Quinoa (pronounced "KEEN-wah") was a staple food of the Incas for thousands of years. Quinoa is not a "true" grain. Unlike true grains, quinoa has balanced amino acids and is considered to have a higher protein content than any other grain. While growing, individual grains of quinoa are covered with a natural, bitter-tasting coating, which protects it from insects and birds. Commercially available quinoa has usually been washed, but it is still a good idea to rinse the grains well before cooking.

Whole-Grain Quinoa
The whole-grain variety has a mild, delicate flavor and a slightly crunchy texture. The cooked grains are almost translucent. Cooked quinoa can be a substitute for rice in dishes, and just like rice, it serves as a foil for strong flavors and seasonings.

Quinoa Flour
Quinoa flour is made from ground quinoa grains. It lends a distinctive flavor to baked goods and can be made into pasta.
ABOUT AMARANTH

Amaranth is rich in protein, lysine, calcium and other minerals. It has an aroma and flavor that reminds people of celery.

Whole-Grain Amaranth
Whole grain amaranth has a tendency to stick together, making it an ideal fat-free thickener for soups and sauces. Cooked amaranth quickly becomes quite firm upon cooling, but it can easily be reconstituted by reheating.

Amaranth Flour
Amaranth flour is made from ground amaranth seeds.

Amaranth Flakes
Flakes of amaranth make an interesting breakfast cereal and are perfect to use as a crunchy topping for a casserole.

ABOUT KAMUT

Kamut (pronounced “kah-MOOT”) is an ancient Egyptian form of wheat with kernels 2 to 3 times larger than regular wheat. Although kamut does contain gluten, some people who are sensitive to wheat can still eat it.

Whole-Grain Kamut
Whole-grain kamut can be substituted for wheat berries in most recipes.

Kamut Flakes
A cereal form of kamut, kamut flakes can be used in baking or for a crispy topping on grain or casserole.

ABOUT RYE

Rye can be grown in cold damp climates where wheat does not grow well. It has a gray hue and tangy taste.

Rye Berries
Rye berries can be substituted for wheat, spelt or triticale berries in recipes.

Rye Flour
Commonly used in pumpernickel and rye breads, rye flour contains little gluten.

ABOUT RYE

Vitamin K
The K in Vitamin K comes from the German word “koagulation,” because it is necessary for blood clotting. It also plays an important role in kidney function and bone growth and repair.

Key Benefit: Proper blood clotting
Sources: Broccoli, Brussels Sprouts, Carrots, Celery, Collard Greens, Green Peas, Kale, Parsley, Spinach, Tomatoes

Zinc
Zinc is an essential mineral that can be found in every cell of the body. It stimulates nearly 100 different enzymes. It also helps to maintain a healthy immune system (great at preventing, or shortening the length of, colds), is needed for wound healing and helps to maintain a proper sense of smell and taste.

Key Benefit: Strengthened immune system
Sources: Beef, Green Peas, Mushrooms
NUTRITION INFO:

Vitamin C
Also known as ascorbic acid, promotes healthy gums, strengthens the immune system, prevents cell damage and even helps wounds to heal. It also helps the body absorb iron.

Key Benefit: Prevent illness
Sources: Amaranth, Apples, Bell Peppers, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Celery, Corn, Green Peas, Kale, Lemon, Lime, Onion, Pineapple, Tomatoes, Zucchini

Vitamin D
Vitamin D helps the body better absorb calcium from both food and supplements. It also plays a role in bone and tooth formation and healthy muscle and nerve function. Studies have shown that Vitamin D may help in preventing osteoporosis.

Key Benefit: Healthy muscle and nerve function
Sources: Eggs, Milk

Vitamin E
Vitamin E is a powerful antioxidant that works to neutralize damaging free radicals. It is also important in maintaining a healthy circulatory system.

Key Benefit: Powerful antioxidant
Sources: Chard, Collard Greens, Spinach

ABOUT TRITICALE

Triticale (pronounced “tri-ti-CAY-lee”) is a cross between wheat and rye that thrives in cold, damp climates where wheat doesn’t grow well.

Triticale Flour
Triticale flour has a small amount of gluten, which if used exclusively in bread recipes requires more kneading and only one rising period.

Triticale Berries
Triticale berries are similar to wheat berries, but smaller. They may be substituted for wheat berries, rye berries, brown rice or pearl barley in recipes.

ABOUT FLAX

Research suggests that flax may provide many beneficial nutrients. It has soluble fiber, Omega-3 fatty acids and high-quality protein. Use caution when using flax in cooking as some people are allergic to it. Flax is used for baked goods and crackers or it can be added to cooked vegetable dishes or grain salads.

Milled Flaxseed
Milled flaxseed is available, but it doesn’t keep as long as whole flaxseed. It needs to be stored in the refrigerator and used within a few weeks.

Whole Flaxseed
Whole flaxseed can be ground down in a coffee or spice mill as needed.
NUTRITION INFO:

Vitamin B3
Also known as Niacin, is important for converting calories from protein and fat and carbs into energy. It also promotes a normal appetite and healthy-looking skin.
Key Benefits: Detoxification, cholesterol reduction, skin beauty
Sources: Asparagus, Beef, Chicken, Mushroom, Spelt, Tuna

Vitamin B6
Also known as pyridoxine, helps with brain function and in converting protein to energy.
Key Benefit: Maintain proper brain function and energy levels
Sources: Beef, Bell Peppers, Brussels Sprouts, Chicken, Garlic, Spinach, Tuna

Vitamin B12
Also known as cobalamin, combines with folic acid to produce healthy red blood cells. It also helps to keep the central nervous system healthy.
Key Benefit: Healthy red blood cells
Sources: Beef

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NUTRITION INFO:

Vitamin A
Also known as retinol, helps eyes adjust to brightness changes. It also is needed to keep eyes, skin and mucous membranes properly moist.
Key Benefit: Proper eye function
Sources: Bell Peppers, Brussels Sprouts, Carrots, Collard Greens, Kale, Spinach, Tomatoes, Zucchini

Vitamin B1
Also known as Thiamin, keeps the body going by converting blood sugar into energy. It also maintains mucous membrane health and is essential for proper cardiovascular, nervous system and muscular function.
Key Benefit: Energy
Sources: Asparagus, Brussels Sprouts, Corn, Green Peas, Oats, Tomatoes, Tuna,

Vitamin B2
Also known as Riboflavin, combines with other B-complex vitamins to process calories from carbs, protein and fat. Riboflavin is necessary for growth and proper red cell production. Taking the daily recommended amount also promotes healthy skin and good vision.
Key Benefits: Red cell production, vision health, skin beauty
Sources: Beef, Mushrooms, Spinach

Ingredients:
1 cup quinoa, rinsed
2 cups water or broth
Pinch of salt

Basic Cooked Quinoa

Makes 3½-4 cups
Place the inner pot into the rice cooker. Place quinoa in a sieve and rinse well under cold running water. Transfer to the inner pot with water and salt. Press the "White Rice" button. Cover and allow it to simmer for 10 to 20 minutes, until grains are translucent and the outer germ separates from grain. Drain any excess water and cool.
NUTRITION INFO:

**Phosphorus**
Phosphorus, along with calcium, is required for building strong bones and teeth. It also aids in the proper digestion of niacin and riboflavin and helps kidneys to efficiently excrete waste.

**Key Benefits:** Strong bones and teeth, increased kidney effectiveness

**Sources:** Barley, Beef, Chicken, Corn, Eggs, Fish, Kamut, Milk, Millet, Oats, Quinoa, Rye, Spelt, Zucchini

**Potassium**
Potassium is an essential dietary mineral and electrolyte that helps to regulate blood pressure and heart function.

**Key Benefit:** Lower blood pressure

**Sources:** Brussels Sprouts, Carrots, Chard, Spinach, Tomatoes, Zucchini

**Selenium**
Selenium is essential in small quantities; however it can become toxic at high levels. It is necessary for the formation of functional protein. Studies have also linked selenium to lower instances of cancer in many organs.

**Key Benefits:** Proper protein production

**Sources:** Barley, Brown Rice, Mushrooms, Oats, Rye, Tuna

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**Basic Cooked Pearl Barley**

Pearl barley requires no soaking. Take a couple of minutes to sort through it and remove any stones or extraneous materials that may have slipped through the packaging process. Instant or quick-cooking barley usually cooks in 10 to 12 minutes. Follow package directions for specifics. Makes 3½-4 cups.

Place the inner pot into the rice cooker. Place barley, water and salt (if using) into the inner pot. Press the “White Rice” button. Cover and allow to cook for roughly 45 minutes, until barley is tender and moist or the liquid is absorbed. Fluff grains with a fork. Cool before refrigerating.

**Ingredients:**
- 1 cup regular pearl barley
- 3 cups water or broth
- ½ tsp. salt, if using water

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Iron
Iron is an important part in the metabolism of almost all living organisms. In humans, iron is an essential component of hundreds of proteins and enzymes.

**Key Benefit:** Oxygen transport and storage, antioxidant and pro-oxidant functions

**Sources:** Beef, Bulgur, Chard, Chicken, Eggs, Kamut, Quinoa, Spinach, Tofu

Magnesium
Magnesium is an important element of both the structure and function of the human body. The majority of magnesium within the body can be found in bones. Magnesium is also a part of more than 300 essential metabolic reactions.

**Key Benefits:** Bone, cell and membrane structure, energy production and synthesis of essential molecules

**Sources:** Brown Rice, Buckwheat, Chard, Kamut, Millet, Oats, Quinoa, Rye, Spelt, Spinach, Whole Wheat, Zucchini

Manganese
Manganese is an antioxidant that plays an important role in energy production and the breakdown of amino acids. It is a catalyst in the metabolizing of calories and fats as well.

**Key Benefit:** Antioxidant, energy production

**Sources:** Barley, Brown Rice, Brussels Sprouts, Buckwheat, Bulgur, Corn, Garlic, Green Peas, Kale, Kamut, Millet, Oats, Pineapple, Quinoa, Rye, Spelt, Spinach, Tomatoes, Whole Wheat, Zucchini

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### Basic Cooked Kamut

_Do not add salt to kamut while cooking, doing so may increase the cooking time and/or toughen the grains. Makes 3 cups_

Place the inner pot into the rice cooker. Add kamut into the inner pot and cover with water, cover and let stand for 6 to 8 hours or overnight; drain. Add 3 cups cold water to soaked kamut in the rice cooker. Cover and press the “White Rice” button. Allow to simmer for 40 to 50 minutes, until kamut is tender.

**Ingredients:**

- 1 cup kamut
- 3 cups cold water, plus water to cover
Fiber
Fiber absorbs large amounts of water in the bowels, softening stool and helping to relieve constipation. Fiber has also been shown to be helpful in preventing heart disease, cancer, diabetes and the formation of kidney stones.

Key Benefits: Stool softening/improved regularity, disease prevention

Sources: Apples, Barley, Broccoli, Brussels Sprouts, Buckwheat, Bulgur, Carrots, Cauliflower, Chard, Collard Greens, Corn, Green Peas, Oats, Onion, Rye, Spelt, Whole Wheat, Zucchini

Folic Acid
Folic acid is a key element in cellular function and repair, as well as the synthesis and repair of DNA.

Key Benefit: Cellular function and repair

Sources: Asparagus, Broccoli, Brussels Sprouts, Cauliflower, Collard Greens, Corn, Green Peas, Parsley, Zucchini

Iodine
Iodine is an element needed for proper thyroid function, which plays a role in the basic metabolism processes of the body. It also has a role in maintaining energy and helping skin, nails, teeth and hair to be healthy and strong.

Key Benefit: Proper thyroid function

Sources: Eggs, Milk, Tuna

Basic Cooked Amaranth

Amaranth cooks into a thick, creamy mixture, which is delicious in soups and stews. Cooked amaranth can be thinned to the desired consistency with water. Makes 2 cups

Place the inner pot into the rice cooker. Place amaranth into inner pot with water and salt and press the “White Rice” button. Cover the rice cooker and let simmer for 20 to 25 minutes, until grains are tender and liquid has been absorbed.
NUTRITION INFO:

Calcium
Calcium is the most common mineral in the body, approximately 99% of which is in the bones and teeth. The final 1% of the body’s calcium makeup is found in the blood and soft tissue. This 1% of calcium is vital for proper bodily function. In fact, if not enough calcium is absorbed through diet, the body will begin to de-mineralize bones to maintain the proper calcium levels in the bloodstream. Therefore, a diet with the proper levels of calcium is mandatory to maintain a strong skeleton.

Key Benefits: Strong bones and teeth, regulation of calcium levels in blood
Sources: Amaranth, Collard Greens, Milk, Spinach

Copper
Copper is needed for the proper function of enzymes known as cuproenzymes.

Key Benefits: Energy production, central nervous system function and antioxidant function.
Sources: Barley, Mushrooms, Quinoa, Spelt, Zucchini

Essential Fatty Acids
Omega-3 fatty acids are polyunsaturated fats. Alpha-linolenic acid (ALA) is considered an essential fatty acid because it cannot be synthesized by the human body. Studies have shown that diets with increased levels of Omega-3 fatty acids can lead to decreased risks of heart disease.

Key Benefits: Vision and proper eye function, proper nervous system function, improved cardiovascular function
Sources: Fish, Flaxseed, Olive Oil, Tofu

Basic Cooked Polenta
Starting the polenta in cold water helps to avoid lumps. Polenta doesn’t need continuous attention, but should be stirred frequently to keep it from sticking to the bottom of the inner pot. For firm polenta, the mixture should be thick enough that a wooden spoon placed in the center will stand upright for 10 to 15 seconds.

Serving: 4-6

Place the inner pot into the rice cooker. Add cold water and salt to the inner pot. Stir in polenta and press the “White Rice” button. Let simmer for 10 to 15 minutes, stirring every few minutes. Cook until polenta is soft and creamy and grains are soft. Stir in butter, pepper and cheese. Serve immediately in a warmed large bowl or on a platter.

Ingredients:
- 4 cups cold water, chicken broth or a combination
- 1 tsp. salt
- 1 cup coarse-ground polenta
- 2 tbs. butter, softened
- Freshly ground black pepper, to taste
- ⅓ cup freshly grated Parmesan cheese
Basic Cooked Rye or Triticale Berries

Rye berries and triticale berries are very sturdy and require lengthy cooking times. If buying berries in bulk, carefully sort through them to remove any small stones or debris. Rinse rye or triticale berries well in cold water before using. Do not salt the berries until after they are cooked, as salt slows down the absorption of liquid in the grain.

Place rye or triticale berries in a large bowl and cover with cold water. Let stand covered overnight; drain. Place the inner pot into the rice cooker. Pour in 3 cups water into the inner pot and press the “White Rice” button. Add soaked rye or triticale berries. Replace lid and let simmer for 30 to 45 minutes, until tender.

Ingredients:

1 cup rye or triticale berries
3 cups cold water, plus water to cover
Garden Vegetable Soup

2 tbs. butter
1 tbs. full-flavored olive oil
1 large or 2 small leeks, white part only, well washed and thinly sliced
2 large carrots, peeled and cut into ½-inch dice
1 large stalk celery with leaves, thinly sliced
4 oz. green beans, stemmed and cut into ½-inch pieces
Medium zucchini, trimmed, cut in half lengthwise and thinly sliced
½ cup medium-grained bulgur
2 cloves garlic, minced
1 jalapeño chile, stemmed, seeded and finely chopped
1 cup fresh or frozen peas
Freshly grated Parmesan cheese
4 large tomatoes, peeled, seeded and chopped
2 cups chicken broth
4 cups water
2 sprigs fresh parsley
3 sprigs fresh thyme
1 bay leaf
1 tsp. salt
Freshly ground pepper, to taste

For this soup, substitute the freshest vegetables from your summer farmers’ market, such as asparagus, corn, yellow squash or other vegetables. This soup keeps well in the refrigerator for several days. Servings: 6

Place the inner pot into the rice cooker. Press the “White Rice” button. Add butter and olive oil to the inner pot and allow to heat. Add leeks, carrots, celery, green beans, zucchini, garlic and jalapeno. Sauté for 3 to 4 minutes. Be sure to use a long handled wooden spoon when stirring to avoid burns. Add bulgur, tomatoes, chicken broth, water, parsley, thyme, bay leaf, salt and pepper. Let simmer partially covered for 25-30 minutes. Remove and discard parsley, thyme and bay leaf. Add peas and beans. Adjust seasonings and cook soup for 5 minutes to heat through. Serve hot in soup bowls garnished with fresh basil. Pass Parmesan cheese.

Basic Cooked Millet

Hulled millet is more flavorful when it is toasted before cooking. Makes 3½ cups

Place the inner pot into the rice cooker. Pour millet, water and salt into the inner pot. Press the “White Rice” button. Cover and let simmer for 15 to 20 minutes, until most of the water has been absorbed. Press the “Keep-Warm/Power” button once to switch to “Keep-Warm” mode and fluff grains with a fork. Remove grains from cooker and allow them to cool to room temperature before refrigerating. Keep covered for 2 to 3 days in the refrigerator.

Place the inner pot into the rice cooker. Press the “White Rice” button. Add butter and olive oil to the inner pot and allow to heat. Add leeks, carrots, celery, green beans, zucchini, garlic and jalapeno. Sauté for 3 to 4 minutes. Be sure to use a long handled wooden spoon when stirring to avoid burns. Add bulgur, tomatoes, chicken broth, water, parsley, thyme, bay leaf, salt and pepper. Let simmer partially covered for 25-30 minutes. Remove and discard parsley, thyme and bay leaf. Add peas and beans. Adjust seasonings and cook soup for 5 minutes to heat through. Serve hot in soup bowls garnished with fresh basil. Pass Parmesan cheese.
Basic Cooked Kasha

There are two kinds of kasha: a lightly roasted type and a darker roasted version, with a more assertive flavor. Coating the kasha with egg before cooking produces individual grains after cooking. Cooking kasha in broth adds flavor. Makes 3½ cups

Place the inner pot in the rice cooker. Pour water in the inner pot and press the “White Rice” button. Add salt, if using. In a bowl, combine egg and kasha and stir to thoroughly coat kasha with egg. Immediately pour kasha grains into the rice cooker and allow it to simmer for 10-15 minutes, until kasha is tender. Press the “Keep-Warm/Power” button twice to turn the rice cooker off, and remove kasha, drain if necessary. Fluff grains with a fork and cool.

Ingredients:
- 2 cups water or broth
- Salt (if not using broth), to taste
- 1 large egg, lightly beaten
- 1 cup kasha

Brown Rice Salad w/ Tahini-Lemon Dressing

Cool the rice before tossing it with the vegetables and dressing. Sesame tahini is available in Middle Eastern markets or in the ethnic food section of some major supermarkets.

Servings: 4-6

Follow the instructions in your instruction manual for cooking brown rice. While cooking brown rice, add squash and carrot to the steam tray. Squash needs to steam for 10 minutes; carrots for 15. Place steamed squash and carrots in a large bowl. Add peas, peppers, onions, rice, parsley and mint; mix well. In a small bowl mix lemon juice, rice vinegar, sesame tahini, olive oil, water, cumin, salt, pepper and Tabasco. Add dressing mixture to rice mixture and mix well. Serve immediately.

Ingredients:
- 1 yellow crookneck squash or zucchini, diced
- ½ cup diced carrot
- ¼ cup cup cooked peas
- ¼ cup diced roasted yellow or red bell pepper
- 4 green onions, white part only, minced
- 2 cups brown rice
- 2 tbs. chopped fresh parsley
- 5-6 fresh mint leaves, cut into ribbons
- 1½ tbs. lemon juice
- 1 tbs. rice vinegar
- 2 tbs. sesame tahini
- 1 tbs. olive oil
- 1 tbs. water
- ½ tsp. ground cumin
- Salt and freshly ground pepper, to taste
- 5-6 drops Tabasco Sauce
Aromatic basmati rice is perfect for this side dish, but you can use another type of long-grain rice if you wish. Converted rice remains too firm and will not produce the desired texture for the pilaf. Start soaking the rice about 20 minutes before cooking the pilaf. The green peas can be cooked with rice, or cooked separately and added just before serving to preserve their bright green color. Servings: 4

Place rice in a medium bowl and rinse in several changes of cold water. When water runs clear, cover rice with cold water by about 1 inch and let stand for 30 minutes. Drain in a sieve and discard soaking solution. Place the inner pot into the rice cooker. Press the “Sauté-Then-Simmer™” button and add butter to melt in the inner pot. Add onion and sauté for 3 to 4 minutes. Add mushrooms and sauté for 5 to 6 minutes, until mushroom liquid is released and they are slightly browned. Add garlic and rice, sauté until rice is well coated with butter and grains begin to turn translucent. Add cardamom, broth and salt, let it come to a boil. Stir in peas. Cover cooker and let simmer for 15 to 25 minutes. Do not remove lid during cooking time. Press the “Keep-Warm/Power” button once to turn the rice cooker to “Keep-Warm” mode and let stand covered for 5 minutes. Remove lid and gently fluff grains with a fork; serve immediately.

Ingredients:
- 1 cup basmati or long-grain rice
- 2 tbs. butter or ghee (clarified butter)
- 1 small onion, quartered and thinly sliced
- 5 large cremini (brown) or white mushrooms, trimmed and cut into matchstick-sized pieces
- 1 small clove garlic
- ¼ tsp. cardamom
- ½ cups vegetable broth
- ½ tsp. salt, or less to taste
- ½ cup small green peas
- ⅓ cups vegetable broth
- ½ tsp. salt, or less to taste
- ½ cup small green peas

Classic Mushroom Pilaf

Hot bulgur with dried fruit and spices makes a great breakfast cereal. Servings: 4

Place the inner pot into the rice cooker. In the inner pot, combine bulgur, milk, salt, honey, raisins and cinnamon. Press the “White Rice” button, cover and allow the contents to come to a boil. Let simmer for 15 to 20 minutes, until mixture thickens, stirring frequently. Pour into serving bowls and add milk and honey or sugar to taste.

Ingredients:
- 1 cup medium-grained bulgur
- 2½ cups milk, plus more for serving
- Pinch of salt
- 3 tbs. honey, plus more for serving

Spiced Breakfast Bulgur
Creamy Corn & Quinoa Soup

- 1 tbs. vegetable oil
- 1 cup diced onion
- 1 large jalapeño chile, stemmed, seeded and minced
- Kernels from 4 large ears of sweet corn
- 3 cups water
- 3 cups chicken broth
- ½ cup quinoa, rinsed
- Salt and freshly ground pepper, to taste
- 2 tbs. fresh lime juice
- 1 tbs. butter
- Sweet basil leaves cut into ribbons for garnish

Make this soup the day before you serve it and present it as a first course for a summer dinner party. For a different accent, garnish it with fresh cilantro and thin lime slices, or dollops of fresh tomato and avocado salsa. Amaranth or millet can be substituted for the quinoa. Servings: 4

Place the inner pot into the rice cooker. Press the “Sauté-Then-Simmer™” button. Add oil and allow it to heat. Add onion and jalapeño and sauté for 3 to 4 minutes. Add corn to the cooker and allow to cook for 2 to 3 minutes. Add water, cover and allow to simmer for 15 to 20 minutes, until vegetables are tender. Press the “Keep-Warm/Power” button once to turn the rice cooker to “Keep-Warm” mode. Using caution as vegetables will be hot, blend in batches in a blender until smooth. Strain smooth vegetables through a coarse sieve. Return smooth vegetable mixture to the rice cooker, add chicken broth and press the “White Rice” button. Stir in quinoa, salt and pepper. Cover and simmer for 15 to 20 minutes, until quinoa is translucent. Add lime juice and adjust seasoning. Ladle soup into warm bowls and garnish each serving with a few ribbons of basil. Serve immediately.

Kasha-Carrot Salad w/ Mustard Dressing

- 2 cups cooled “Basic Cooked Kasha” (see page 17)
- 2 cups diced steamed carrots, ⅛-inch dice
- 3 tbs. olive oil
- 1 tbs. rice vinegar
- 2 tbs. lemon juice
- 4 tsp. Dijon-style mustard
- ⅛ tsp. sugar
- 1 tsp. sesame oil
- ½ tsp. grated fresh ginger
- Red pepper flakes, to taste
- ¼ cup fresh cilantro leaves, packed
- 2 tbs. chopped fresh parsley

Steaming the diced carrots while cooking the kasha makes this a quick salad to put together. Servings: 4

While cooking kasha according to the “Basic Cooked Kasha” recipe on page 17, add diced carrots to the steam tray and place it onto the rice cooker. Carrots typically take about 15 minutes to fully steam, so you may want to place the steam tray on the rice cooker for a few minutes with the water prior to adding the kasha. In a medium bowl, combine kasha and carrots. Season with salt and pepper and mix well. In a blender or food processor, combine olive oil, vinegar, lemon juice, mustard, sugar, sesame oil, ginger, pepper flakes and cilantro leaves. Process until mixture is creamy. Pour mixture over kasha and mix well. Check seasonings. Add chopped parsley and toss well.

Ingredients:

19

Ingredients:

28
### Pineapple Rice Pudding

Fragrant jasmine rice pairs with vanilla Rice Dream non-dairy beverage for a creamy, guilt-free dessert. Rice Dream is available in most large supermarkets. Since it doesn’t require refrigeration until it is opened, look for Rice Dream on the shelf near the canned milk in a 1-quart cardboard container. Servings: 4-6

- 1¾ cups vanilla-flavored Rice Dream non-dairy beverage
- 1½ cups water
- Pinch of salt
- ¾ cup jasmine rice
- ¼ cup sugar
- 4 oz. egg substitute
- 1 tsp. vanilla extract
- 8 oz. crushed pineapple with juice
- 1 lbs. dark rum (optional)

**Ingredients:**

1. Place the inner pot into the rice cooker. Pour 1 cup of Rice Dream and the water into the inner pot. Press the “White Rice” button and allow to come to a boil. Stir in salt and rice. Cover and let simmer for 30 minutes. In a small bowl, whisk together remaining ¾ cup Rice Dream, sugar, egg substitute and vanilla. Stir pineapple with juice into rice cooker. Stir in egg mixture and rum (if using). Let cook, stirring frequently, until mixture simmers and thickens. Press the “Keep-Warm/Power” button twice to turn off the rice cooker and pour contents into a bowl. Pudding will thicken somewhat as it cools. Serve warm, or refrigerate and serve cold.

**Directions:**

- Fragrant jasmine rice pairs with vanilla Rice Dream non-dairy beverage for a creamy, guilt-free dessert. Rice Dream is available in most large supermarkets. Since it doesn’t require refrigeration until it is opened, look for Rice Dream on the shelf near the canned milk in a 1-quart cardboard container. Servings: 4-6
- Place the inner pot into the rice cooker. Pour 1 cup of Rice Dream and the water into the inner pot. Press the “White Rice” button and allow to come to a boil. Stir in salt and rice. Cover and let simmer for 30 minutes. In a small bowl, whisk together remaining ¾ cup Rice Dream, sugar, egg substitute and vanilla. Stir pineapple with juice into rice cooker. Stir in egg mixture and rum (if using). Let cook, stirring frequently, until mixture simmers and thickens. Press the “Keep-Warm/Power” button twice to turn off the rice cooker and pour contents into a bowl. Pudding will thicken somewhat as it cools. Serve warm, or refrigerate and serve cold.

### Tuna Millet Salad

This salad travels well and makes great lunchbox or picnic fare. Roll it up in lettuce leaves or spoon it into radicchio cups for an attractive presentation. This recipe doubles easily. Servings: 2-3

- After cooking the millet in your rice cooker according to the “Basic Cooked Millet” recipe on page 16, combine millet, tuna, celery tomato, onions and parsley in a medium bowl; lightly toss together. Stir in Tabasco, salt and pepper. Stir in buttermilk, lemon juice and olive oil. Adjust seasonings. Serve immediately spooned into lettuce or radicchio leaves, if desired. Refrigerate for up to 2 days. Bring to room temperature before serving.

**Ingredients:**

1. “Basic Cooked Millet” (see page 16)
2. 1 can (6½oz.) water or oil-packed tuna, drained
3. ½ cup finely chopped celery
4. 1 medium tomato, peeled, seeded and chopped (about ½ cup)
5. 2 tbs. finely chopped green onions or fresh chives
6. ¼ cup chopped fresh parsley
7. ⅛ tsp. Tabasco Jalapeño sauce
8. Salt and freshly ground pepper, to taste
9. 2 tbs. buttermilk
10. 1 tbs. lemon juice
11. 2 tsp. full-flavored olive oil
12. Butter lettuce or radicchio leaves (optional)

**Directions:**

- After cooking the millet in your rice cooker according to the “Basic Cooked Millet” recipe on page 16, combine millet, tuna, celery tomato, onions and parsley in a medium bowl; lightly toss together. Stir in Tabasco, salt and pepper. Stir in buttermilk, lemon juice and olive oil. Adjust seasonings. Serve immediately spooned into lettuce or radicchio leaves, if desired. Refrigerate for up to 2 days. Bring to room temperature before serving.

**Note:** If using oil-packed tuna, reduce olive oil to 1 teaspoon.
Hot Apple & Steel-Cut Oats Breakfast

Steel-cut oats have a chewier texture and more flavor than traditional rolled oats. Make this dish with apples or another favorite dried fruit before you go to bed. At breakfast time, reheat the mixture for a quick, nutritious breakfast. Servings: 6

Place the inner pot into the rice cooker. Pour juice and water into the inner pot, press the “White Rice” button. Stir in oats, apples, brown sugar, butter (if using), cinnamon, nutmeg and salt. Let simmer uncovered for 25 to 30 minutes. Add lemon juice, ladle into cereal bowls and serve with milk and more sugar, if desired.

Ingredients:
- 2 cups apple juice
- 2 cups water
- 1 cup Irish steel-cut oats
- ¾ cup diced dried apples, apricots, peaches or a mixture
- 1 tbs. brown sugar, plus more for serving (optional)
- 1 tbs. butter (optional)
- ¼ tsp. cinnamon
- Dash freshly grated nutmeg
- ¼ tsp. salt
- 1 tbs. lemon juice
- Milk, for serving

Rice Soup (Congee)

Every rice-based cuisine has a version of this nourishing, easy-to-digest soup. It is often eaten as a late-night snack or for breakfast. Make a large batch of the basic soup and reheat it with different garnishes for weekday breakfasts. Or, add liquid to leftover cooked steamed rice and cook until it is very soft. Servings: 4

Place the inner pot into the rice cooker. Pour broth and water into the inner pot and press the “White Rice” button. Add rice and stir mixture. Let cook partially covered, stirring occasionally. Once rice appears fully cooked (the mixture will still contain quite a bit of liquid, like soup, check that rice is cooked to the correct doneness), press the “Keep-Warm/Power” button once to turn the rice cooker to “Keep-Warm” mode and serve immediately with desired garnishes or refrigerate. Mixture will thicken somewhat during cooling. Thin with a little more water or soy sauce if reheating.

Ingredients:
- 3½ cups chicken broth
- 3 cups water, plus more if needed for reheating
- 1 cup long or medium grain rice
- Thin egg omelet, cut into strips for garnish (optional)
- Thinly sliced green onions or chopped fresh chives for garnish (optional)
- Diced cooked ham, chicken or pork for garnish (optional)
- Soy sauce for garnish (optional)
- Hot pepper sauce for garnish (optional)
- 1 tbs. brown sugar, plus more for serving (optional)
- 1 tbs. butter (optional)
- ⅛ tsp. cinnamon
- Dash freshly grated nutmeg
- ⅛ tsp. salt
- 1 tbs. lemon juice
- Milk, for serving
### Asparagus Couscous Salad

**Ingredients:**
- 6 cups water
- 2 tsp. salt
- ¼ lb. thin asparagus spears, trimmed
- 2 tbs. butter
- 1½ cups quick-cooking couscous
- 2 tbs. rice vinegar
- 1 tbs. sugar
- 1 tsp. finely grated fresh ginger
- 2 tbs. toasted sesame oil
- Salt and freshly ground pepper, to taste
- ½ cup diced roasted red bell pepper
- ¼ cup black or regular sesame seeds, toasted

This salad, perfect as a side dish for grilled fish or chicken, can be made ahead of time, refrigerated and brought back to room temperature. Servings: 4-6

1. Place the inner pot into the rice cooker. Press the “Steam” button and allow it to come to a boil. Add 1 tsp. of the salt and asparagus spears and cook for 4 to 5 minutes until crisp-tender. Using extreme caution as inner pot and water will be hot, drain and plunge asparagus into a bowl of ice water for 5 minutes, drain and pat dry with paper towels. Cut asparagus into 1-inch diagonal pieces.

2. Place the inner pot back into the rice cooker. Press the “White Rice” button. Add butter and remaining 2 cups water and 1 tsp. salt to inner pot and allow to come to a boil. Add couscous and for 2 minutes. Cover, and press the “Keep-Warm/Power” button once to turn the rice cooker to “Keep-Warm.” Stir in lemon juice, salt and pepper. Pour couscous into a bowl with asparagus, red pepper and dressing; toss gently. Sprinkle with sesame seeds.

### Curried Carrot Barley Soup

**Ingredients:**
- 3 tbs. butter
- 1 small onion, thinly sliced
- Pinch red pepper flakes
- 2 tsp. curry powder
- ½ cup quick-cooking barley
- 1 tbs. brown sugar
- 1 lb. carrots, peeled and thinly sliced
- 4 cups chicken broth
- 1 tbs. lemon juice
- Salt and freshly ground pepper
- Plain yogurt for garnish
- Fresh cilantro leaves for garnish
- 4 cups chicken broth
- 1 tbs. lemon juice
- Salt and freshly ground pepper
- Plain yogurt for garnish
- Fresh cilantro leaves for garnish

This soup can be made in less than an hour if you use quick-cooking barley. Slice the onions and carrots with a food processor for ease. Servings: 4

1. Place the inner pot into the rice cooker. Press the “Sauté-Then-Simmer™” button. Add butter and allow to melt. Sauté onion for 5 to 6 minutes, or until soft. Add pepper flakes and curry and cook for 1 minute. Add barley and brown sugar and cook for 2 to 3 minutes, stirring to coat barley with butter-curry mixture. Add carrots and chicken broth and bring to a boil. Let simmer for 25 to 30 minutes, until vegetables are tender. Press the “Keep-Warm/Power” button once to turn the rice cooker to “Keep-Warm.” Stir in lemon juice, salt and pepper. Serve hot, garnished with yogurt and cilantro. Serve hot, garnished with yogurt and cilantro. If desired, this soup can be cooled and refrigerated for a few days or frozen until needed.

2. Place the inner pot back into the rice cooker. Press the “White Rice” button. Add butter, remaining 2 cups water and 1 tsp. salt to inner pot and allow to come to a boil. Add couscous and cook for 2 minutes. Cover, and press the “Keep-Warm/Power” button once to turn the rice cooker to “Keep-Warm” mode for 5 minutes. Fluff grains with a fork and cool for a few minutes. In a small bowl, combine vinegar, sugar and ginger; whisk in sesame oil and season with salt and pepper. Pour couscous into a bowl with asparagus, red pepper and dressing; toss gently. Sprinkle with sesame seeds.
Sauté-Then-Simmer™ Spanish Rice

Ingredients:
- 2 tablespoons olive oil (can use up to ¼ cup)
- 1 onion, finely chopped
- 2 cups medium or long-grain white rice
- 2¼ cups chicken broth (or vegetable stock)
- 1 tablespoon tomato paste
- Pinch of oregano
- 1 teaspoon salt

Delicious Spanish rice made easily with Aroma’s patent-pending Sauté-Then-Simmer™ Technology. Servings: 4-6

Place the inner cooking pot into the rice cooker. Turn the rice cooker on and press the “Sauté-Then-Simmer™” button. Allow to heat and add rice, olive oil, onion and garlic. Using a long-handled wooden spoon, stir ingredients frequently and allow to sauté for roughly 5 minutes, or until onion is soft. Add remaining ingredients. Sauté-Then-Simmer™ Technology will then automatically adjust to simmer to cook the rice. Once rice is finished, the rice cooker will automatically switch to “Keep-Warm” mode.

Sauté-Then-Simmer™ Risotto

Ingredients:
- ¼ cup yellow onion, diced
- 1 large garlic clove, finely chopped
- 1 tablespoon olive oil
- 1 cup Arborio rice, uncooked
- ¾ cup vermouth
- 4 cups chicken broth
- 1 cup whipping cream
- 3 tablespoons butter
- ¼ cup Parmesan cheese, shredded

Using Aroma’s patent-pending Sauté-Then-Simmer™ Technology, this risotto can be made in less than an hour. Servings: 4-6

Place the inner cooking pot into the rice cooker. Turn the rice cooker on and press the “Sauté-Then-Simmer™” button. Allow to heat and add onion, garlic and olive oil to the inner cooking pot. Add rice and mix with a long handled spoon until well coated. Add vermouth and stir until liquid has been absorbed. Stir in the chicken broth and whipping cream; mix well and close the lid. Sauté-Then-Simmer™ Technology will then automatically adjust to simmer to cook rice. Once the rice cooker automatically turns to “Keep-Warm,” open the lid and stir in the butter and Parmesan cheese. Serve immediately.