



**WHAT
TO DO
WITH
WHEAT**

FoodStorageMadeEasy.NET

All About Wheat

TYPES OF WHEAT:

Hard or soft: Hard wheat varieties have higher gluten (protein) and are better for making breads. Soft varieties have lower protein and nutrients but are better for pastries, pastas, and breakfast cereals.

Red or white: Red wheat tends to have a stronger wheat flavor than white wheat. Most red wheat varieties are hard, and most white wheat varieties are soft, but you can find soft red and hard white if you really prefer one over the other. Hard white wheat is our favorite all-purpose wheat to store.

Spring or winter: Winter red wheat tends to have a slightly higher protein content and is a bit harder than spring red wheat. Winter red is better for baking bread than spring. There is not a significant difference in winter or spring varieties of white wheat.

Remember, don't confuse fresh ground whole grain white flour with store-bought white flour. Whole white wheat is slightly lighter in color than red wheat, but has almost the same nutritional value. Store-bought white flour has had all the nutrients stripped from it in the refining process and therefore adds little nutritional value to foods you use it in.

BENEFITS OF WHEAT:

- Wheat can be stored for over 30 years if kept in a cool, dry place.
- Whole wheat is a whole grain and it retains all of the vitamins, minerals, and fiber.
- There are no preservatives or additives in wheat you grind yourself.
- You can sprout wheat and use it in smoothies, salads, soups, etc.
- You can use wheat to extend your meat.

STORAGE:

- If unopened, the optimum shelf life of wheat is 12 years or more. It is edible for a lot longer than that, but won't necessarily keep the same flavor or nutrient levels.
- If opened, wheat will stay good for about 3 years.
- Once it is ground into flour, wheat can go rancid unless you store it in the freezer.
- Add oxygen absorbers, bay leaves, or dry ice to help keep critters out of your wheat and to extend shelf life.

ROTATION:

You should constantly be rotating your wheat in your food storage. One method to do this is to have several buckets of wheat well-sealed with oxygen absorbers. Open one bucket at a time and "work" out of that bucket. Bring up a Tupperware container full of wheat every few weeks so that it is in your kitchen where you will be able to access it easily and use it on a regular basis. When that "working bucket" is empty you will know you need to buy a new bucket and it moves to the end of your rotation.

All About Grain Mills

Grain mills are one of the most useful appliances to have when using and rotating your food storage. A lot of people think grain mills, are only for wheat, however they can be used with all sorts of grains, legumes, and more.

MANUAL GRAIN MILLS:

Pros:

- Basic models are inexpensive however good ones are similar in cost to electric mills
- Can be used with no power source so they are great for emergency situations
- Many models are very small thus requiring little storage space
- Able to grind items such as oily seeds, nuts, herbs, and coffee that would normally ruin an electric mill

Cons:

- SLOW to grind (can take 5-6 minutes to grind one cup of flour)
- Except for the higher-end models, you cannot grind grain into a fine flour
- Some models are inconvenient (messy and hard to fit a large bowl underneath)

KITCHENAID ATTACHMENTS:

Pros:

- Less expensive than an electric grinder
- Small to store
- Convenient to use the grinder attachment and then mix bread dough in the same machine

Cons:

- We have heard from multiple sources that these units will break your KitchenAid mixer
- Must have a generator or battery pack to use with no electricity
- Not as fast at grinding as electric grinders

ELECTRIC GRAIN MILLS:

Pros:

- Grinds VERY quickly thus making it easy to use in your everyday cooking
- Easy to select how coarse or fine to grind your grains
- Large capacity for grinding a lot of grains/legumes at a time

Cons:

- Fairly expensive, even for the lower-end models
- Must have a generator or battery pack to use with no electricity
- Large appliance to store in your kitchen

PRICES OF GRAIN MILLS:

Manual Grain Mills:

- Low: \$20-30 models will not grind flour, only coarse corn meal, etc.
- Medium: \$75-\$225 is a good price range. Back to Basics Grain Mill can be found for around \$70. It can grind fine enough for bread flour but not for very fine cake flour. The Wonder Junior Deluxe is slightly more expensive but includes a counter clamp and burr heads for use in your kitchen.
- High: Up to \$400 for the Country Living Grain Mill. It is quicker than other manual grinders and is able to grind a fine cake flour (can also add a small motor to it to make it electric). The Family Grain Mill is \$119 for a manual mill, but \$259 to include a motorized base. You can also attach it to a Bosch if you don't want to purchase the base.

KitchenAid Attachments:

- \$80-120, some may be used on any stand mixer.

Electric Grain Mills:

- Low: Under \$200 for grinders such as the Blendtec Grain Mill. This model is very noisy and cannot grind at a very coarse setting.
- Medium: \$200-\$300 can get you a great grinder. The two most popular electric grinders are the WonderMill and the NutriMill.
- High: You can purchase the Country Living Manual Grain Mill for \$400 and add a small motor to it to function as an electric mill.

WHEAT GRINDER RECOMMENDATIONS:

Emergency-Only Usage:

If you are planning to use your food storage and wheat grinder only if an emergency situation arises, it is not worth the expense and hassle of buying and storing an electric grinder. At a minimum you should get the Back to Basics Grain Mill which will enable you to at least bake bread. However, the Wonder Junior Deluxe will do everything an electric grinder does and grind quicker and better than the Back to Basics Grain Mill. The Family Grain Mill might be a good option as well since you could have both the manual and electric functions.

Everyday Usage:

If you plan to "store what you eat and eat what you store" you should consider an Electric Grain Mill. If you are worried about what to do without power, you can pick up an additional hand grinder at a later time, or work on alternate power sources. Due to the functionality and ease of use, an electric mill is the best option for frequent usage. It also helps you rotate your grains more frequently.

FOR THE LOWEST PRICES ON WHEAT GRINDERS VISIT

http://store.foodstoragemadeeasy.net/Wheat_Grinders_s/1513.htm

Using Wheat Without a Grinder

1. THERMOS WHEAT Bring 1 c. of wheat kernels, 2 c. water, and 1 t. salt to a boil in a medium saucepan. Pour into a heated stainless steel or glass-lined thermos bottle. Secure cap. Place bottle on side and let sit overnight. In the morning, pour off any water, add butter and honey, and serve hot.

2. WHEAT BERRIES Add some of your plain dry wheat kernels to a pot of water. Bring it to a boil and cook for a few minutes. Let simmer for about 45 minutes. Drain the wheat berries and stick them in a Tupperware in the fridge. These are delicious to add to yogurt or to use to replace some meat in recipes. You can also use it in place of brown rice.

3. POPPED WHEAT Take 1 cup of cooked wheat berries (see above) and add to a frying pan or pot with two tablespoons of oil in it. Cover with a lid and cook over a hot stove shaking the pan while it cooks. After about 4-5 minutes the kernels will be nice and toasted. Put the popped wheat on a paper towel to absorb the extra oil, and sprinkle with your choice of seasonings. These are delicious on salads as a topping, mixed with trail mix, or as toppings for desserts or just a healthy snack.

4. WHEAT GRASS Most people have heard how healthy wheat grass is for you, but most people DON'T know that you can make your own wheat grass at home for free with just a little bit of your food storage wheat. You can snip bits off and add them to some delicious fruit smoothies, or if you have a juicer you can use them in other healthy juice drinks.

5. CRACKED WHEAT You can crack wheat in a blender or a coffee grinder. To do it in a blender you simply put in about 1/4-1/3 cups of wheat and pulse it until it looks like little cracked kernels. These kernels will cook much faster than regular wheat, and cook up in the same way that you cook rice on the stove. You can use cracked wheat to make hot cereal, add it into bread, or cook it and use as a meat filler.

6. WHEAT SPROUTS Making wheat sprouts is a different method than making wheat grass. You can sprout wheat just like any other vegetable seeds, legumes, or other grains. Most people like wheat sprouts to be very small, just barely sprouted. These are delicious to throw on salads or to add into your whole wheat bread for a little extra texture and flavor.

7. BLENDER WHEAT FLOUR If you are cooking a recipe for something like pancakes or waffles, you can EASILY use your whole wheat kernels, mix the whole recipe in your blender, and pour it straight from there onto a griddle or waffle-maker. Just make sure to add the liquid for your recipe into the blender, then add in your wheat kernels and blend for about 5 minutes. Then add the rest of the ingredients.

Favorite Wheat Recipes

Best Whole Wheat Bread Recipe

Ingredients:

7 c. whole wheat flour (fresh ground is best)

$\frac{2}{3}$ c. vital wheat gluten

2 $\frac{1}{2}$ T. instant yeast

5 c. hot water (120-130 F)

2 T. salt

$\frac{2}{3}$ c. oil

$\frac{2}{3}$ c. honey

2 $\frac{1}{2}$ T. bottled lemon juice

5 c. whole wheat flour

Directions: Mix together the first three ingredients in your mixer with a dough hook. Add water all at once and mix for 1 minute; cover and let rest for 10 minutes (this is called sponging). Add salt, oil, honey, and lemon juice and beat for 1 minute. Add last flour, 1 cup at a time, beating between each cup. Beat for about 6-10 minutes until dough pulls away from the sides of the bowl. This makes very soft dough. Spray counter with Pam and take dough out of the bowl. Do NOT flour your counter, this will add dryness you don't want in the bread. You basically want your dough to feel a "little" sticky. Separate dough. Form into loaves and place in bread pans. Let rise until double in size. Bake at 350 for 22-30 mins or until browned. Makes 6 small to medium loaves. *Recipe from Deals to Meals

Blender Wheat Pancakes

Ingredients:

1 c. milk (can use food storage substitution, see chart)

1 c. wheat kernels, whole & uncooked 2 eggs (can use food storage substitution, see chart)

2 tsp. baking powder

1 $\frac{1}{2}$ tsp. salt

2 T. oil

2 T. honey or sugar

Directions: Put milk and wheat kernels in blender. Blend on highest speed for 4 or 5 minutes or until batter is smooth. Add eggs, oil, baking powder, salt and honey or sugar to above batter. Blend on low. Pour out batter into pancakes from the actual blender jar onto a hot greased or Pam prepared griddle or large frying pan. Cook; flipping pancakes when bubbles pop and create holes.

Buttermilk Cornbread

Ingredients:

½ c. butter
⅔ c. white sugar
2 eggs (can use food storage substitution, see chart)
1 c. buttermilk (can use food storage substitution, see chart)
½ tsp. baking soda
1 c. cornmeal (grind your own with popcorn kernels)
1 c. all-purpose flour (works with whole wheat too)
½ tsp. salt

Directions: Preheat oven to 375 degrees. Grease an 8 inch square pan. In a large bowl combine melted butter and white sugar. Quickly add eggs and beat until well blended. Combine buttermilk with baking soda and stir into mixture in pan. Stir in cornmeal, flour, and salt until well blended and few lumps remain. Pour batter into the prepared pan. Bake in the preheated oven for 25 to 30 minutes, or until a toothpick inserted in the center comes out clean.

Corn Dog Muffins

Ingredients:

1 ½ c. cornmeal (about 1 c. fresh ground popcorn)
2 ½ c. flour (about 2 c. fresh ground wheat)
½ c. white sugar
¼ c. brown sugar
4 tsp. baking powder
1 tsp. salt
2 eggs (can use food storage substitution, see chart)
2 c. milk (can use food storage substitution, see chart)
8 oz. shredded cheddar cheese
6 hot dogs cut in thirds

Directions: Preheat oven to 400 degrees. Mix dry ingredients in large bowl. Beat eggs and milk in a separate bowl. Add to dry mix and add cheese just until moistened. Spoon mixture into muffin tins until ⅔ full. Add 1 hot dog chunk to each muffin. Bake for 14-18 minutes or until golden brown.

Corncakes

Ingredients:

- 1 ¼ c. whole wheat flour
- ⅓ c. cornmeal (or fresh ground popcorn kernels)
- 1 egg (can use food storage substitution, see chart)
- ⅓ c. granulated sugar
- 1 ½ c. buttermilk (can use food storage substitution, see chart)
- 1 tsp. baking powder
- 1 tsp. baking soda
- ¼ c. vegetable oil
- ½ tsp. salt

Directions: Preheat a skillet over medium heat. Spray skillet with nonstick spray. Combine all ingredients in a large bowl with a mixer set on medium speed. Mix until smooth, but don't over mix. Pour the batter by ¼ – ⅓ cup portions into the hot pan and cook for 1 to 3 minutes per side or until brown. Repeat with remaining batter.

Enchilada Pie (Food Storage)

Ingredients:

- 1 ½ c. of cooked black beans
- ¼ c. dehydrated onion
- 1 can of cream of chicken soup plus water
- 4 oz can of diced green chilies
- 8 oz can of enchilada sauce
- 6 whole wheat tortillas (see Whole Wheat Tortilla recipe included)
- 2 c. freeze dried cheese
- 2 c. freeze dried chicken

Directions: Cook tortillas and black beans. Hydrate chicken and cheese (the measurements given are the ingredients dry) While chicken and cheese is hydrating make cream of chicken bean sauce. Add beans, onions, cream of chicken sauce, diced green chilies, enchilada sauce, and chicken in a large bowl. Place tortillas in greased 9 by 13 inch pan. Top with half the bean mixture and half the cheese. Repeat the layers. Bake at 350 degrees for 40 minutes. Cool slightly and cut in squares.

Ezekiel Bread

Ingredients:

2 ½ c. wheat berries
1 ½ c. spelt flour
½ c. barley
½ c. millet
¼ c. dry green lentils
2 T. dry great northern beans
2 T. dry kidney beans
2 T. dried pinto beans
4 c. warm water
1 c. honey
½ c. olive oil
2 (¼ ounce) packages active dry yeast
2 tsp. salt

Directions: Measure the water, honey, olive oil, and yeast into a large bowl. Let sit for 3 to 5 minutes. Stir all of the grains and beans together until well mixed. Grind in a grain mill. If you are using spelt, use ¼ c. less of the grains. If you are using spelt flour, use measurement indicated. Add fresh milled flour and salt to the yeast mixture; stir until well mixed, about 10 minutes. The dough will be like that of a batter bread. Pour dough into two greased 9 x 5 inch loaf pans. Let rise in a warm place for about 1 hour, or until dough has reached top of the pan. Bake at 350 degrees for 45 to 50 minutes, or until loaves are golden brown

Granola Bars

Ingredients:

4 ½ c. rolled oats
1 c. all-purpose flour (or whole wheat)
1 tsp. baking soda
1 tsp. vanilla extract
¾ c. butter, softened
½ c. honey
⅓ c. packed brown sugar
2 c. miniature semisweet chocolate chips

Directions: Lightly grease one 9x13 inch pan. In a large mixing bowl combine the oats, flour, baking soda, vanilla, butter or margarine, honey and brown sugar. Stir in the 2 cups assorted chocolate chips. Lightly press mixture into the prepared pan. Bake at 325 degrees for 18 to 22 minutes or until golden brown. Let cool for 10 minutes then cut into bars. Let bars cool completely in pan before removing or serving.

Whole Wheat Pizza Dough

Ingredients:

2 ½ c. medium hot water
5 tsp. SAF instant yeast
2 T. sugar
3 T. oil
1 tsp. salt
6 c. flour (you can do half all-purpose and half wheat or 100% whole wheat)
½ cube of butter

Directions: Pour medium hot water in mixing bowl. Sprinkle yeast on top and allow to dissolve. Add sugar, salt, and oil. Gradually add approximately 6 cups of flour. Use about ⅔ of the dough for pizza. Use the other ⅓ for breadsticks. Melt ½ cube of butter on cookie sheet in oven as it is heating to 400 degrees and melt in oven. Place dough on cookie sheet and press to fill pan, make sure butter gets on top of the dough. Add your sauce, cheese, and toppings. Cook for 10 to 12 minutes or until cheese is slightly browned and the crust is firm.

Whole Wheat Pumpkin Cake

Ingredients:

4 eggs
1 ⅔ c sugar
1 c. cooking oil
1 large can pumpkin
2 c. flour (whole wheat works great)
2 tsp. baking powder
2 tsp. cinnamon
1 tsp salt
1 tsp. soda

Frosting:

6 oz. cream cheese
¾ c. butter
1 ½ tsp. vanilla
3 c. powdered sugar

Directions: Preheat oven to 350°. Beat eggs, sugar, oil, and pumpkin. Stir in dry ingredients. Mix well. Bake for 30-35 minutes in a 9×13 ungreased pan. Mix together frosting ingredients and pour on top.

Homemade Pasta

Ingredients:

1 ½ c. semolina flour
1 ½ c. freshly ground whole wheat flour
½ tsp. salt
4 eggs
¼ c. water
¼ c. olive oil

Directions: Combine semolina, wheat flour, and salt. Beat eggs lightly. Mix eggs, water and oil. Stir in to four mixture until a stiff dough forms. You may need to add a little more flour. Knead 10 minutes or until elastic. Let rest, covered for 20 minutes. Roll out thinly. Cut into desired shape or shape with machine. Cook in boiling, salted water for 2-5 minutes.

Whole Wheat Tortillas

Ingredients:

3 c. of whole wheat flour
½ tsp. baking powder
1 tsp. salt
1 c. of warm water
⅓ c. cooking oil

Directions: Mix all dry ingredients together. Add the oil, then the water. Knead 5 minutes. Roll the dough out so you can easily make equal pieces. Let dough rest 10 minutes. Form into 12 balls. Roll thin (spray pam to help if there are sticking or dryness problems). Grill on both sides in a frying pan. They cook quickly (no need to grease the frying pan at all).