

Cooking Instructions

Couscous

Add one part boiling water to one-part raw couscous in a bowl. Cover and leave until the water is absorbed and the couscous is tender, about 5-10 minutes. Before serving, fluff with a fork.

📖 **Cooking tip:** 1 cup (250 mL) raw couscous makes about 3 cups (750 mL) cooked couscous.

One serving is usually ½ cup (125 mL) cooked couscous.

Polenta

Stir one part polenta into one part boiling water in a saucepan and bring to a boil. Cook for 10 minutes. Stir continuously until it is smooth.

📖 **Cooking tip:** 1 cup (250 mL) raw polenta makes 4 cups (1 L) cooked polenta.

One serving is usually ½ cup (125 mL) cooked polenta.

Quinoa

Rinse well before cooking. Mix ½ cup quinoa with 1 cup boiling water in a saucepan and bring to a boil. Simmer for 30 minutes or until tender.

📖 **Cooking tip:** 1 cup (250 mL) raw quinoa makes 3 cups (750 mL) cooked quinoa.

One serving is usually ½ cup (125 mL) cooked quinoa.

Chickpeas

To soak overnight: Rinse and cover with cold water. Leave to soak overnight.

Quick soak: Cover chickpeas with water (about 2 cm above the chickpeas), microwave for 3 minutes on high and leave to stand for 30 minutes. Cook as described below.

Cooking method: Rinse well, cover with water in a saucepan and simmer gently for 1½ hours until tender.

📖 **Cooking tip:** 1 cup (250 mL) raw chickpeas make 2¼ cups (560 mL) cooked chickpeas.

Chickpeas will cook more tenderly and, in less time, if they have been soaked first.

One serving is usually ½ cup (125 mL) cooked chickpeas.

Bulgur Wheat

Add two parts water to one part raw bulgur wheat in a saucepan and bring to a boil. Cook for 10 minutes or until tender. Drain off any excess water.

Or

Cover bulgur wheat with boiling water (about 2 cm above the bulgur wheat) in a bowl and cover with a lid. Leave to stand for about 30 minutes. Before serving, fluff with a fork.

📖 **Cooking tip:** 1 cup (250 mL) raw bulgur wheat makes 3½ cups (875 mL) cooked bulgur wheat.

One serving is usually ½ cup (125 mL) cooked bulgur wheat.

Amaranth

Amaranth is simple to prepare and can be used in many different dishes.

Before cooking amaranth, you can sprout it by soaking it in water and then allowing the grains to germinate for one to three days.

Sprouting makes grains easier to digest and breaks down antinutrients, which can impair mineral absorption.

To cook amaranth, combine water with amaranth in a 3:1 ratio. Heat it until it reaches a boil, then reduce the heat and let it simmer for about 20 minutes, until the water is absorbed.

Here are a few easy ways to enjoy this nutritious grain:

- Add amaranth to smoothies to boost the fibre and protein content
- Use it in dishes in place of pasta, rice or couscous
- Mix it into soups or stews to add thickness
- Make it into a breakfast cereal by stirring in fruit, nuts or cinnamon
- Pop it like popcorn in a hot pan and enjoy with fruit and salad or on its own

USING ALTERNATIVE FLOURS

CAKE FLOUR: 160g = 250ml cup

REPLACE WITH	EQUIVALENT WEIGHT USED
Lentil Flour	105g
Teff Flour	150g
Chickpea Flour	115g
Rye Flour	125g
Pea Flour V6000	200g
Millet Flour	140g
Spelt Flour	115g
Buckwheat Flour	160g
Quinoa Flour	140g
Oats Flour	135g
Potato Flour	205g
Sorghum Flour	175g
Rice Flour	132g