

Uses for Ancient Grains

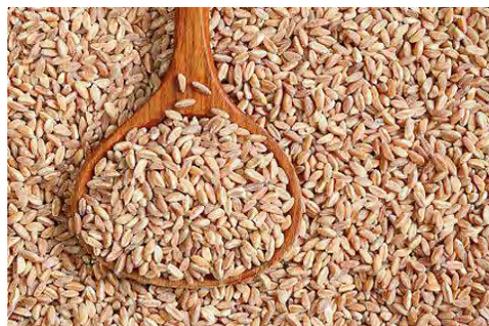
Chia Seeds

- Can be used as crunchy alternative (substitute for chopped nuts, granola, sesame or poppy seeds) in toppings for yogurt, sprinkle a few tablespoons on cooked or cold cereal, sprinkle on salads or roasted/steamed vegetables.
- Can be ground and added to flour in baked items or coatings.
- They can be added whole to muffin/cake mixes (as you would add poppy seeds).
- When soaked in water they plump up similarly to tapioca - it can be used as a thickening agent.



Farro

- Can be used in soups as firm grain (instead of rice or pasta)
- Can be used instead of pasta in salads - toss with herbs, balsamic vinegar/olive oil, chopped tomatoes, beans, etc.
- Can be used to replace pasta (cooked with herbs, onions/garlic and olive oil) or a side dish for chicken, fish or meats
- Can be used as a substitute for arborio rice in risotto (less gummy in texture)



Amaranth

- Can be made as a porridge adding cinnamon, nutmeg or vanilla extract, dried currants/berries/soy milk/coconut milk, maple syrup and chopped toasted almonds
- A little stickier than quinoa - it is a good base for vegetable patties or veggie burgers that can be pan-fried or baked
- Rice substitute for risotto with peas, mushrooms and/or pancetta



Kuzu

- It's a superior thickening agent (with very little taste) so it can be substituted for corn/potato starch, Wondra flour for sauces/gravies, soups
- It can be used in desserts such as puddings, icings
- Can be used as a fish or vegetables coating (instead of flour) before frying - will produce a crispy light crust



Teff

- Cooked briefly (in water) and “dry” it can be used as a topping on vegetables or soup (butternut squash, pea soup, etc.)
- Can be used as a flour in baked goods such as banana /chocolate cu bread or in waffle mixtures
- Can be used as a flour for making crepes - fill with sauteed mushrooms, spinach, and grated cheese (Ricotta Salata, Gruyere, etc.)

