

Alternative Grains & Breads

When choosing alternative breads, crackers and tortillas which are wheat-free, there are many products available in both health food stores and grocery stores.

Look for Ezekiel breads in the frozen food section of Zehrs Natural Value department (three aisles of health foods within the store). The Ezekiel 6:49 bread comes in regular, sesame seed and cinnamon raisin and costs about \$4.50 per loaf. For convenience, you may also find Ezekiel hamburger and hotdog buns and wraps.

A & P stores carry the Ezekiel breads as well as blue label breads in Spelt, Spelt Plus, Kamut and Rye breads. Sometimes your larger local health food store carries these breads plus a selection of others from the larger Toronto-based bakeries which often means additional flavours such as sourdough rye or kamut bread. Several grocery store chains carry Spelt Flatbread in packages which are usually on display near the bakery. These are hard baked, cracker-like thin breads which can be broken into pieces and used with dips. You could experiment with melting cheese and pizza ingredients on them in a toaster oven for a low-carb snack. Note: In the May 5th Zehrs Cooking Class, we made an scrumptious pizza-like snack using Spelt Flatbreads topped with zesty lime, bean & pesto filling.

For blood types other than Type B, there is a wide variety of rye products which are commonly found in regular grocery stores including 100% Dimplmeir Roggenbrot bread which looks like a half a loaf found in the Deli section. It's important to be a reader of labels as many of the rye breads such as Munster and Black Forest will have flour or wheat flour, etc. as the main ingredients. The 100% rye crisp which comes in a red package with about 30 crackers the size of melba toast is typically found in the Loblaws and Zehrs stores and occasionally in European delis. It's crunchy texture and flavour makes it a popular choice to serve with cheese slices and tahini spreads. Another variation is the round rye crisp which is lighter in texture and suitable for use with dips.

We recommend that all blood types keep a well stocked cupboard of alternative flours and grains for cooking and baking. Spelt is the most popular flour because it offers a 100% substitution for regular wheat flour for making cakes and muffins; however, it's important that all grains and flours be rotated in the diet plus Type O non-secretors cannot have spelt. For example, in making your own wraps or tortillas (see pp 30-36 in the Cook Book), some other combinations to try are amaranth, chick pea flour, and brown rice flour; or kamut; white pea, and Ezekiel or millet flours.

Chart for Preparing Grains

Grain (1 cup dry measure)	Water	Cooking Time	Yield
Amaranth**	2 cups	20 minutes	1-1/2 cups
Barley (whole)	3 cups	1 hour 15 min	3-1/2 cups
Brown rice (short/long grain) **	2 cups	45 minutes	3 cups
Buckwheat (kasha)	2 cups	15 minutes	2-1/2 cups
Bulgur wheat	2 cups	15-20 minutes	2-1/2 cups
Coarse cornmeal (polenta)**	4 cups	25 minutes	3 cups
Cracked wheat	2 cups	25 minutes	2-1/3 cups
Millet**	3 cups	45 minutes	3-1/2 cups
Oats	1-1/2 cups	30 minutes	2-1/2 cups
Quinoa**	2 cups	15 minutes	3 cups
Rye	3 cups	1 hour	2-1/2 cups
Spelt	1-1/2 cups	30 minutes	2-1/2 cups
Wild rice**	2 cups	1 hour or more	3 cups
Whole wheat berries	3 cups	2 hours	2-2/3 cups

**** denotes Gluten-free grains.**

Note: If grains are pre-soaked overnight, drain the soaking water, decrease cooking time by 5-15 minutes.

Sprouting Grains:

The kernels or seeds of grains are like nuggets of energy and nutrients. Sprouting them not only provides live enzymes to reduce the burden of your digestive organs having to provide digestive juices, but they are also naturally sweet and very nourishing. All you will need is a small bowl, pure water and 1/2 cup of unhulled kernels (rye, soft and hard wheat, or buckwheat are the grains of choice here). Cover the grains with pure water for 24 hours, cover with a lid and let sit on the counter overnight. Drain the grains (reserve the vitamin-rich water and use it for cooking) and allow them to sit, covered, for approximately 12 hours or until sprouted. They are then ready to be enjoyed as a breakfast cereal or added to vegetable dishes. No cooking or heating is necessary. Simply add these exceptional foods to your salads, sandwiches, stir-fries etc.

Chart for Preparing Beans

Bean (1 cup dry measure)	Water	Cooking Time	Yield
Black Beans	4 cups	1-1/2 hours	2 cups
Black-eyed peas	3 cups	1 hour	2 cups
Garbanzos (chickpeas)	4 cups	3 hours	2 cups
Great northern beans	3-1/2 cups	2 hours	2 cups
Kidney beans	3 cups	1-1/2 hours	2 cups
Lentils and split peas	3 cups	45 minutes	2-1/4 cups
Limas	2 cups	1-1/2 minutes	1-1/4 cups
Baby limas	2 cups	1-1/2 minutes	1-3/4 cups
Pinto beans	3 cups	2-1/2 hours	2 cups
Red beans	3 cups	3 hours	2 cups
Small white (navy, etc.)	3 cups	2-1/2 hours	2 cups
Soybeans	4 cups	3 hours or more	2 cups
Soy grits	2 cups	15 minutes	2 cups

Preparing and cooking suggestions:

Firstly, rinse the legumes thoroughly and remove any tiny stones or discoloured legumes. Two methods to prepare the beans are as follows:

Place the rinsed legumes in a pot, add enough pure water to cover them by several inches and boil for 15 minutes. Turn off the heat and let sit for at least 2 hours. Drain off the water, add new pure water and simmer for 45 minutes or until tender.

Soak the dried legumes in pure water for 24 hours on the counter or 48 hours in the fridge. Dried legumes will double or triple in volume when cooking is complete, so be certain that you always keep them well covered with water. Drain the soaking water to cut down on any gas formation problems, and place them in a pot of fresh water. Bring them to a boil, turn down the heat and simmer for 30-40 minutes, or until soft. A good rule of thumb is to cook the legumes until they can be easily crushed between your fingers. You may want to save the legume stock for making soup.