



Preparing Whole Grains & Legumes

for ease of digestion & nutrient availability



Important Notes

Whole Grains	Soaking Medium <small>Measure water carefully for grains. Don't drain after soaking.</small>	Soak Time <small>at room temperature</small>	How to Cook <small>The longer the soak, the shorter the cook time.</small>
Amaranth or Teff 1 cup (serves 4)	1 cup warm, filtered water plus 2 Tablespoons neutralizer.*	12 hours up to 24 hours	Add to 1 cup boiling water and 1/2 teaspoon sea-salt; stir and cover. Reduce heat to low; cook 15-20 minutes.
Oats, Kamut, Spelt or Rye* <small>rolled or coarsely ground.</small> 1 cup (serves 4)	1 cup warm, filtered water plus 2 Tablespoons neutralizer. * Rye may need additional water and time to soak.	7 hours up to 24 hours	Add to 1 cup boiling water, 1/2 teaspoon sea-salt, along with dried apricots, dates or raisins, if desired. Stir and cover. Reduce heat to low; cook 5 minutes.
Grits or Polenta <small>(coarsely ground corn)</small> 1 cup (serves 4)	If you eat grits often, soak in lime water (see Notes). If not, use 1 cup water plus 2 Tablespoons neutralizer.	12 hours up to 24 hours	Same as Amaranth.
Millet 1 cup (serves 3-4)	2 cups warm, filtered water plus 2 Tablespoons neutralizer.	7 hours up to 24 hours	Pour into pot, bring to boil. Skim & discard scum. Add 1-2 Tablespoons butter and 1/2 teaspoon sea-salt. Reduce heat to low; cover & cook 45 minutes to 1 hour.
Barley, Rice or Wild Rice 1 cup (serves 3-4)	2 cups warm, filtered water plus 2 Tablespoons neutralizer.	7 hours up to 24 hours	Same as Millet. *Note: unsoaked rice may be cooked in 2 cups of stock, covered, on low heat for 1 1/2 to 3 hours.
Quinoa 1 cup (serves 3-4)	3 cups warm, filtered water plus 1 Tablespoon neutralizer.	12 hours up to 24 hours	Quinoa is the only grain that must be rinsed before cooking, due to its high saponin content. Rinse well, pour into pot with 2 cups water or stock. Follow instructions for Millet.
Legumes	<small>Store grains & legumes in glass jars away from heat and light.</small>		
Azuki, Lima, Navy, Pinto or other kidney-shaped bean 2 cups (serves 6-8)	Simmered water to cover, with at least 2 inches to spare, plus a pinch of baking soda.	18 hours up to 24 hours Change water one or more times.	Drain and rinse well. Place into pot with 2 inch strip of Kombu (also called Kelp). Cover completely with 2 inches water to spare. Bring to boil; skim & discard scum. Reduce heat to low; cover & cook 1-1 1/2 hours, until beans are tender.
Dried or Split Peas 2 cups (serves 6-8)	Same as Azuki beans, above.	10 hours up to 24 hours	Same as Azuki beans, above.
Black Turtle Beans 2 cups (serves 6-8)	Simmered water to cover, with at least 2 inches to spare, plus 2 Tablespoons whey, lemon juice or vinegar.	18 hours up to 24 hours Change water one or more times.	Same as Azuki beans, above.
Chickpeas, also called Garbanzos 1 cup (makes 3 cups)	Soak as Black beans, above.	24 hours up to 48 hours Change water one or more times.	Same as Azuki beans, without the Kombu. Cook 4 hours, until tender.
Lentils 2 cups (serves 6-8)	Soak as Black beans, above.	10 hours up to 12 hours	Drain and rinse well. Pour into pot with 3 cups water or stock. Bring to boil. Skim & discard scum. Reduce heat to low; cook uncovered 40 minutes-1 hr. Stir occasionally to prevent burning.

Why soak?

Grains and legumes are not easily digested. All contain phytic acid and enzyme inhibitors that must be neutralized, and complex proteins and sugars which must be broken down before cooking. The traditional technique of soaking with a neutralizer predigests grains and legumes and may prevent a strain on the digestive system. It also unlocks their nutrients and makes them available to the body. Soaking may prevent mineral deficiencies and bone loss.

Neutralizers

Organic dairy: Whey, whole-milk plain yogurt, cultured buttermilk, Kefir.

Non-dairy: Lemon juice, apple cider vinegar or other mild vinegar.

Note: dairy options provide the added benefit of lactobacilli, which helps predigest complex proteins and sugars.

How to Make Whey

Strain 1 quart whole, plain yogurt through a strainer lined with cheesecloth into a 2-cup liquid measure at room temperature for 12-24 hours. The liquid is whey; the solids are yogurt-cream cheese. Store whey in clean glass jar in fridge for up to 6 months.

Use a good-quality sea-salt with at least 50+ trace minerals.

Serve grains with butter from grass-fed cows, organic whole-milk, cream or ghee. You need their fat-soluble activators to absorb minerals in grains.

Remove chickpea skins before eating. Place cooked chickpeas in bowl of cold water. Rub vigorously between your hands. Pour off water and skins. Repeat until all skins are removed.

Eat grits often? Soak in lime water to avoid vitamin B5 deficiencies. To make, place 1" dolomite lime powder in 2 quart jar of filtered water. Shake. Let stand overnight. Dolomite will settle to bottom. Pour off clear water into new jar; store in cool place. Use to soak grits as directed.