

Cooking with Kamut

Because of the inherent sweetness of this grain (referred to by some as "the sweet wheat"), no sugar is required to hide the subtle bitterness associated with most wheats and whole wheat products. Therefore, dishes made with Kamut often require less sugar to balance the flavor than those made with other grains. Many are utilizing the natural firmness of the kernels to produce tasty pilafs, cold salads, soups, or a substitute for beans in chili. Kamut brand bulgur and couscous are also popular in Europe. Kamut brand wheat also makes an outstanding pasta which is superior to all other whole grain pastas in texture and flavor. Because of the strong gluten in the protein, Kamut pasta can be frozen and reheated without losing its firmness. Kamut is perfect for recipes made in the slow cooker or pressure cooker. Kamut can be cooked in a rice cooker, which cooks one cup of Kamut in 20 minutes. Kamut pasta has a low glycemic index. Kamut storage is similar to wheat storage.

Nutrition: The most striking superiority of Kamut brand wheat is found in its protein level—up to 40% higher than the national average for wheat. Because of its higher percentage of lipids, which produce more energy than carbohydrates, Kamut brand can be described as a "high energy grain." Athletes, people with busy lives and anyone looking for quality nutrition will find Kamut brand products a valuable addition to their diet. A bowl of hot Kamut cereal in the morning, or a delicious serving of Kamut pasta at noon will satisfy between meal hunger pangs as well as urges for snacking.

For Wheat Allergies: For those suffering wheat sensitivities, Kamut brand products also play a unique role. Recent research by the International Food Allergy Association (IFAA) concluded "For most wheat sensitive people, Kamut grain can be an excellent substitute for common wheat." Research is now underway in Austria to study gluten intolerance but is yet unfinished so no recommendations can be made for those suffering this affliction. For many wheat sensitive people, however, Kamut brand grain has become "the wheat you can eat."

BASIC KAMUT NOODLE DOUGH (for Pasta)

Yield: about 4 cups Preparation Time: Divided
4 servings

- 2 cups Kamut flour, freshly ground
- 2 eggs, beaten
- Water or extra virgin olive oil, as needed
- options: 1-2 teaspoons fresh minced garlic

Per cup: 160 Calories; 2g Fat (12.8% calories from fat); 8g Protein; 29g Carbohydrate; 5g Dietary Fiber; 71mg Cholesterol; 25mg Sodium. Exchanges: 2 Grain (Starch); 1/2 Lean Meat; 1/2 Fat.

Kamut crepes

2 cups kamut flour
2 eggs, beaten
2 tablespoons baking powder
2 cups milk
2 tablespoons vegetable oil

Mix all the dry ingredients together in a bowl and blend in the liquid ingredients. Ladle batter onto a lightly oiled hot griddle pan and cook on both sides. Makes 12 crepes.

WARM SALAD OF KAMUT, CRANBERRIES AND FETA

A sweet-tart salad with "tooth", this is a great side dish for a Friday night roast chicken or grilled lamb, or perfect for a picnic or potluck.

1 cup Kamut®
4 cups water
3 Tbsp pomegranate molasses (from www.theperfectpantry.com)
1 tsp agave nectar (from www.theperfectpantry.com)
4 Tbsp olive oil
Kosher salt and fresh black pepper, to taste
1/2 cup cucumber, diced
1 cup dried cranberries (or dried cherries)
1/2 cup feta cheese, crumbled

Measure, then rinse, the Kamut. Place in a rice cooker with 4 cups of water, and set to cook. Or, place in a saucepan, bring to a boil, cover and simmer for 1-1/2 hours, checking frequently, until it tastes chewy but cooked all the way through. While the grain is cooking, combine the pomegranate molasses, agave and olive oil in a small jar with a tight-fitting lid. Add salt and pepper to taste. Shake the jar to emulsify the dressing, and set aside. When the Kamut is cooked (it will be chewy, not mushy), drain and add it to a mixing bowl with the cucumber, cranberries, and dressing. Toss well to combine. At the last moment before serving, add the cheese, toss lightly, and serve.