

Cooking with Teff

The teff grain is so tiny, it takes three thousand grains to weigh one gram. Can you imagine how fine a flour that makes? If you've ever tried a packaged gluten-free cookie, you know that most of them have the heft of the brick you keep behind the door in case an intruder breaks in. Not much lightness there. However, in combination with other flours, teff can make [a lovely bread](#), [a tender pie crust](#), and [crisp little banana pancakes](#). I throw teff flour into muffins and quick breads. Because the flour is so fine, it almost turns gelatinous when heated, binding the other ingredients together. It's a sort of substitute for gluten that way. I'm convinced that [banana bread is actually better gluten-free](#) (with teff) than with wheat flour.

Store in a cool dry place. The grain is cooked very simply. Bring three cups of water to a boil, add one cup of Teff, cover and simmer for 15-20 minutes or until the water is absorbed. Toward end of cooking stir occasionally.

Teff porridge

1 cup teff grains
4 cups water
1 Tbsp butter (optional)
1 Tbsp cinnamon (optional)
handful of blueberries or your favorite fruit (optional)

Combine teff and water in a medium saucepan. Bring to a boil, reduce heat, cover, and let simmer until the water is absorbed (about 20 min), stirring occasionally. Stir in butter and cinnamon and top with berries. To reheat, add a splash of water and stir well, breaking up clumps, before microwaving. Serves 4.

This was fabulous! I highly recommend adding the cinnamon - it took it from good to great. I've heard people say that teff tastes like chocolate, and I can see how someone could come to that conclusion, but I'm not sure that I would have thought of it on my own. It's extremely filling because it's very high in protein and fiber. I think that this will become a regular in my porridge rotation, and I can't wait to try teff in other ways. Does anybody have any suggestions??

Chocolate Mint Teff Refrigerator Cookies

1/2 cup Unsalted Butter, softened
1/2 cup Honey
1/2 tsp Vanilla
1/4 tsp Mint Extract
1 cup [Teff Flour](#)
1/4 cup Cocoa Powder
1/8 Salt
1 cup [Walnuts-Baker's Pieces](#)

Cream together butter and honey. Add vanilla and mint extract.

Combine flour, cocoa powder, and salt. Add walnuts. Place in plastic bag, and shape

into a log about 1-1/2" in diameter. Refrigerate for 1 hour or more. Preheat oven to 350°F.

Slice refrigerated dough into 18 cookies. Place on oiled baking sheet and bake for 20 minutes, watching carefully to prevent burning. Makes about 18 cookies.

Teff 5-Minute Pie Crust

Gluten-free and easy press-in-place pastry.

1 cup [Teff Flour](#)
1/8 tsp [Sea Salt](#)
3-1/2 Tb Vegetable Oil
1/4 cup Chilled Water

Before starting, make sure all the ingredients are well chilled. In a small bowl, whisk together the water, oil and salt. Stir in the flour. Press in a 9-inch pie plate.

Fill and bake at 350°F for 45 minutes or until the filling done. If edges beginning to brown too quickly cover edges with foil. To bake an empty shell, prick with fork; bake 12-15 minutes.

Makes one 9-inch pie crust (8 slices).

Teff Pancakes

2 cups [Teff Flour](#)
4 tsp [Baking Powder](#)
1/2 tsp [Sea Salt](#)
2 cups Water
2 Tb Vegetable Oil

Mix dry ingredients in a bowl. Add liquids and whisk to mix. Preheat pancake griddle until a drop of water will "dance" on it. (Oil or spray griddle as needed).

Spoon batter onto hot griddle to make pancakes about 4-5" across. Turn when edges seem dry (they won't brown much because they don't contain sugar). Keep cakes warm while you cook remaining cakes (or cool on racks to use as flatbread).

Batter may thicken as it stands. Before spooning subsequent rounds of cakes on the griddle, stir in 1-2 tablespoons of water as needed. Makes 12 pancakes.