

Wheat Recipes – Use Your Food Storage

Hamburger Cracked Wheat Casserole - 1988 B.C. North Stake Cookbook

1 lb. hamburger
½ chopped onion
1 tsp. salt
Dash of black pepper

2 cups boiling water
¼ cup cracked wheat, uncooked
1 can tomato soup
1 tsp. poultry seasoning

Brown onions and meat; Season with salt and pepper. Pour boiling water over wheat and add to meat. Add soup and poultry seasoning; Mix thoroughly. Place in greased casserole dish and bake 1 hour and 20 minutes at 325 degrees.

Note: Put wheat in blender for a few minutes to get cracked wheat.

Wheat Nuts – Hyrum 5th Ward Cookbook

Broil cooked wheat kernels* until light brown and dry—about 10 minutes. Then bake at 350 degrees for 20 minutes. Add 1 tsp. salad oil or butter while warm and season with garlic or onion salt. Garlic salt plus powdered parmesan cheese is also good sprinkled over the buttered kernels.

*Soak wheat kernels overnight then bring to a boil, reduce heat and simmer 50-60 minutes. Drain.

Popped Wheat – Hyrum 5th Ward Cookbook

Have ready: 1 (4 qt.) heavy pan – about 9 ½-inches X 5-inches high
1 metal colander (about 8 inches across top with handle)
1 thermometer – that indicates at least 400 degrees F.
Stack of absorbent paper towels
About 8 cups cooking fat or oil
Wheat—2 cups of dry wheat makes 4 cups popped wheat

Cover whole wheat with cold water and soak overnight. Drain. Spread wheat kernels on paper towels until it loses its glossy appearance.

Heat oil in pan on stove until thermometer reaches 400 degrees F. Place colander in oil. Pour ¼ cup semi-dry wheat in colander. Be cautious as oil foams up. In 30 seconds the wheat should be done (I count to 60 as wheat must be done or it is hard.) Lift colander and drain over another pan to remove as much fat as possible. Pour wheat onto absorbent paper to drain (Use fresh paper towels for each batch.) Bring temperature back to 400 degrees F. again before adding the next ¼ cup wheat batch.

Sprinkle popped wheat with garlic, onion, or seasoning salt.

Whole Wheat Oatmeal Cake - Cheryl Jennings

Soak for 20 minutes and set aside to cool:
1 ¼ cup boiling water 1 cup oatmeal 1 square butter

Cream: 1 cup brown sugar
2 eggs
1 cup granulated sugar

Mix together: 1 1/3 cup whole wheat flour
½ tsp. nutmeg
1 tsp. soda
½ tsp. salt
1 tsp. cinnamon

Add oatmeal mixture to creamed sugar mixture, then add wheat flour mixture. Stir. Bake in 9x13-inch greased pan at 350 degrees for 50 minutes.

Topping:

1 cup chopped nuts ½ cup sugar
1 cup coconut 1 tsp vanilla
6 Tblsps. butter ¼ cup evaporated milk

At end of baking time, remove cake. Sprinkle at once with topping. Return to 400 degree oven for about 7 minutes to bubble topping. Do not brown coconut too much.

Whole Wheat Banana Cake – Zara Poulsen

In mixer bowl add: 4 ripe bananas (cubed)
2 eggs
1 tsp. vanilla

Mix well. In a dry bowl add: 2 ½ cups whole wheat flour
1 ½ cups sugar 1 tsp. baking powder
1 tsp. baking soda 1 tsp. salt

Add dry ingredients to bananas, eggs and vanilla. Mix well.
Then add: ¼ cup milk and ½ cup oil

Mix well until ready to pour on greased cookie sheet. Bake at 350 degrees for 25 min.

Icing:

Soften: 1 (8oz.) pkg. cream cheese
½ cup butter

Cream together. Add: 3-4 cups powder sugar
½ tsp. vanilla

Mix well and ice cake. Sprinkle chopped walnuts over top (opt.)

Prize Sponge Cake - Cheryl Jennings

6 eggs, separated
1 ½ cups sugar
½ tsp. vanilla
½ cup water
½ tsp. lemon extract

¼ tsp. almond extract
1 ½ cups sifted whole wheat flour
½ tsp. salt
1 tsp. cream of tartar

Beat with mixer: sugar, egg yolks, water, and flavorings for 5 to 7 minutes. Mixture will be very thick and creamy. Sift flour and salt together twice; add to creamy mixture gradually. Stir well or beat. Put into another bowl.

In the mixing bowl, beat egg whites, and cream of tartar together until stiff. Do not allow whites to stand, fold immediately into first mixture.

Bake in ungreased angel food cake pan at 325 degrees for 60 to 70 minutes, or until top springs back when lightly touched. Invert pan and cool thoroughly before removing from pan.

Orange Nut Loaf – Hyrum 5th Ward Cookbook

1 cup sugar
½ cup butter or margarine
1 Tblsp. orange rind, grated
2 eggs
2 cups whole wheat flour

1 tsp. baking soda
1 tsp. baking powder
1 cup sour milk
1 cup raisins (opt.)
1 cup nuts

Bake at 325 degrees F. for 60 minutes. Glaze with powdered sugar and orange juice.

Whole Wheat Pancakes – Hyrum 5th Ward Cookbook

3 cups whole wheat flour
2 Tblsps. baking powder
1 tsp. salt
3 Tblsps. sugar

3 cups milk
4 eggs
1/3 cup vegetable oil

Sift dry ingredients together. Beat eggs, milk and oil and combine with flour. Cook on greased griddle.

Variations: May add ½ cup wheat germ and ½ cup chopped sunflower seeds. (Chop sunflower seeds in blender until very few whole seeds remain. Don't get too fine.)

Note: Left-over pancakes freeze well. Put double waxed papers between each pancake. Spread butter on frozen pancakes and reheat in broiler over or on griddle.

Blender Whole Wheat Waffles or Pancakes - Cheryl Jennings

Blend 4 to 5 minutes at high speed:

- 1 cup whole wheat kernels
- 2 cups milk (or 2 cups water and 2/3 cup powdered milk)

Add and blend 20 seconds:

- 3 heaping Tblsps. cornmeal
- 2 eggs
- 1/2 cup oil (or less)
- 2 Tblsps. brown sugar
- 1 tsp. salt

Add all at once and blend 5 seconds: 4 tsp. baking powder

Let sit a few minutes. Bake in well-seasoned hot waffle iron or use batter to make pancakes.

Whole Wheat Waffles - Holly Goodman

- 1 egg, room temperature & separated
- 3/4 cup whole wheat flour
- 1/4 cup wheat bran
- 2 Tblsp. wheat germ
- 1 tsp. baking powder
- 1/8 tsp. salt
- 3/4 cup milk
- 1 Tblsp. honey
- 2 Tblsps. butter, melted & cooled

Beat egg white in a small bowl until stiff and set aside. Mix together dry ingredients and set aside. Combine egg yolk, milk, honey and melted butter. Add to dry ingredients, mixing until just blended. Fold in beaten egg white until just mixed. Do not over-beat batter. Makes 3-4 waffles

Seasoned Flour Coating Mix - Hyrum 5th Ward Cookbook

- 2 cups whole wheat flour, divided
- 2 Tblsps. salt
- 1 Tblsp. celery salt
- 1 Tblsp. pepper
- 2 Tblsps. dry mustard
- 4 Tblsps. paprika
- 2 Tblsp. onion powder
- 1/2 tsp. ginger
- 1/2 tsp. thyme
- 1/2 tsp. basil
- 1/2 tsp. oregano or marjoram

Combine 1 cup flour and remaining ingredients together. Mix thoroughly. Then add the other cup of flour. Use to dredge meat, fish or chicken. Meat can be dipped in egg or milk first if desired.

Whole Wheat French Bread - Hyrum 5th Ward Cookbook (Made with a Bread Mixer)

- 4 1/2 cups hot water
- 1/3 cup cooking oil
- 1/2 cup honey or molasses
- 1 Tblsp. salt
- 2 Tblsps. dry yeast
- 8-10 cups whole wheat flour

Combine hot water, oil, honey, salt, and four cups flour in mixer; blend thoroughly. Add dry yeast and 4-5 more cups flour; knead on speed 1 for 10 minutes. Leave dough in mixer bowl, cover with kitchen towel, and let rest 15 minutes. Knead again for a few seconds and let rest for 15 minutes more. This is called 'pestering' and changes the flavor and texture of the bread.

Four dough out on floured board and knead until smooth. Divide dough into 2 loaves. Roll into a 1/2-inch thick rectangle. Roll up diagonally into a very tight roll, tapering at the ends. Place dough on a baking sheet that has been sprinkled with cornmeal or sesame seeds. Brush loaf with water or beaten egg, and sprinkle top with sesame seeds. Slash diagonally, and let rise until doubled in size.

Bake at 450 degrees for 10 minutes; then reduce oven heat to 350 degrees and bake for 35 more minutes. Slice and brush with garlic butter (butter with garlic powder in it). Makes 2 loaves.

Honey Wheat Bread - Hyrum 5th Ward Cookbook

- 1 cup milk
- 3 Tblsps. honey
- 2 Tblsps. molasses
- 4 tsp. salt
- 2 pkgs. or cakes or yeast
- 1 1/2 cups warm water
- 3 cups whole wheat flour
- 3 cups white flour
- 3 Tblsps. margarine or shortening

Scald milk; add honey, molasses, salt and shortening. Cool to lukewarm. Dissolve yeast in water. Stir milk and water mixture together. Add half the flour and beat until smooth. Add remaining flour to make a soft dough. Knead thoroughly. Place dough in greased bowl, cover and let rise in a warm place free from draft until doubled in bulk—about 1 hour. Divide in half. Shape into two loaves. Place in 2 greased 9x5x3-inch pans. Cover and let rise again until doubled in bulk—about 1 hour. Bake at 375 degrees for 25 to 30 minutes. Yield: 2 loaves

The Best Granola - 1988 B.C. North Stake Cookbook

- 5 cups rolled oats
- 1 cup sesame seeds
- 1 cup sunflower seeds
- 1 cup almonds or peanuts (salted)
- 1 cup powdered milk
- 1 cup whole wheat flour
- 1 cup wheat germ
- 1 cup vegetable oil
- 1 cup honey

Mix all dry ingredients together. Mix together vegetable oil, honey, and water. Stir into dry ingredients. Spread on 2 cookie sheets and bake at 275 degrees for 45 minutes. Stir occasionally. When cooled, add dry fruit, if desired.

Whole Wheat Pizza Dough - Holly Goodman

- 1 Tblsp. salt
- scant 1/3 cup sugar or honey
- 1/3 cup oil
- 2/3 cup cold water
- 2 Tblsps. yeast

Stir together then add: 1 1/3 cups hot water

Stir together and let sit until the yeast bubbles. Then add: 1 cup white flour and about 4 cups wheat flour (add wheat flour until the dough cleans the side of the bowl)

Let the dough rest for 20 min. covered with sprayed plastic wrap. Then roll out to size desired for pizzas- generally makes two good-sized pizzas. Use cooking spray on counter or pan while rolling out. Cover with desired toppings and bake at 450 degrees F. for 10-15 min.

Whole Wheat Pizza Crust - 1988 B.C. North Stake Cookbook

- 1 pkg. or 1 Tblsp. dry yeast
- 1 cup warm water (105-115 degrees)
- 1 Tblsp. sugar
- 1 tsp. salt
- 2 Tblsp. vegetable oil
- 2 1/2 cups whole wheat flour or half wheat/half white flour

Dissolve yeast in warm water. Stir in remaining ingredients; beat vigorously 20 strokes. Let rest about 15 minutes. Throw or roll out into one crust. After adding pizza sauce and toppings, bake at 425 degrees F. for 20-25 minutes.

Whole Wheat Rolls - 1988 B.C. North Stake Cookbook

- 2 cups warm water
- 2 Tblsps. yeast
- 1/3 cup brown sugar (or honey)
- 1/4 cup margarine, softened
- 3 Tblsp. cooking oil
- 1 Tblsp. salt
- 2/3 cup powdered milk
- 1 egg
- 2 cups whole wheat flour
- 3 1/2 cups white flour

Soften yeast in water, stir in remaining ingredients. Knead thoroughly; allow dough to rise 3 times before shaping into rolls. Bake at 350 degrees for 15 minutes. Makes 24 Parker House rolls.

Whole Wheat Rolls – Hyrum 5th Ward Cookbook

¾ cup scalded milk	1 pkg. yeast
3 Tblsps. margarine	1 egg, beaten
¼ cup honey	2 cups sifted white flour
2 tsp salt	1 cup whole wheat flour
¼ cup water	

Combine scalded milk, margarine, honey and salt. Add yeast to water; stir to dissolve. Add to milk mixture; add beaten egg and half flour. Beat well. Add rest of flour. Mix well. Knead on slightly floured board until smooth. Place in slightly greased bowl; cover and let rise until double in bulk. Punch down. Form into rolls. Let rise until doubled in bulk. Bake at 400 degrees for 10 minutes then reduce heat to 357 degrees and bake about 10 minutes more.

Whole Wheat Banana Nut Bread – Hyrum 5th Ward Cookbook

1/3 cup honey	2 tsp. baking powder
½ cup vegetable oil	½ tsp. salt
3 ripe bananas, mashed	½ tsp. cinnamon
1 tsp. vanilla	½ cup nuts, chopped
2 eggs, well beaten	1 ½ cups whole wheat flour
½ cup wheat germ	

Mix honey and oil; Stir in bananas, vanilla, and eggs. Combine remaining ingredients and stir in only until just mixed. Bake in a 5x9x2-inch bread pan at 325 degrees for 1 hour and 10 minutes.

Whole Wheat Muffins – 1988 B.C. North Stake Cookbook

Sift together:
1 cup sifted white flour
1 cup sifted whole wheat flour

½ tsp. salt
4 tsp. baking powder

Add: ½ cup brown sugar. Blend well.

Mix together: 1 cup milk
2 eggs, beaten
1/3 cup cooking oil

Add milk mixture to flour mixture. Add chopped nuts if desired. Bake in greased muffin tins at 425 degrees F. for 15 minutes. Yield: 12 muffins

Wheat Thins – Harper Ward Preparedness Manual

1 ¾ cups whole wheat flour	¾ tsp. salt
1 ½ cups all-purpose flour	1 cup water
1/3 cup cooking oil	

Mix flours; set aside. Emulsify in blender the cooking oil, salt and water. Add to flour. Knead as little as possible to make a smooth dough. Roll dough as thin as possible on an un-oiled cookie sheet (not more than 1/8 inch thick). Mark with a knife the size of crackers you desire, but do not cut through. Prick each cracker a few times with a fork. Sprinkle dough lightly with salt or onion salt as desired. Bake at 350 degrees F. for about 30-35 minutes or until crisp and light brown.

Whole Wheat Bread Pudding – Harper Ward Preparedness Manual

½ cup sugar	2 eggs
1/8 tsp. salt	3 cups milk, divided
½ cup powdered milk	1 tsp. vanilla
4-5 cups broken wheat bread crumbs	Whipped cream
Nutmeg or cinnamon/sugar mixture (to taste)	

Mix together sugar, powdered milk and salt; set aside. Beat together 2 ½ cups milk, eggs and vanilla until smooth. Add sugar mixture and rest of milk, stirring well. Add bread crumbs. Mix well and pour into a greased baking dish. Sprinkle top with nutmeg or cinnamon/sugar mixture. Bake at 325 degrees F. for 45 minutes or until knife stuck in middle comes out clean. Serve with whipped cream.

Wheat Chili – 1988 B.C. North Stake Cookbook

1 lb. ground beef	¼ tsp. oregano
1 small onion, chopped	2 ½ cups water
1 cup dry whole kernel wheat	1 beef bouillon cube
1 ½ tsp. chili powder	1 quart tomato juice
½ tsp. salt	1 can tomato sauce or ½ cup ketchup

Boil wheat in the 2 ½ cups water; simmer 2 hours or until tender. (Note: May cook wheat in crock-pot overnight on low heat.) Brown beef with onion. Add remaining ingredients and simmer for 1 hour

Whole Wheat Brownies – 1988 B.C. North Stake Cookbook

6 Tblsp. cocoa	4 eggs
2 cups whole wheat flour	2 tsp. vanilla
1 cup margarine	1 cup nuts
2 cups sugar	

Cream margarine and sugar together. Add eggs and vanilla. Sift cocoa and flour together and beat into creamed mixture. Fold in nuts. Bake at 350 degrees F. in a greased and floured cake pan for about 35 minutes. Frost with your favorite frosting.

Wheat Bread – Katie Packer

Combine in a bread machine:
1 ½ cups buttermilk, warmed to room temperature*
2 Tblsps. butter or margarine
2 ½ cups whole wheat flour**
¾ cup bread flour
2 Tblsps. packed brown sugar
1 ¼ tsp salt
¼ tsp. baking soda
2 tsp. yeast (or 1 ½ tsp of fast-acting bread machine yeast)

Let mix through entire dough cycle. Take out and place in a loaf pan; spray top with cooking spray so it won't dry out. Place in a 170 degree oven to raise for about 30 min (or until raised to desired height). Increase oven temperature to 350 degrees and bake for 28-32 min.

*Can make a buttermilk substitute by adding 1 Tblsp. vinegar or lemon juice to 1 ½ cups milk.

**Can be made with all wheat flour (3 ¼ cups) and no white bread flour if desired.

NOTE: You can use bread cycle and let your machine bake it--I just like the texture of oven-baked better.

Whole Wheat Bread (Using Instant Yeast) – Donnell Astle

Mix together: 6 cups whole wheat flour
2 Tblsps. Instant yeast

Add: 4 cups hot water (130 degrees)
2 Tblsps. lemon juice (you can use bottled)

Mix well and let sit covered for 10 minutes; then add:

½ cup honey or sugar (1 use honey)
1/3 cup cooking oil
1 Tblsp. salt

Mix well again; then add: 1 cup white flour

Mix again and slowly add: 3 cups whole wheat flour*

Preheat oven to 150 degrees. Knead for about 10 minutes. Divide into 4 portions and working with a portion at a time, place on greased surface and work into a rectangle. Form into a loaf and grease top well. (This keeps top from drying out in the oven.) Place in greased 8 ½ x 4 ½ x 2 5/8-inch pan. Repeat with other 3 portions. Place pans in preheated oven for 20 to 30 minutes or until dough has risen ½ inch above the top of the pan. Leaving pans in the oven, increase oven temperature to 350 degrees and bake for an additional 30 to 35 minutes. Cool on rack. Yield: 4 loaves

*Note: You can use all white flour if you prefer.