



## HOW TO PROPERLY PREPARE GRAINS, NUTS, SEEDS, AND LEGUMES

Soaking grains, beans, legumes, nuts and seeds is a traditional practice that can positively impact the nutritional qualities of these foods for those who consume them. Grains, beans, legumes, nuts and seeds can all add great value and variety to the diet, yet they contain anti-nutrients - particularly phytates and enzyme inhibitors – which detract from their nutritive value.

While raw nuts are an extremely nutritious food, preparation is key in order to unlock maximum nutrient potential and to deactivate any substances that could be irritating to the gut. The careful preparation to be followed is in accordance with the wisdom of Traditional Cultures. This is because raw nuts are seeds and as such, their hulls contain many enzyme inhibitors that can prevent all that wonderful nutrition from being digested thoroughly. These inhibitors can also cause digestive distress if many raw nuts are consumed. For some people, even a few raw nuts cause digestive distress.

Deactivation of these inhibitors can be accomplished through sprouting or soaking the raw nuts in salt water for a few hours and then drying in a warm (not hot) oven or dehydrator.

**For grains:** Measure desired quantity of grain into large bowl, cover the grain with warm water and 1 to 3 Tbsp (depending on how much grain you are soaking) of kefir, yogurt, lemon juice, apple cider vinegar, or buttermilk. Cover and let soak in a warm environment for at least 8 hours. (The exception is buckwheat—only soak buckwheat groats for 60 minutes, rinse well and let drain in colander to remove any goopy residue.) Pour off the water, rinse well, and cook the grain according to the chart below.

**For nuts/seeds:** Measure desired quantity of nuts and seeds into large bowl (you may want to separate different varieties in separate bowls), cover the nuts/seeds with plenty of warm water (the nuts/seeds will absorb much of the water), and then add unrefined sea salt (see below the amount of salt used for different nuts and seeds. The general rule of thumb for soaking nuts is to use 1 TBL quality sea salt for every 4 cups raw, hulled nuts mixed with enough filtered water to cover. Soak 12 hours for pecans, walnuts, peanuts, 7 hours for almonds and macadamias, and no more than 4-6 for cashews (else they will get slimy). Pour off the soaking water, rinse very well, and drain in a colander. If using a dehydrator, spread on dehydrator sheets and dry at 108 degrees for 24 hours until dry and crisp. If using the oven, spread on stainless steel baking pan and place in warm oven (no more than 150 degrees, preferably as low as your oven will go) for 12-24 hours, turning occasionally, until completely dry and crisp. Store in an airtight container. After drying, you can roast them in your oven to get rid of even more of the phytates. It is important to make sure that the temperature does not exceed 170 degrees (test your oven temp with an oven thermometer). Spread nuts on a cookie sheet, and roast for 10 minutes.

**For beans and legumes:** Measure desired quantity of beans into large bowl, cover with warm water and 1 to 3 Tbsp (depending on how many beans you are soaking) of lemon juice or raw apple cider vinegar. Cover and let soak at least 18 hours, up to 24 hours, changing the water several times & continuing to add more hot water & acidic medium. Pour off the water, rinse well several times, and cook the beans on low for several hours

(lentils will not take this long) until the beans are soft, taking care to always skim the foamy residue off the top of the cooking water.

**\*\*Cooking Guidelines for non-gluten grains:**

| <b>Grain (1 cup dry)</b>      | <b>Liquid</b> | <b>Cooking Time</b> | <b>Yield (soaked)</b> |
|-------------------------------|---------------|---------------------|-----------------------|
| Brown rice (short, med, long) | 2½ cups       | 45 minutes          | 3 cups                |
| Wild Rice                     | 3 cups        | 50-60 minutes       | 2 cups                |
| Millet                        | 3 cups        | 20 minutes          | 3½ cups               |
| Quinoa                        | 2 cups        | 15 minutes          | 3 cups                |
| Amaranth                      | 2 cups        | 20 minutes          | 1½ cups               |
| Buckwheat                     | 2½ cups       | 20 minutes          | 2 cups                |

For more flavor and flair, try these variations for all the grain recipes below:

- Use stock instead of water for cooking
- Add 1-2 cloves of crushed garlic to the pan
- Stir in 2 teaspoons of your favorite dried herbs before cooking
- Stir in ½-1 teaspoon ground spices before cooking

### **Basic Steamed Rice**

Bring the water to a boil. Add soaked rice and bring again to a boil. Immediately turn the heat low and simmer with lid tightly in place. Allow rice to cook this way for about 45 minutes. Do not lift the lid; steam will escape, and disrupt the water/grain ratio.

### **Basic Wild Rice**

Wild rice is a seed and combines well with many other grains and vegetables. Works as stuffing in turkey and chicken, or in a cold vegetable salad.

### **Basic Millet**

Millet is gluten free and is wonderful toasted in a little olive oil before adding liquid. It has a nutty flavor and goes well with curry dishes, soups and salads. You can make breakfast porridge by adding extra liquid. Rinse soaked millet well. Bring water to a boil. Add the millet and bring the mixture to a boil again. Immediately lower heat to a slow simmer, cover the pot, and steam for 20 minutes.

### **Basic Quinoa**

This is an ancient Inca grain loaded with nutrition. It has 50% more protein than wheat and more iron and calcium than most other grains. Best to rinse well before cooking since the waxy coating of the grain can leave a bitter taste. Quinoa combines well with millet and buckwheat. It is great in soups and stews or as a side dish. Most varieties of quinoa have a naturally-occurring bitter coating that helps prevent insect and bird damage. This coating is usually removed before it is shipped, but a small amount of bitter residue may occasionally remain. Therefore, soak quinoa and then rinse thoroughly four to five times and drain. Place quinoa and water in a 1½ quart pot and bring to a boil. Simmer, cover, and cook until all of the water is absorbed, about 15 minutes. The quinoa is done when all the grains have turned from light beige to transparent with little white rings.

### **Basic Amaranth**

Amaranth is a gluten-free ancient Aztec grain. It is a high quality protein (5 grams in ½ cup) and has 60 mg of calcium per ½ cup. It has a sticky, gelatinous-like texture more like porridge when cooked. It congeals fast as it cools. Uncooked grain goes rancid quickly and should be stored in the refrigerator. It combines well with

buckwheat, millet, and brown rice. Add cooked grains to cookies or stews. It can also be popped like corn. Bring the water to a boil. Add soaked amaranth, cover, and simmer over low heat for 20 minutes. Flavor with any spice (cinnamon, nutmeg or cloves) or any herb (dill, basil, oregano or curry).

### Basic Buckwheat Groats (whole raw buckwheat groats)

This is not actually wheat - it is a fruit seed and is gluten-free. Since it has such a mild flavor, toasting it briefly in olive oil before simmering in liquid will perk up the flavor. It has a soft texture when cooked and combines well with quinoa, pasta salads and winter squash. Bring the water to a boil. Add the buckwheat, cover, and simmer over low heat for 20 minutes. Flavor with any spice (cinnamon, nutmeg or cloves) or any herb (dill, basil, oregano or curry). Soaked buckwheat can also be used in raw granola recipes, and then dried in the dehydrator.

## SOAKING GUIDELINES FOR NUTS AND SEEDS

### Pumpkin seeds

4 cups of raw, hulled pumpkin seeds  
2 tablespoons sea salt  
1 teaspoon cayenne pepper (optional)  
filtered water

Soaking Time: At least 7 hours, or overnight  
Dehydrating time: 12-24 hours, until dry and crisp

### Pecans or Walnuts

4 cups of nuts  
1 tablespoon sea salt  
filtered water

Soaking time: 12 or more hours (can do overnight)  
Dehydrating time: 12-24 hours, until completely dry and crisp.

*Pecans can be stored in an airtight container, but walnuts are more susceptible to become rancid so should always be stored in the refrigerator.*

### Peanuts (skinless), Pine nuts, or Hazelnuts (skinless)

4 cups of raw nuts  
1 tablespoon sea salt  
filtered water

Soaking time: 12 or more hours (can do overnight)  
Dehydrating time: 12-24 hours, until completely dry and crisp

*Store in an airtight container.*

### Almonds

4 cups almonds      preferably skinless- SF notes "Skinless almonds will still sprout, indicating that the process of removing their skins has not destroyed the enzymes....[they] are easier to digest and more satisfactory in many recipes. However, you may also use almonds with the skins on."

1 tablespoon sea salt  
filtered water

Soaking time: 7 hours  
Dehydrating Time: 12 - 24 hours, until completely dry and crisp

*You can also use almond slivers.*

### Cashews

4 cups of "raw" cashews  
1 tablespoon sea salt  
filtered water

Soaking time: 4-6 hours, no longer  
Dehydrate at 200 degrees F: 12-24 hours

*Some care must be taken in preparing cashews. They will become slimy and develop a disagreeable taste if allowed to soak too long or dry out too slowly, perhaps because they come to us not truly raw but having already undergone two separate heatings. You may dry them in a 200 to 250 degree oven - the enzymes have already been destroyed during processing.*

*Store in an airtight container.*

### Macadamia nuts

4 cups of raw macadamia nuts  
1 tablespoon sea salt  
filtered water

Soaking time: 7 hours  
Dehydrating time: 12-24 hours, until dry and crisp.