

# WHOLE GRAINS

25 recipes and all about the best grains

[www.karlasnordickitchen.com](http://www.karlasnordickitchen.com)

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Quinoa



# Introduction

I love whole grains and being a Dane, I'm brought up with whole grains playing a big part of my everyday diet.

We eat a lot of whole grain products in Scandinavia. I don't think you can find a single Dane who wouldn't walk through fire for their beloved *rye bread*. We eat whole grains for breakfast, lunch, snack time, and for dinner and our bodies love us for it. In other words: Whole grains rock!

For long, the Scandinavians have mastered the secrets of healthy living and healthy eating. One of the main secrets of the Nordic cuisine is the importance of using whole grain in our

cooking as opposed to using white foods that are already stripped off of their nutritional components as a result of processing.

The main aim of this eBook is to provide more insight into the role of whole grains as a popular ingredient in Nordic cuisines and the healthy Nordic way of living.

I hope that you will find some inspiration for your own home cooking in this book and that you will give my healthy Nordic whole grains recipes a try. If you like what you read in this book, feel free to visit my website [www.karlasnordickitchen.com](http://www.karlasnordickitchen.com) for more recipes and inspiration.



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## About the author

I love to cook. Cooking is my great passion and for as long as I can remember the kitchen has been my favorite place of all.

Besides from cooking in my little kitchen in Copenhagen, I enjoy going out to eat, visiting food markets, developing my own healthy dinner recipes, reading cookbooks, food magazines and food blogs. And last but not least, I got a thing for Nordic food and whole grains! Being a Dane, I know every inch of the Danish food treasury and having visited the Nordic countries many times, I have a great insight in their national cuisines as well. I want to share this knowledge with you in this book and on my webpage Karla's Nordic Kitchen.

In 2012, I won the Danish National Championship in home cooking and ever since then, my local Danish food blog [www.juliekarla.dk](http://www.juliekarla.dk) has had a lot of visitors. My international website Karla's Nordic Kitchen is the international sibling, though it mainly focuses on the ingredients we use in the Nordic countries. Recently, I also started to write for the acclaimed online food magazine Honest Cooking.

I get a lot of inspiration from traveling. I have traveled for many years as a model and lived in several parts of the world including great food capitals such as Paris, Milan, Sydney, Munich and London. During my time abroad, I used most of my free time getting acquainted with the local food cultures and cuisines. Therefore, I also make all kinds of food today. However, the Nordic food and our whole grains recipes have a very special place in my heart.

In my kitchen you won't find ingredients with additives or E-numbers, but ingredients that will keep you healthy. I try to use natural and organic ingredients and to cook with products that are in season as often as possible. Besides these are usually the most tasty and the most budget-friendly ingredients. I also try to make my recipes as low carb friendly as possible and to stay away from refined sugar and flour.

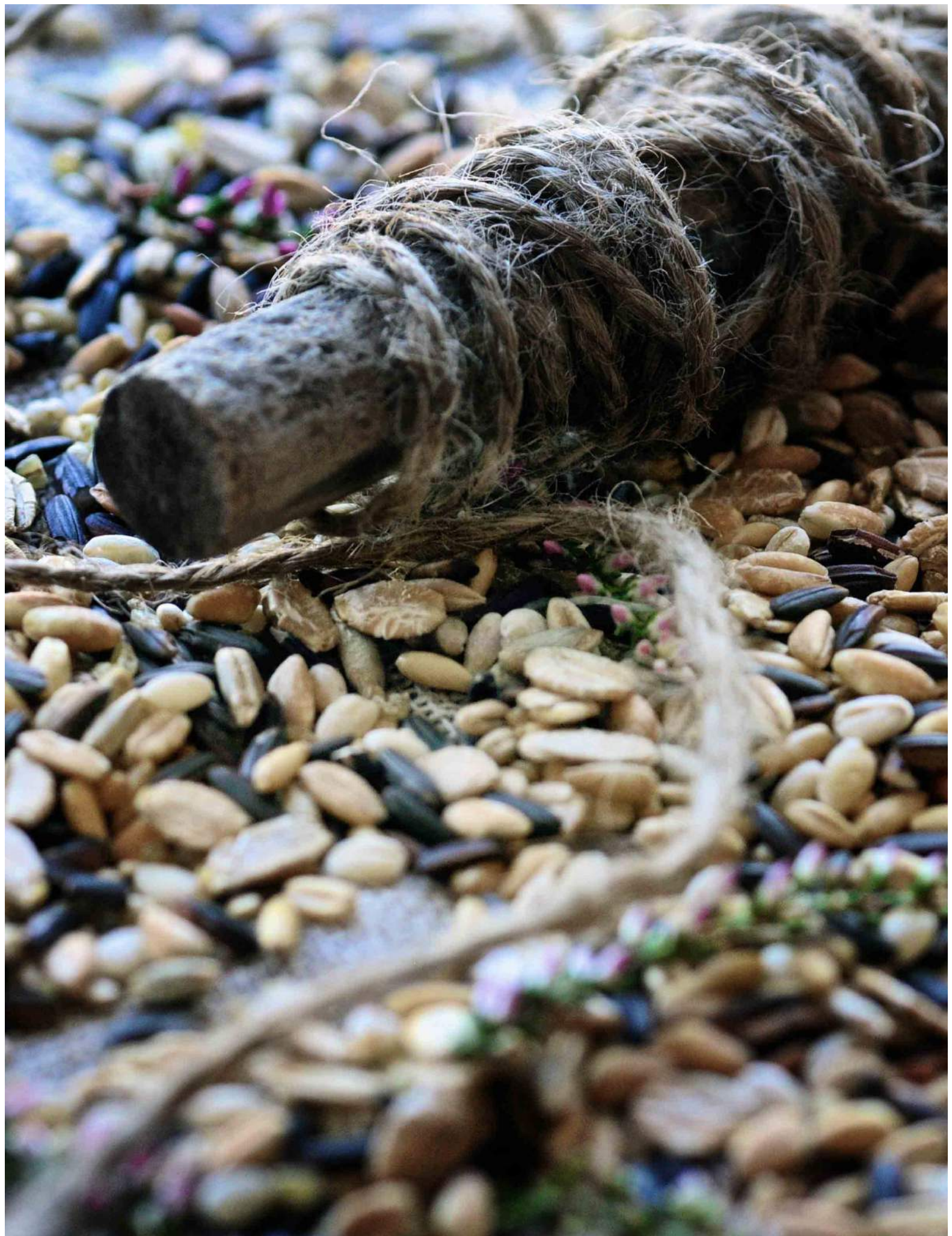
I hope that you like my Nordic recipes and hopefully you will become just as big a fan of whole grains and Nordic food, as I am.

I would love to hear what you think of this eBook, so please drop me a line if you find it useful.



*Julie Karla, Karla's Nordic Kitchen*







# Whole Grain Benefits

Eating whole grains can have many health benefits for your body, from providing a variety of nutrients, to helping maintain your cholesterol level, and more. If you want to eat a high fiber diet make sure that you eat 100% whole grain products, which include the full kernel of grain, including germ, endosperm, and bran, rather than eating the unhealthier white flour products.

Your body will thank you for eating whole grains, mine sure does as many essential nutrients are contained within the whole grain kernel. Some people think that cutting grains completely from your diet is healthy, not realizing that while white flour is bad for you, they're actually missing out on a variety of naturally healthy nutrients from the whole grains as well. I only eat slow carbohydrates that I get from whole grains, and have completely omitted the refined grains.

There is no magic as to how whole grains improve your health. What makes whole grains essential for promoting good health is the whole package with all the vital elements all intact working together.

My advice is to make an active effort to replace your refined white flour products with whole grains when preparing your meals each day. Even one serving a day will make a big difference. Whole grain benefits are an easy way to provide some of the more essential

nutrients that your body needs to thrive and maintain a healthy balance.

All whole grains are known to have a very tough, fibrous outer layer known as the bran, which is responsible for protecting the inside kernel. The interior is mostly made up of the starchy endosperm. The job of the endosperm is to make stored energy available for the germ, the productive kernel of the seed, which is nestled inside the endosperm. The germ is quite rich in vitamins, minerals and some unsaturated oils.

Grains are known to provide the body with important nutrients such as proteins, dietary fibers and B vitamins. They are also known to be good sources of important minerals like magnesium, iron and selenium.

In regards to the protein, the human body is known to depend on the protein it gets from protein rich foods. Many people will be surprised to learn that most whole grains are very good sources of protein.

The fibers contained in whole grain foods are also very important in the maintenance of adequate health. Dietary fiber is known to help your body feel fuller during meals faster and longer; it is equally useful when it comes to aiding digestion and preventing constipation. Fiber can only be obtained from plant-based foods such as vegetables, fruits, whole grains and beans.



Bulgur



# My Favorite Types of Whole Grains

There are many different types of whole grains known today. Below are some of my favorite types of grains and a short description of each kind.

## Amaranth

Amaranth is mostly known for its mild peppery flavor. It also has a higher level of protein than most other grains. In the Nordic countries Amaranth is one of the lesser-known whole grains, but it is becoming increasingly popular. In South America, you can find Amaranth sold in the streets and popped just like tiny popcorn. In fact Amaranth has been cultivated for more than 8,000 years. It contains a reasonable amount of protein and it is also gluten free.

## Buckwheat

Buckwheat is technically not a grain since it is closely related to rhubarb, but is nevertheless considered to be a whole grain. In the Nordic countries, we tend to use buckwheat for pancake recipes. Buckwheat has a great nutty flavor and is even quite rich in the antioxidant called rutin. On top of this, it is known to contain good amounts of copper, zinc, and manganese and it has numerous health benefits.

## Bulgur

Bulgur is wheat kernels that has gone through a process of first boiling, then drying and finally cracked. Whole-grain, high-fiber bulgur is now sold in most natural food stores in the Nordic region but it's only within the last 10 years that bulgur has become part of the Nordic people's diet. Today, we use it in salads or as a substitute for pasta and rice, and we are very inspired by the Middleeastern ways of preparing this whole grain.





Pearl Barley

## Barley

Barley is known to have a very pastalike texture, a mild and creamy flavor. It is sold both as pearled barley and as hulled barley. The latter being more healthy since it contains more of the whole grain nutrients. Barley is among the whole grains that have the highest level of fibres. Contrary to other grains, where the fiber is mostly concentrated in the outer bran layer, the fiber in barley is situated throughout the whole grain.

## Rye

Rye is my personal favorite type of whole grain. It grows really well in our Nordic region due to the cool air and wet climate. Rye is a member of the wheat family and closely related to barley. Rye whole grain can be used for many things for example rye bread, which is a Danish favorite. However, you may also find a rye beer and even some brands of whiskeys are made from rye. Rye can be eaten as rye berries, or rolled as similar rolled oats. Rye is a cereal and not the same thing as ryegrass. Rye not even tastes great, but it also boosts a number of health benefits. For instance it has a very high level of fiber in the endosperm and this means that it has a lower glycemic index than most other baked items made from i.e. wheat. A personal tip from me is to try to substitute rye with rice for some of your home cooking recipes. It tastes great, and it's very healthy.

## Millet

This is one of the best-known whole grains in the world today due to its rich mineral content. Millet is one of the most versatility whole grains and it appears in many different kinds of dishes all over the world. In the Nordic countries we like to add millet to our porridges, but it can also be used in Swedish flatbread, Popped like popcorn or included in a number of desserts. Millet is also gluten free, which makes it a number one choice among many people who suffer from gluten sensitivity. Millet even contains lots of antioxidants, and has a high level of magnesium.

## Oats

Oats are a favorite breakfast cereal among the Scandinavian families. Most Danish families will have a package of oats stored in their kitchen cabinets that they use for porridge or just enjoy with milk and sugar. Oats have a sweet and mild flavor, which makes it most suitable for children and is perfect to add in your bakery as they will keep you fuller for a longer time.



Spelt





## Spelt

This grain is also known as dinkel wheat or hulled wheat. This specie of wheat has been cultivated for centuries. As other kinds of wheat, spelt can be found in both a whole and a refined version. If you wish to follow a high fiber diet make sure to choose the whole spelt.

## Quinoa

Quinoa belongs to the goosefoot family. It is technically not a “true” grain, but is still considered as such by the Whole Grains Council. Quinoa is beginning to show up in many cereal breakfast products here in the Nordic countries and some people are even making porridge of it. Quinoa is known to be a good source of complete protein and very high in amino acid content. The grain is equally rich in fiber, phosphorus, Iron and Magnesium and can be found in several colors, my favorite being the black version.

## Wheat

Wheat is probably the most well known grain. It is one whole grain that comes in different varieties such as emmer, faro, kamut, einkorn, cracked wheat, wheat berries, and durum. Generally speaking, two main varieties of wheat are eaten in the Nordic countries: bread wheat and durum. Wheat is the world’s third most produced grain just after corn and rice. However, in the Nordic countries it is number one, since rice and corn have a harder time in our cool climate. Wheat is mostly found in its processed and refined form and that takes away the whole grain health benefits, so make sure you eat unrefined wheat, if you want to stick to your whole grain diet.



# Rye flakes



## Gluten Free Whole Grains

What makes whole grains good foods for the promotion of good health and for staying fit includes the fact some of these foods contain very little or no harmful nutrients like gluten which many people react to. People who are allergic to gluten, and needs some foods that can deliver the right amount of proteins to their bodies depend on gluten-free grains to

achieve this result. Some whole grains are known to be gluten-free and are therefore quite suitable for people who suffer from celiac disease or are sensitive to gluten. Some gluten-free whole grains you can easily get in the Nordic cuisines include amaranth, millet, quinoa, brown or black rice and buckwheat.

## Baking with Whole Grain

Millions of people love cakes and not surprisingly, millions also get lots of lifestyle diseases as a result of savoring the very cakes they love. This is because the preparation of the cakes does not consider pertinent aspects of healthy diets.

Nordic ingredients are full of dietary fibers hence if you want to bake the Nordic way in order to end up with a healthy cake, then you have to use ingredients, which will add lots of dietary fiber to your cake. One method to achieve this would be to stop using the whole purpose flour that is commonly used in baking and replace it with fiber rich flours like whole grain baking flours.

Many people may shun away wholegrain healthy buns because they may not be very tasty as the other types of buns baked from the all-purpose flours. But what they fail to realize is the fact that wholegrain products are more nutritious and they serve the body with high quality dietary fibers.

Most of the cookies and buns that people enjoy in the present times are baked with baking flours that have undergone a lot of processing and the husks of the grains removed. The removal of the husks during processing renders them nutritionally valueless and they are enjoyed simply because they taste nice while in the mouth. Taking such products also predisposes the consumers to a number of illnesses that later on becomes part of their lifestyle.

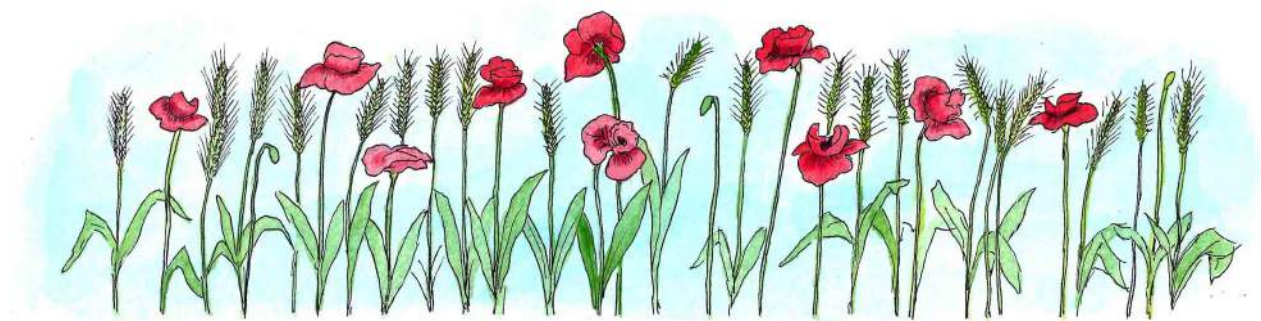
Healthy bread and cakes made from whole grains on the other hand have a number of benefits to the consumers. Due to the high content of fiber in the wholegrain products, they are also known to improve digestion, help in weight management by making individuals to feel full for most of the time thus resisting the temptation to binge or snack which could lead to more calories.





Oats

## Breakfast Recipes







## Banana Pancakes

### Ingredients (yields 10 pancakes)

6.2 oz. very ripe banana (peeled)  
3 eggs (S)  
2 heaping tbsp. crunchy peanut butter  
1 tsp. baking powder  
2.6 oz. rye flour  
½ vanilla pod  
Coconut oil for frying

### Instructions

1. Mash the bananas and whisk them together with eggs and peanut butter using a hand mixer until you have a homogenous mass.
2. Add rye flour, vanilla and baking powder and stir well.
3. Heat the coconut oil in a pan and bake small pancakes over medium heat for a few minutes on each side. Put extra coconut oil to the pan when you cook the next round of pancakes.
4. Serve the pancakes with extra peanut butter and with some acacia honey (if you like).





## Rye Porridge with Apple Compote

**Serves 2 persons**

### **Ingredients**

2.6 oz. blended rye flakes  
0.9 oz. whole rye flakes  
4/5 cups water  
2/5 cups whole milk  
Apple compote  
Dried apples  
Dried apricots  
Cinnamon  
Almonds

### **Instructions**

1. Blend 2.6 oz. of rye flakes finely in a food processor for about 50 sec.
3. Mix the finely blended rye flakes with 0.9 oz. of whole rye flakes and place in a saucepan with water and milk.
3. Cook into porridge and let it simmer for a few minutes while at the same time stirring the porridge.
4. When the porridge has thickened and reached the right consistency, remove it from the heat.
5. Serve rye porridge with apple compote, cinnamon, almonds and dried fruit.

A good tip! Serve the porridge with hot milk and add a little cardamom. It tastes great!







## Yogurt with Cinnamon Toasted Rye flakes and Nuts

**Serves 2 persons**

### **Ingredients**

2 cups yogurt  
2/5 cups rye flakes  
1 large tbsp. coconut oil  
1/2 tsp. cinnamon  
Chopped almonds  
Chopped pistachios

### **Instructions**

1. Melt the coconut oil in a pan, add rye flakes and fry them by stirring.
2. When the rye flakes are starting to become nice and golden, remove them from the heat and let them cool down.
3. Mix the flakes with cinnamon.
4. Put toasted rye flakes on top of the yogurt and garnish with finely chopped nuts.





## Healthy Granola with Coconut and Rye

### Ingredients

- 7.1 oz. rye flakes
- 3 tbsp. coconut oil
- 2 tbsp. coconut palm sugar or ordinary cane sugar
- 1.8 oz. coconut flakes
- 1.8 oz. almonds
- 1.8 oz. unsalted cashews
- 1.8 oz. dried fruit (for example, cranberries, dates or apricots)

### Instructions

1. Mix rye flakes with melted coconut oil and coconut palm sugar.
2. Chop almonds and cashews coarsely and mix together with rye flakes.
3. Place on a baking sheet and bake in the oven at 390 °F for approximately 15 minutes until the nuts have taken a little color.
4. Mix in coarsely chopped dried fruits and coconut flakes and let granola cool off completely before putting it in an airtight container. You can enjoy the granola for several days.





## Toasted Rye Bread with Ricotta, Strawberries, Fresh Thyme and Pepper

### Ingredients

Toasted rye bread

Ricotta

Strawberries

Fresh thyme

Freshly ground pepper

### Instructions

Butter the toasted slices of rye bread with ricotta. Add sliced strawberries and sprinkle with freshly ground pepper and fresh thyme. It's as easy as that!





## Rye Crackers with Dates

**3 baking sheets**

### Ingredients

1 1/5 cups water  
1.8 oz. butter  
1/2 tsp. salt  
1.8 oz. dates  
0.9 oz. wheat bran  
Approx. 10.6 oz. rye flour  
Rye flakes, sesame seeds or poppy seeds for topping

### Instructions

1. Melt the butter and mix with water, salt and coarsely chopped dates.
2. Add wheat bran and rye flour into the dough.
3. Stir well and divide the dough into three pieces.
4. Put some flour on your hands. Place one of the dough pieces on baking paper and shape it out like a thick pancake.
5. Place another sheet of baking paper on top.
6. Now roll the dough thinly out between the two pieces of baking paper. Remove the top layer of baking paper and place the other layer of baking paper with the rolled dough onto a baking sheet.
7. Partially cut the dough into squares using a knife or a dough wheel (so people can break the biscuits easily when they are baked).
8. Brush with water and sprinkle with rye flakes, sesame seeds or poppy seeds.
9. Bake the rye crackers at 390 °F for 30 minutes and let them cool on a wire rack.
10. Continue the same procedure with the last two pieces of dough.
11. Store the biscuits in a tightly closed cookie jar.





## Healthy Rye Flake Cookies

**8 cookies**

### **Ingredients**

5.3 oz. very ripe banana  
5.3 oz. rye flakes  
1 egg white  
0.7 oz. coconut flakes  
0.9 oz. dark chocolate (80%)  
1 tsp. cinnamon

### **Instructions**

1. Mash the ripe banana. I usually do it with the back of a spoon.
2. Mix the mashed banana with egg white and cinnamon.
3. Mix in rye flakes, coconut flakes and chocolate and stir well.
4. Form small balls with your hands (and a spoon, if you like) and place them on baking paper.
5. Place the healthy rye flake cookies in a hot oven at 390 °F for approximately 20 minutes or until they seem solid and slightly golden. Turn one of them over. If the bottom of the cookie is brown and crispy, they are ready.





## Coarse banana bread with walnuts

### 1 Bread

#### Ingredients

5.3 oz. peeled very ripe banana  
3 tbsp. coconut oil  
3.5 oz. dried dates  
1.8 oz. walnuts  
3.5 oz. whole grain rye flour  
1.8 oz. spelt flour  
1 tsp. baking powder  
1 tsp. cinnamon  
2 eggs

#### Instructions

1. Blend banana, coconut, and dates in a food processor until you have a fine paste. Pour the mixture into a bowl.
2. Add eggs and stir well.
3. Add the dry ingredients and finely chopped walnuts.
4. Pour batter into a greased tin and bake at 350 °F degrees for approximately 40-45 minutes or until you can stick a toothpick into the bread and it comes out clean.
5. Let your banana bread cool down, slice it and enjoy for example with butter or almond butter.





## Musli with Rye flakes

**Serves 2 persons**

### **Ingredients**

3.5 oz. rye flakes  
4/5 cups apple juice  
Yoghurt  
1 apple, grated  
Nuts  
Dried Fruit

### **Instructions**

1. In the evening, mix rye flakes with apple juice in a bowl. Put the bowl in the fridge.
2. In the morning, mix grated apple and yogurt until you have a paste-like consistency.
3. Top the apple-yogurt paste with rye flakes, decorate with dried fruit and nuts and serve.



## Lunch Recipes







## Salad with Pumpkin, Feta Cheese and Pearl Barley

**Serves 2 persons**

### **Ingredients**

1/2 Hokkaido pumpkin (about 10.6 oz.)

Olive oil

Salt and pepper

2/5 cups pearl barley

Water

2 tbsp. finely chopped basil

2 tbsp. finely chopped thyme

1 tbsp. olive oil

2.6. oz. feta cheese

3 tbsp. roasted pumpkin seeds

### **Instructions**

1. Cook pearl barley in plenty of water until tender.
2. Cut Hokkaido pumpkin into small pieces and arrange them on a baking sheet.
3. Pour over with olive oil, add salt and pepper and bake in the oven at 440 °F until tender (approximately 20 minutes).
4. Mix the cooked pearl barley with 1 tbsp. olive oil and finely chopped basil and thyme.
5. Mix in feta and finally add the pumpkin pieces into the salad.
6. Season with salt and pepper and garnish with lightly roasted pumpkin seeds.





## Rye Tortilla with Blue Cheese and Apple Compote

**Serves 2 persons**

### **Ingredients**

4 rye tortillas (Or the whole wheat version)  
1 package of blue cheese  
6 tbsp. apple compote  
2 handfuls of fresh spinach leaves

### **Instructions**

1. Spread the slices of blue cheese on two tortillas, add apple compote and garnish with spinach leaves.
2. Put the other two tortillas on top and grill the combined tortillas carefully in a hot grill pan for about 30 sec. on each side or until they have visible grill stripes.
3. Cut the tortillas as you like and serve immediately.





## Red cabbage salad with black rice

**Serves 4 persons**

### **Ingredients**

2/5 cups black rice  
4/5 cups water  
10.6 oz. cabbage  
1 tbsp. olive oil  
1 tbsp. apple cider vinegar  
2 heaping tbsp. finely chopped coriander  
2 heaping tbsp. finely chopped parsley  
1 avocado  
1/2 apple

### **Instructions**

1. Cook black rice until water is absorbed and the rice ready.
2. Allow to cool down.
3. Cut red cabbage finely and mix with apple cider vinegar, olive oil and finely chopped fresh coriander and parsley.
4. Mix black rice into the salad and add small pieces of apple.
5. Garnish with avocado and serve.





## A Delicious Salad with Spinach and Blackcurrant Dressing

**Serves 2 persons**

### **Ingredients**

3.5 oz. frozen blackcurrants  
2 tbsp. balsamic vinegar  
1 tbsp. coconut palm sugar or cane sugar  
3.5 oz. fresh spinach leaves  
2/5 cups cooked pearl rye  
4 medium cooked beet  
1 handful of toasted walnuts  
4.4 oz. sheep feta cheese  
Finely chopped parsley

### **Instructions**

1. Warm frozen blackcurrants in a pan with balsamic vinegar and coconut palm sugar. Let it simmer for a few minutes.
2. Blend hot blackcurrants with a hand blender until you have a fine dressing.
3. Arrange the spinach leaves on a platter, cover with slices of beetroot, pearl rye, toasted walnuts and crumbled sheep feta cheese.
4. Garnish with freshly chopped parsley and you have a delicious salad.





## Rye Tortilla with Brie, Blackcurrant Jam and Spinach

**Serves 2 persons**

### **Ingredients**

4 rye or whole-wheat tortillas  
5.3 oz. Brie  
2 handfuls of fresh spinach  
4 tbsp. blackcurrant jam

### **Instructions**

1. Cut Brie into slices and spread on two tortillas. Cover with blackcurrant jam and spinach.
2. Put the other two tortillas on top of them.
3. Grill tortillas on a dry, very hot pan for about half a minute or until they have visible grill stripes. Gently turn them over so they also get stripes on the other side.
4. Cut the grilled tortillas into triangles and serve immediately.





## Bulgur Salad with Cherries, Peas and Feta Cheese

**Serves 3 persons**

### **Ingredients**

4/5 cups bulgur  
1 1/5 cups water  
Salt  
2 tbsp. olive oil  
1 tbsp. lemon  
2 handfuls of spinach leaves  
17.6 oz. peas (weight before you shell the peas)  
5.3 oz. cherries  
5.3 oz. block feta  
Parsley from one pot

### **Instructions**

1. Boil the bulgur on low heat for approximately 10 minutes until all the water is absorbed. Let it cool.
2. Mix cooked bulgur with olive oil and lemon juice and season with salt.
3. Mix in finely chopped parsley.
4. Remove the pods and mix the peas together with bulgur.
5. Cut feta into small squares and mix into the salad.
6. Garnish with cherries and drizzle with olive oil and sprinkle with freshly ground pepper until your bulgur salad is just the way you want it.





## Bulgur Salad with Feta Cheese, Spinach and Raspberries

**Serves 3 persons**

### **Ingredients**

4/5 cups bulgur

1 1/5 cups water

Salt

1 small cup of raspberries

2.6 oz. fresh spinach leaves

2.6 oz. almonds

5.3 oz. goat feta in block

2 tbsp. finely chopped fresh thyme

3 tbsp. olive oil

Salt and pepper

### **Instructions**

1. Boil the bulgur on low heat in salted water for about 10 minutes until all the water is absorbed.
2. Mix cooked bulgur with finely chopped thyme and olive oil.
3. Season with salt and pepper. Let it cool.
4. Chop spinach leaves coarsely and mix with cooled bulgur.
5. Roast almonds in a dry pan, chop and toss them into the salad.
6. Cut feta into small pieces and add also to the salad.
7. Mix everything together and garnish with a lot of raspberries. Sprinkle with freshly ground pepper.

## Dinner Recipes







## Rye Pasta with Cauliflower Sauce and Bacon

**Serves 3 persons**

### **Ingredients**

17.6 oz. rye pasta  
23 oz. Cauliflower  
Vegetable Bouillon (save ca. 1 1/5 cups of bouillon for the sauce)  
2/5 cups cream  
1 onion  
3 cloves of garlic  
3 tbsp. chopped fresh thyme  
Lots of freshly ground black pepper  
1/2 tsp. salt  
7.1 oz. bacon

### **Instructions**

1. Chop onion and garlic finely and fry in butter in a pan until the onions are soft. Set aside.
2. Boil cauliflower florets in water containing an organic vegetable bouillon cube until tender. Drain, BUT save about 1 1/5 cups of bouillon for the sauce.
4. Put the cauliflower florets in a food processor along with 2/5 cups of cream, ca. 1 1/5 cups of bouillon, 3 tbsp. finely chopped thyme, salt and pepper.
5. Add onion and garlic and blend cauliflower sauce until it has a fine sauc-like consistency. If you want a thinner sauce, add some more cream, water or milk.
6. Pour cauliflower sauce back into the pan and keep warm.
7. Cook rye pasta as directed on the package.
8. In a pan, fry bacon until its crispy and then lay it on a fat absorbent paper towel.
9. Serve rye pasta with cauliflower sauce and crispy bacon.





## Vegetarian Meatballs with Black Rice

**Serves 2 persons**

### **Ingredients**

7.1 oz. cooked black rice (preferably cooked a little too long)  
3 tbsp. finely chopped coriander  
3 tbsp. finely chopped parsley  
1/2 tsp. cumin  
1/2 tsp. salt  
1.8 oz. finely chopped unsalted cashews  
1.2 oz. feta  
1 egg  
1 tbsp. chickpea flour

### **Instructions**

1. Mix cooked black rice with finely chopped cashews, coriander and parsley.
2. Add cumin and salt and mix it all together with an egg.
3. Mix in chickpea flour and finally crumble in small pieces of feta.
4. Fry vegetarian meatballs in olive oil in a hot pan until they are thoroughly cooked and have a nice crispy surface.







## Pumpkin Risotto with Pearl Barley

**Serves 3 persons**

### **Ingredients**

10.6 oz. Hokkaido pumpkin  
4/5 pearl barley  
3/5 cups water (used for cooking the pumpkin)  
1/5 cups cream  
1/2 onion  
1 clove of garlic  
Butter  
2 tbsp. fresh finely chopped thyme  
1 pinch of nutmeg  
Lots of freshly ground pepper  
Salt  
Apple Cider Vinegar  
2.6 oz. Feta

### **Instructions**

1. Chop onion and garlic and fry in butter in a pan until the onion is soft. Set aside.
2. Cook pearl barley in plenty of water until tender. Drain and set aside.
3. Peel the pumpkin, remove the seeds and cut into small pieces.
4. Cook the pumpkin pieces until they are tender and then drain, BUT save ca. 3/5 cups (or if necessary, a little more) of water for the sauce.
5. Put pumpkin pieces into food processor or blender along with pumpkin water, cream, finely chopped thyme, a pinch of grated nutmeg and salt and pepper.
6. Pour pumpkin sauce back into your saucepan and mix with pearl barley and butter-fried chopped onion and garlic.
7. Season with a little bit of apple cider vinegar, as it gives a flavor kick to the dish.
8. Garnish with crumbled feta cheese, a drizzle of good olive oil and plenty of freshly ground pepper.





## Gluten-free pizza with Quinoa

### 1 pizza

#### Ingredients

3/5 cups quinoa (about 10.6 oz. cooked weight)

1 1/5 cups water

Salt

2 eggs

Chili salami

1 grated mozzarella

1.8 oz. blue cheese

Rucola

Basil

#### Instructions

1. Rinse quinoa thoroughly.
2. Cook for about 15 minutes or until all water is absorbed and allow it to cool.
3. Mix finished cooked quinoa with eggs and salt.
4. Spread quinoa mixture onto a baking sheet lined with baking paper using a ladle so it forms a beautiful round pizza base.
5. Bake the base in the oven at 200 degrees for approximately 20 minutes or until it has obtained a light golden surface, can be lifted from the baking paper and feels solid.
6. Spread the toppings (except rucola and basil leaves) on the pizza.
7. Bake in the oven until the cheese is melted.
8. Garnish with rucola and basil and serve.





## Pearl Spelt Risotto with Cauliflower Sauce

**Serves 3 persons**

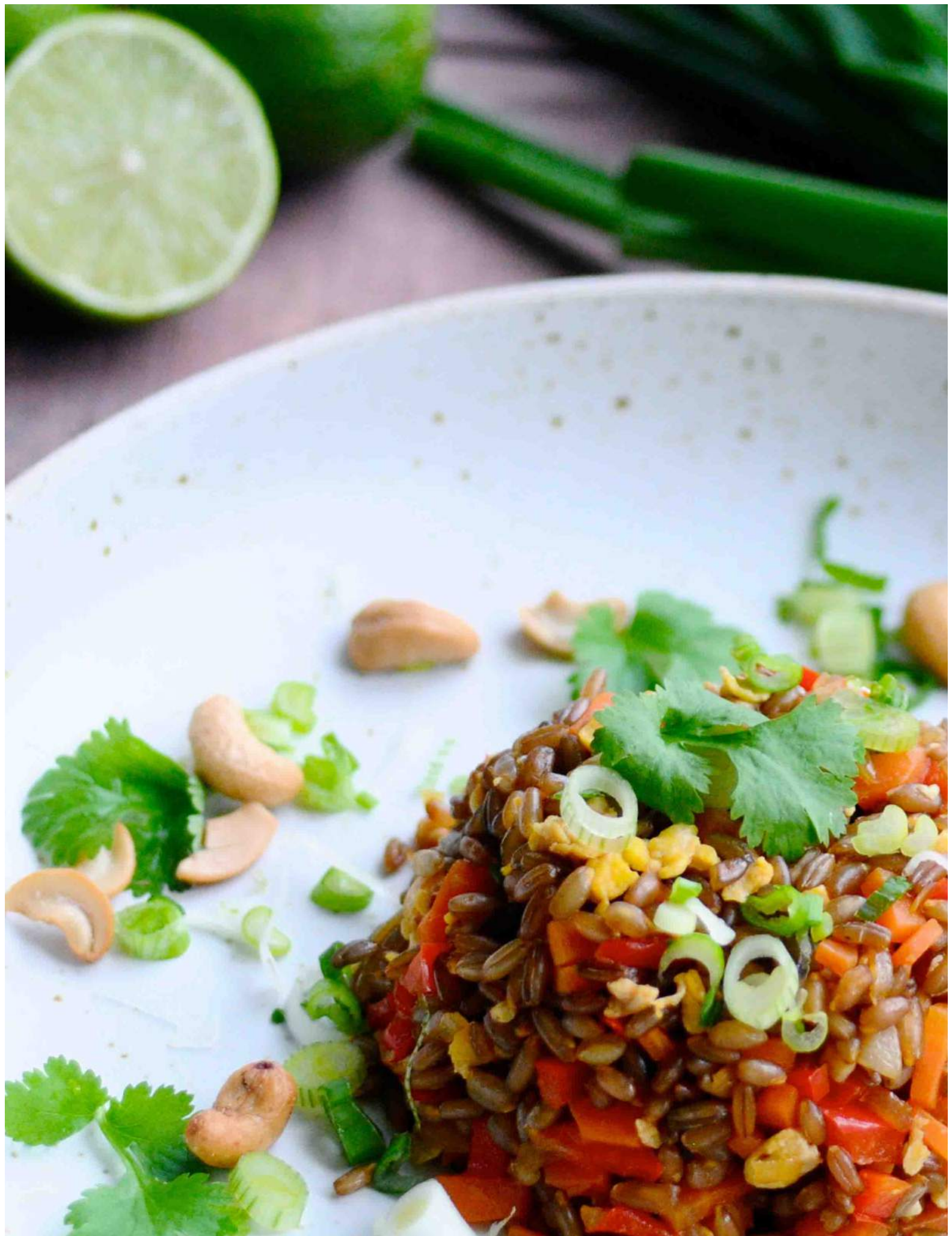
### **Ingredients**

7.1 oz. pearl spelt  
Water  
19.4 oz. Cauliflower  
Vegetable Bouillon (save ca. 3/5 cups of bouillon for the sauce)  
1/5 cups whipping cream  
1-2 tbsp. chopped fresh thyme  
1 onion  
2-3 cloves of garlic  
1 tsp. butter  
1 fresh mozzarella  
Freshly ground pepper

### **Instructions**

1. Chop onion and garlic finely and fry in butter in a pan until the onion is soft. Set aside.
2. Cook pearl spelt in plenty of water until tender. Drain and set aside.
3. Cook cauliflower florets in water containing an organic vegetable bouillon cube until tender. Drain, BUT save approximately 3/5 cups of vegetable bouillon for the sauce.
4. Put the cauliflower florets into food processor or blender along with vegetable bouillon, cream, finely chopped thyme and salt and pepper.
5. Flavor cauliflower sauce, pour back into the pan and mix with pearl spelt, onions and small pieces of mozzarella.
5. Warm risotto through until cheese is melted and serve the risotto with lots of freshly ground pepper and drizzle of good olive oil.





## "Fried Rye" with Fresh Coriander and Cashew Nuts

**Serves 2 persons**

### **Ingredients**

1 1/5 cups boiled rye kernels  
1 large carrot  
1/2 red bell pepper  
1/2 onion  
2 cloves of garlic  
2 spring onions  
1 egg (L)

### Marinade

2 tbsp. soy  
1 tsp. coconut palm sugar

### Garnish

1 handful of fresh coriander  
Lime wedges  
Salted cashews

### **Instructions**

1. Finely chop the garlic and fry in oil in a hot pan.
2. Add chopped onion, carrot and bell pepper and stir-fry for a few minutes.
3. Move vegetables to the side of the pan and break the egg to the middle of the pan (put some extra oil to the pan, if necessary). Mix the egg immediately with the vegetables and stir-fry for a few minutes.
4. Add marinade and stir well. Serve 'fried rye' with lots of fresh coriander, spring onions, cashew nuts, fresh lime wedges and additional soy.





## Rye Risotto with Peas, Feta Cheese, Thyme & Apple

**Serves 2 persons**

### **Ingredients**

0.4 cup rye berries  
7 oz. frozen peas  
0.4 cup coffee cream (usually this is 10% fat content)  
1 tsp. fresh thyme  
dash apple cider vinegar  
salt & pepper  
1 apple, sliced  
feta cheese

### **Directions**

1. Cook the frozen peas in boiling water until tender, set aside to cool.
2. Put peas in a food processor blender and cream and thyme until you get a fine puree consistency.
3. Season with salt, pepper and a dash of apple cider vinegar.
4. Cook rye berries in boiling water until it is fully cooked and drain.
5. Combine pea pesto with rye berries.
6. Garnish with feta cheese and apple slices

*HINT: do not slice ahead of time as they will go brown, to avoid apples, once sliced going brown, you can put them in a bowl of water and dry off with paper towels when ready to use.*





## Creamy Barley with Mustard Carrots & Fresh Tarragon

**Serves 2 people**

### **Ingredients**

5.3 oz. pearl barley  
10.5 oz. carrots, sliced  
2 tbsp. Dijon mustard  
1 tbsp. honey  
1,7 cups. vegetable broth  
3 tbsp. sour cream 38 or 48%  
freshly ground pepper  
fresh tarragon

### **Instructions**

Preheat oven to 390 °F

Prepare the carrots by adding honey, dijon mustard and pepper. Transfer to an oven proof dish and bake for approx. 20 minutes.

1. Boil the barley with plenty of water in a large pot until tender.
2. Drain back into the pot and add the carrot mixture.
3. Pour the vegetable broth into the pot, add the sour cream and let simmer until some of the liquid is reduced and the barley has a creamy 'risotto' consistency.
4. Season with freshly ground pepper and serve with plenty of fresh tarragon.





## Mini Broccoli Pies with Quinoa & Goat Cheese

### Ingredients (yields 10 pies.)

2/5 cup quinoa  
4/5 cup water  
5.3 oz. broccoli florets  
3.5 oz. goat cheese roll  
2 eggs  
2 tbsp. rolled oats  
1/2 tsp. salt  
freshly ground pepper  
pumpkin seeds

### Instructions

1. Preheat oven to 390 °F.
2. Prepare the quinoa by rinsing well and cooking for approx. 15 minutes until all the liquid is absorbed.
3. Slice the goat cheese into small pieces and mix the cheese into the warm quinoa and stir well so that the cheese melts a bit and becomes delightfully creamy.
4. Add broccoli florets in a pot of salted boiling water and let them boil for approx. 4-5 minutes and drain. Let cool slightly. Chop the broccoli fine and mix in with the quinoa.
5. Add eggs, rolled oats and salt and pepper to taste. Use a spoon to distribute the pie mixture into small molds.
6. If using a regular muffin tin, lightly grease before putting the filling in.
7. Sprinkle with pumpkin seeds and bake for approx. 20 minutes. Serve hot with a pesto sauce and a little prosciutto or Parma ham (optional).

Hint: *silicone muffin tins work well, they do not need to be greased first.*





## References

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# Black Rice

