

# HOW TO USE WHOLE GRAINS TO IMPROVE YOUR RECIPES

## Elevate Your Baked Goods with Different Whole Grain Flours

All-purpose flour is a bland blank slate.

Add **MORE FLAVOR** to your baked goods by **SWAPPING** in different whole grain flours.

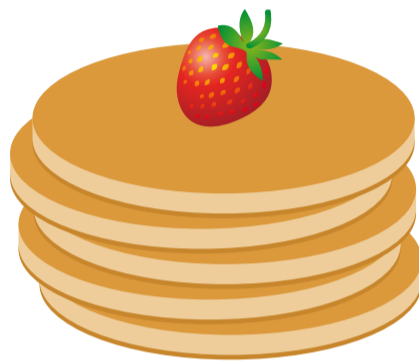
WHOLE GRAIN FLOUR	For Hints of cocoa	ADD teff flour
	sweetness	teff flour, sorghum flour, whole cornmeal, sprouted whole wheat flour, freshly milled whole wheat flour
	butterscotch	oat flour
	caramel	brown rice flour

“When I switched to whole grains, the greatest revelation was a world of flavor I had been stubbornly resisting for years.”

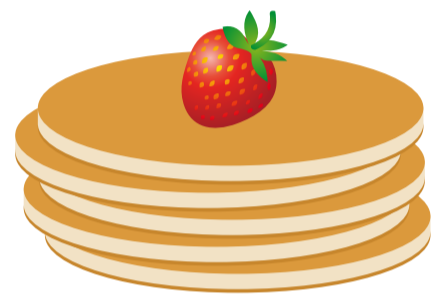
~ Alice Waters  
My Pantry

## Prone To Overmixing? Not A Problem with Whole Grains!

Mixing develops the elastic gluten to help baked goods rise. But in foods leavened with baking soda or baking powder, overmixing white flour makes this “elastic” so thick that air bubbles can’t expand. With **whole wheat flour**, bran cuts the gluten strands, allowing baked goods to expand even if overmixed.



“overmixed” pancakes made with whole wheat flour **remain fluffy**



“overmixed” pancakes made with all-purpose white flour **get chewy**

## Whole Grains Allow for Delicious Kitchen Shortcuts

“... the most finicky techniques of classic baking can be entirely ignored with these flours:



- Ingredients usually do not have to be at room temperature.
- Flour need not ever be added to batters in three parts alternating with two parts of liquid.”

Alice Medrich, *Flavor Flours*

According to America’s Test Kitchen, by making fried rice with **BROWN RICE**, you can:

- **CUT THE OIL IN HALF** (since brown rice doesn’t clump together as much)
- use the pasta method of **QUICKER COOKING**
- and there’s **NO NEED TO WAIT** for the rice to chill and harden (since brown rice is drier).



## Whole Grain Pasta Stands Up to Richer Sauces



**PASTA SALAD TIP:**  
Avoid soggy pasta salad by using whole grain pasta

Just as different wines pair best with certain dishes, certain sauces and toppings go best with the nuttier, fuller taste of whole grain pasta. These toppings work especially well:

- Spicy peppers
- Aromatics: garlic, onion, leeks
- Strong or salty cheeses (Pecorino, Parmigiano-Reggiano, Feta, etc.)
- Mushrooms, especially morels, porcini or chanterelle
- Nuts
- Roasted, sweet vegetables, like winter squash, carrots, beets
- Garbanzo beans and other beans
- Assertive vegetables, like kale, cauliflower, or broccoli – accented with a little bacon or pancetta