



Sprouted Ancient Grain:
 Older varieties of grain are nutritionally superior to modern types of wheat, rye, or barley. While the origin of grain matters, the preparation does too. Sprouting grain offers some nutritional advantages because the process decreases effects of phytates, found in high-fiber foods such as Kamut. As a consequence, sprouting also enhances nutrient bioavailability.

Savory Sprouted Ancient Grain Stew

Ingredients (4-6 servings)

- 2 cups Kamut
- 1 buttercup squash
- 4 scallions
- 4 garlic cloves
- handful basil
- 2 Tbsp olive oil
- Salt and pepper to taste

Sourcing:

- Kamut: BKW Farms, Moreno, AZ*
- Buttercup squash: UCCS Farm*
- Garlic: UCCS Farm*
- Scallions: UCCS Farm*
- Thai basil: UCCS Farm*

Directions

Soak Kamut overnight in water. Then rinse well and store in jar or container covered with mesh or cloth. The next day, rinse 2 times, cover again, and store at room temperature. Then, watch carefully if Kamut has sprouted. If you see the little seedling appear, begin assembly of your stew ingredients. Rinse squash and scallions. Cut squash in half, remove seeds, and peel with a sharp knife. Then cut into junks, mix quickly with olive oil, fresh garlic, salt, pepper, and some herbs. Roast for 20 minutes at 400F. In the meantime, chop scallions and slice garlic. Add olive oil to a pan, then add scallions and garlic. Sauté until translucent, then add Kamut and quickly turn in pan. Then add about 1.5 cups of liquid and let simmer, with lid on, for 20 minutes. Because of the sprouting, this grain does not have to cook for an hour...once the squash is ready, pull under Kamut and serve with a little sprinkle of cheese. Add other herbs, such as marjoram, before serving. This meal is great for breakfast, lunch, or dinner!



Recipe developed by during Farmhouse Fridays. Thanks students for your great input!



