

EIGHT
GRAINS



EIGHT
LEGUMES

A
Food Preparations Guide
to
Creative Frugality
in The 1980's

EIGHT GRAINS / EIGHT LEGUMES

A FOOD PREPARATIONS GUIDE

TO

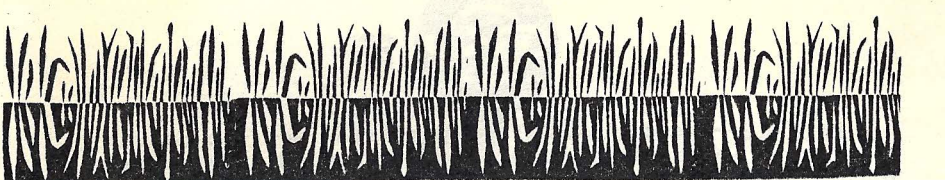
CREATIVE FRUGALITY IN THE 1980's

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FOR THE PEOPLE OF THE EIGHTIES

Eight Grains/Eight Legumes is a guide to basic, simple ways of preparing these hearty, humble staples in their natural, intact, *whole* state. This booklet began as a Creative Living Center research notebook, tucked between quart and half-gallon jars of grains and legumes lining open kitchen shelves. In it we recorded and evaluated our "creative frugality" experiments as we looked more and more to grains and legumes as dietary mainstays, rounded out with in-season fruits and vegetables.

As 1982 moves towards '83 and beyond, it becomes apparent we are not alone in adopting a new food system--simple in tune with the decade's constellation of ideas whose time has come. The People of the holistic Eighties are growing on every level in awareness of the Whole: the whole grain; the wholesome bean; the whole Earth; humanity as a whole; and the whole (body/mind/spirit) person.

Other 1980's ideas are: *simplification* of lifestyle; *frugality* accepted as a challenge to *creativity*; and *balance*--the harmonious interchange within the whole person of physical, emotional, mental and spiritual energies. Our faith in the force at work transforming humankind is reinforced as we observe how-right-on-schedule are present changes, and how they coincide with the meanings and implications inherent in the configuration of "8," and how this relates to grains and legumes as fare for the Eighties.

SIMPLICITY--Drawing an "8" is accomplished in one flowing step. When whole grain is purchased ground you get an already deteriorating product. Bought whole and stored as explained in our booklet *Fat Years/Lean Years* most grains will keep for years. This means you can buy in bulk at significant per pound savings. And, should an emergency arise, you have a reserve food supply. Conversely, efficient grain mills now cost between \$200 and \$400. More affordable "hand-crank" ones need to be bolted down and take more time and energy than most persons have. Using grains whole is a simple solution. Even with a mill it is a step towards simplicity to depend less on breads and more on grains whole. Basic grain cooking, like forming an "8," is a simple, flowing, uncomplicated process.



BALANCE--The figure "8" demonstrates how two halves of a whole interchange to create a balanced, a *completed* whole. This is how grains and legumes function to complement the missing essential protein elements in one another. Together, like the "8," grains and legumes form a completed whole. Long before protein compatibility was understood people the world over were achieving nutritional balance in their traditional foods: tortillas and beans; rice and soy curds; even black-eyed peas and corn.

CREATIVITY--Viewed on its side "8" is the sign for *infinity*. The *I Ching*, an ancient Chinese "Book of Changes," is based on the eight possible combinations of three-line groupings of broken and unbroken lines. (This is illustrated on the facing page.) When these are paired to make six-line "hexagrams" the possible combinations leap to 64. The *I Ching* says these 64 cover every type of situation, and from them every conceivable circumstance can be understood. To jump from premise to conclusion: $8 \times 8 =$ *infinite possibilities*. By combining two or more grains and two or more legumes the possibilities explode. Considering the addition of seasonings, sauces, and available fruits and vegetables it really is no exaggeration to say that the opportunities for creativity in grain and legume food preparations are unlimited.

FRUGALITY--"8" in its most abstract meaning and according to Cabbala symbolism is "undifferentiated," *available* energy. The word frugality is from *frux*--fruit, *be* fruitful, multiply. It is defined as "the careful management of resources." In Gnostic and Early Christian symbolism "8" has a similar "renewal" meaning. It is the New Adam, the new sabbath, the new--the eighth--day of creation. Even the letters of the greek word *Iesous*--Jesus--have as their numeric equivalent "888." One of the exciting things about the 1980's is that each of us, each group, each community, each geographic locale is challenged to discover and develop our own particular, available, renewable resources. Frugality is learning not to want what isn't "in season." An adage of the Thirties was: Make do; make it over; or do without. This means surveying what is available and creating from that. It is re frying the fried beans, which keep getting better and better; or adding to yesterday's soup--this can go on and on forever. It is the versatility of today's steamed rice, which fried tomorrow becomes a "treasure hunt" for recycled leftovers. And so it is, and increasingly will become in the 1980's--a decade for discovering resources that are renewable, and for rediscovering, too, how frugality generates that flow of ideas, variations, combinations, improvisations--in a word, *creativity*.



THE ART OF GRAIN COOKING

Practiced according to ancient Eastern wisdom, cooking with grains can be a highly creative art. In all the universe there are said to be "Eight Eternal Flavors."¹ This same "philosophy of kitchen pots" says there are also "Five Virtues," corresponding to the five senses. The "flavors" are the creative elements; the "virtues" the receptive; and the eight mainstay grains the canvases upon which the art--the imagination and intuition of cooking--is practiced.

The "Eight Eternal Flavors" are named as: *salty, bland, sweet, sour, bitter, hot, fragrant, and golden.* However, the Chinese cook isn't at all literal in interpreting these. Salty refers to texture as well as savor. It isn't only soy sauce that is salty but also the experience of biting into crisp water chestnuts, or crunching nuts mixed with rice. Bland is more an idea than a specific. Besides being "not salty" bland is the background for more distinct flavors. And sweet isn't pure sugar, but degrees of subtle, delicate natural flavors. Sour is also piquant--like pineapple. Bitter isn't something to cure a cold but "zingy"--like watercress, which is also "hot" like mustard or ginger, which is also "fragrant" like the aroma of sesame seeds browning. And "golden" refers to age--mellowness--like a "thousand year-old egg," which turns out to be only 100 days old and preserved. Flavors are the creative element of cooking that correspond to the musician's notes and the painter's colors.

As for the "Five Virtues," they are how the senses --all five of them--become involved in the single act of eating. A carrot is minced instead of diced when added to an otherwise colorless dish. This is for the sake of *sight*. A mixture of aromatic herbs is as much for *smell* as *taste*. *Touch* can be piping hot or icy cold. And texture is something you *hear* as well as feel --like the crunch of crisp.

There you have what could be called "The I Ching of Creative Grain Cooking." By combining the eight grains with the "Eight Eternal Flavors" in eight different ways the result is 64 possibilities. And the 64 possibilities (says the Book of Changes) govern all other --infinite--possibilities.

THE 8 GRAINS

Wheat	Corn	Rice	Millet
Rye	Oats	Barley	Buckwheat

BASIC COOKING METHODS FOR EACH OF THE WHOLE GRAINS

WHEAT

Wheat grains, sometimes called berries, cooked whole are nut-like chewy and delicious. Eat them as a wholesome and hearty breakfast cereal-- piping hot, with butter melting and mixing with honey, topped with nuts, seeds, dried or fresh fruit and covering all milk or cream. Or, for a well-balanced, low-calorie breakfast (or for that matter, supper) use low-fat milk, eliminate the toppings except for fresh fruit, and sprinkle with a little cinnamon or nutmeg. The additional plus of this as a meal is that the protein of milk complements what is missing in wheat protein.

Cooked wheat berries are also a handy addition to soups, salads and casseroles, or cook and serve them as you would rice--as a side dish, served with a favorite sauce, or piled high with vegetables steamed or stir-fried until just tender. For this latter, pass the sour cream or yogurt, and perhaps a dish of chopped nuts or seeds for sprinkling over all.

When buying whole wheat select a variety with as high a protein content as possible. In *Fat Years/Lean Years* we tell what wheats to buy, where to obtain them and how to store them.

As for the flavors that go with wheat: definitely sweet, sometimes sour or tart, crunchy, creamy, spicy, and, in the case of soups and salads as well as main dishes, try the robust herbs, too--such as sage, savory, parsley and mint.

WHEAT FLAVOR COMPANIONS

<i>honey</i>	<i>sunflower seeds</i>	<i>sprouts</i>
<i>butter</i>	<i>dried fruits</i>	<i>legumes</i>
<i>milk/cream</i>	<i>fresh fruits</i>	<i>tomatoes</i>
<i>nuts</i>	<i>sweet spices</i>	<i>soured cream</i>
<i>sesame seeds</i>	<i>robust herbs</i>	<i>yogurt</i>

COOKING WHEAT WHOLE

SIMMERED WHEAT:

For each 1 cup of whole wheat
use 2 1/2 to 3 cups water
and 1/2 teaspoon salt

Bring water to a boil. Add salt and rinsed wheat. Cover, reduce heat and simmer 1 hour.

FREE-HEAT BAKED WHEAT:

For each 1 cup of whole wheat
use 2 cups water
and 1/2 teaspoon salt

Bring water, the rinsed wheat and salt to a boil in a dutch oven or other pan that can be transferred to the oven. Boil wheat for five minutes only. Then cover and place in a 350° to 450° oven from which some other baking has just been removed. Turn the oven off and leave the wheat undisturbed and the oven door unopened for three or more hours, even overnight.

STEAMED WHEAT:

It is claimed that wheat cooked this way retains the essential life force, and can be sprouted even after 8 to 10 hours of gentle, above-the-water-level steaming.

We find steamed wheat particularly practical for cooking extra large quantities, especially in the winter on the back of the wood cooking or heating stove.

Improvising a Steamer--We use a large, deep, tight-lidded pot into which a steamer trivet is placed. The pot is filled with water to just below the trivet. On this we put a two-quart bowl (not aluminum) containing wheat, water and salt:

For each 1 cup of whole wheat
use 1 1/2 to 1 3/4 cups water
and 1/2 teaspoon salt

Bring the water in the pot to a full boil. Then transfer to low heat--just enough to keep the steam circulating inside the pot. If too much steam escapes you may need to add more water. Otherwise let it be for 8 to 10 hours. Cool, refrigerate, and use as needed.

THERMOS WHEAT:

For each 1 cup of whole wheat
use 2 cups water
and 1/2 teaspoon salt

Preheat a one-quart thermos with hot water. (Wide-mouthed is best.) Bring wheat, water and salt to a boil and boil for 3 minutes. Pour into the hot thermos, tighten the lid, wrap in a towel or blanket, turn on its side, and let stand overnight.

RYE

Whole grain rye can be cooked in the same ways as wheat. As with wheat it can be eaten as a hot cereal or added to soups, etc. Moreover, persons allergic to wheat often can tolerate rye. Although it has a more distinct flavor than wheat, it can be substituted for wheat in most recipes.

Triticale is a cross between rye and wheat. It was first marketed in the 1960's and publicized for its high-protein content and its delicate rye flavor. It can be prepared the same as wheat or rye. Some prefer its flavor to either of its ancestors.

Even though rye is very similar to wheat its flavor distinction calls for different go-withs.

RYE LIKES THESE PARTNERS

Sweet/bitter
orange peel
Robust herbs
caraway
fennel
dill

Sharp
cheddar cheese
Sour
pickles
sauerkraut

COOKING RYE WHOLE

For each 1 cup of whole rye
use 2 1/3 to 3 cups water
and 1/2 teaspoon salt.

Bring water to a boil. Add salt and rinsed rye. Cover, reduce heat and simmer for 1 hour.

Also see the Baked, Steamed, and Thermos methods for cooking wheat.

CORN

For over a year now we've been eating from the same hundred pound sack of r/c (for recleaned) corn purchased from the local feed store for ten dollars. This year an area grower has corn advertised for 8¢ a pound. As a precaution thoroughly check the source of any grain not specifically sold for human consumption. Make sure it has not been chemically treated.

We soon discovered that "recleaned" is not very clean. In remedying this (by sorting, rinsing and drying the kernels in the oven) we discovered that toasted dried corn is incredibly delicious tasting and the aroma released in the process is a treat in itself. The Corn Soup recipe on the following page came out of our experiments with oven-toasted corn.

Another way of enjoying whole grain corn is popped. Corn grown for popping has a higher moisture content. It can be purchased from bulk grain sources at considerable savings over the supermarket package price. For a low calorie snack use a hot air popper and eat the popped corn without any butter or salt. The flavor of freshly popped corn is so exceptional it really can stand on its own.

Below is the basic method for cooking corn whole. Serve it immediately with butter, or allow to cool and refrigerate for later use--fried in a little butter as a maindish accompaniment or with eggs for breakfast, lunch or supper. To enhance the flavor and visual appeal add chopped red and green peppers. Precooked whole corn also can be added to souffles and casseroles.

CORN FLAVOR COMPANIONS

<i>butter</i>	<i>eggs</i>	<i>onions</i>
<i>salt</i>	<i>beans</i>	<i>chili seasonings</i>
<i>sugar</i>	<i>olives</i>	<i>red/green peppers</i>
<i>milk</i>	<i>bacon</i>	<i>cheese</i>

TO OVEN TOAST CORN--Pour about 4 cups corn into a large sieve and rinse and sort the kernels under cold water until perfectly clean. Spread them on a cooking sheet and place in an oven (about 350°). Turn the oven off and allow the corn to remain until the oven is cool. Cook according to the basic directions that follow.

COOKING CORN WHOLE

For each	1 cup whole dried corn
use	3 cups water
and	1/2 teaspoon salt
plus	1 teaspoon sugar

Soak clean sorted or toasted corn in water overnight. Bring to a boil. Add salt and sugar. Lower heat and continue cooking for one to three hours--until corn is soft and the kernels begin to pop open. Eat whole while hot or refrigerate for later use.

TOASTY CORN SOUP--Cook toasted corn as above. For each cup cooked corn add 3 cups milk. Pulverize in a blender. Or, if you have a hand food mill you can force as much pulp as possible through the mill. In this case, discard the remaining outer skins and combine the corn with milk. Heat but do not allow to boil. Season to taste with salt, pepper, butter, a dash of cayenne and any other seasonings desired. For a hearty soup-meal you may want to add sauteed onions, celery, green and/or red peppers, or any other vegetables available. Diced cooked potatoes add still another texture dimension. For a touch of sharpness, a little grated cheddar cheese can be sprinkled on top, or top with crumbled bacon or bacon bits to further transform these plain ingredients into a special dish.

OATS

Natural whole grain oats are called groats. Only the chaff has been removed. Because groats are an intact grain they can be stored in a cool dark place for a longer period of time than rolled or quick oats. However, rolled and quick oats, though more perishable, are very useful as a meat extender or for giving body to meatless loaves and patties. For instance, tofu can be crumbled and mixed with rolled oats and seasonings, formed into patties and fried. You might begin adding 1/2 cup oats to 2 cups meat, tofu or cooked and mashed beans or other legumes. More or less can be added according to personal preference.

In the case of wheat allergy, oats are a good and exceptionally high-in-protein substitute.

At Creative Living Center one of our most frequent uses of oats is as the inexpensive base for granola. Our recipe has plenty of room for variation and is given on the following page.

As far as flavor companions, sweet and spice (not hot but fragrant spice) go with oats. You can also cook and serve Oat Groats as you would rice, for a side dish. 1/3 cup each groats, wheat and rice cooked in water to which 2 bouillon cubes have been added makes an interestingly textured, flavorful dish. Follow recipe below (Groats).

OAT FLAVOR COMPLEMENTS

<i>honey</i>	<i>sweet cream</i>	<i>cinnamon</i>	<i>nuts</i>
<i>milk</i>	<i>dried fruits</i>	<i>nutmeg</i>	<i>seeds</i>

COOKING OATS (GROATS) WHOLE

For each	1 cup whole oats
use	2 cups water
and	1/2 teaspoon salt

Bring the water to a boil. Add the oats and salt slowly, stirring as you do. Cook for five minutes, then cover the pan, lower the heat and simmer for 30 minutes or longer, until suitably done and more or less moist according to preference. If you find you prefer a softer, more moist groat next time add a little extra water. Groats can also be Free-Heat Baked, Steamed, or Thermos cooked. See Wheat.

COOKING ROLLED OATS--Prepare as with whole oats, reducing the cooking time 5 or 10 minutes.

GRANOLA:

4 cups rolled or quick oats	sunflower seeds;
1/2 cup each of any several of the following: chopped almonds, walnuts, or other nuts;	sesame seeds;
	coconut; raisins, other dried fruits
	1/3 cup each: vegetable oil, honey, hot water
	1 tablespoon vanilla
	Salt to taste

Mix the oats, nuts, seeds and fruits together. Mix the liquids together, including the vanilla, and pour over the dry ingredients. Stir to distribute the honey/oil mixture evenly. Spread on a large baking sheet and place in a 250° oven. Turn the oven off and allow the Granola to remain in the oven (don't open the door) for 2 hours. Store in a closed container.

If the baking step is planned ahead the Granola can be ready to go into the oven when something else is removed and therefore be cooked on free or stored heat.

RICE

Natural brown rice is one of the most complete foods Nature provides. The Oriental cook (and the creatively frugal one, too) considers rice's blandness as an exceptional virtue, providing as it does a backdrop or a canvas for a near infinite number of possible flavor and texture combinations, satisfying to taste, smell, and even pleasing to the eye. Being the "perfect bland," everything goes with rice. Or as the Chinese say:

rice goes with everything.

COOKING WHOLE GRAIN BROWN RICE

For each	1 cup brown rice
use	2 cups water
and	1/2 teaspoon salt
also	1 teaspoon butter or oil

Rinse rice in cold water and place all the above ingredients in a pan with a tight-fitting lid. Bring to a boil, then turn heat very low and simmer for 45 minutes to 1 hour. Do not remove lid until ready to serve, at which time fluff the rice with a fork. 1 cup uncooked rice makes 3 cups cooked rice. Cook an extra cup for tomorrow's fried rice.

FREE HEAT BAKED RICE--Follow the directions for baking wheat with the exception that rice need not remain in the oven more than 1 hour.

a note on storing rice--Unfortunately natural brown rice is very perishable, easily turning rancid. For this reason if purchased in bulk quantities keep it in the freezer, refrigerator or as cool, dry a place as possible.

A TASTY HEALTHY MEAL:

Cook together equal amounts of brown rice and whole wheat berries according to the brown rice cooking directions above. Allow the longer cooking time.

In the meantime, stir-fry a medley of fresh vegetables cut in bite-size pieces: broccoli, cauliflower, cabbage, carrots, onions, sugar peas, celery--whatever is available fresh.

Onto a heated plate, serve up the rice/wheat mixture. Bury the grains under a pile of steaming vegetables. Sprinkle with toasted sunflower seeds. Serve with soy sauce and sour cream.

BARLEY

Barley is to the Middle East what rice is to the Orient and what wheat is to the West. The history of barley dates so far back that some authorities claim its cultivation was the beginning of agriculture. And the biblical miracle of the multiplication of loaves specifically names them as "barley loaves."

Most supermarkets carry only "pearled" barley from which some of the most valuable nutrients have been removed. The natural brown variety is available in stores specializing in whole and/or bulk grains. Basic bulk grain stores are beginning to pop up all over the country so watch for and inquire about one in your area. The policy of most is to price according to the amount purchased; the more you buy the less per pound you pay. If not listed in the phone book under "Grains" or "Bulk Foods" check under "Natural Foods," looking for ones that advertise bulk sales.

In soups barley imparts a natural smoothness and thickness--almost a creaminess. In casseroles barley gives a suggestion of nuts. Try barley alone or in combination with other whole grains as a hot cereal. Use it alone or in combination with rice and other grains as an entree accompaniment. If barley would have one particular flavor which goes best with it that would have to be *fragrant*--sweet spices and aromatic vegetables and herbs. A touch of lemon or lemon peel adds freshness to barley dishes as does mint.

BARLEY FLAVOR ENHANCERS

<i>onions</i>	<i>parsley</i>	<i>allspice</i>
<i>celery</i>	<i>mint</i>	<i>nutmeg</i>
<i>carrots</i>	<i>cloves</i>	<i>lemon</i>

COOKING BARLEY WHOLE

For each	1 cup barley
use	3 cups water
and	1/2 teaspoon salt

Place all ingredients in a pan, bring to a boil, lower heat and cook slowly for 1 hour or until done and water is absorbed.

BAKED AND STEAMED BARLEY--Follow directions for cooking wheat whole in these methods. For barley add a little more water than called for with wheat.

MILLET

On the grain family tree millet is set apart. First because of its smallness and its roundness. It looks more like a seed than the other grains. The other outstanding feature of millet is its chemistry. It is very easily digested. In fact, because of its extreme alkaline reaction millet is frequently used therapeutically to correct indigestion and over-acidity.

You can cook millet whole and serve it as you would rice. Or try mixing millet with rice and other grains. Combine millet with vegetables and seasonings in casseroles. Sprinkle a little cheese on top before serving. The nutty taste of millet is even more pronounced than barley and it is particularly good tasting combined with sweets--honey, spices, dried fruits.

COMPLEMENTARY-TO-MILLET FLAVORS

<i>honey</i>	<i>sweet dried</i>	<i>basil</i>
<i>cinnamon</i>	<i>fruits: figs,</i>	<i>marjoram</i>
<i>vanilla</i>	<i>raisins, dates</i>	<i>thyme</i>
<i>milk</i>	<i>nuts</i>	<i>tarragon</i>
<i>cream</i>	<i>orange</i>	<i>cheese</i>

COOKING MILLET WHOLE

For each	1 cup millet
use	4 cups water (or part or all milk)
and	1/2 teaspoon salt

Bring ingredients to a boil. Cover, reduce heat, cook for 30 minutes. If using milk cook in a double boiler.

FREE HEAT BAKED AND STEAMED MILLET--Follow directions for these methods given under Cooking Wheat Whole. Allow the above water proportion and cook only until done.

A SIMPLE TO MAKE SWEET-ENDING TO A MEAL:

Cook millet as above. When done stir in honey to taste and spices and dried fruits or coconut and/or drained pineapple bits. Add a little vanilla or lemon or almond extract. Transfer the mixture to a pudding bowl or to individual serving dishes or goblets. Chill. Serve this with or without whipped cream. Sprinkle toasted chopped nuts on top, or sesame or sunflower seeds. *Be creative--experiment, vary!*

BUCKWHEAT

Buckwheat--really the seed of an herb plant and not a true grain grass--is triangular in shape. The plant has pinkish-white flowers that are full of nectar from which bees make a dark colored honey. The flavor of buckwheat is distinct and definitely "hearty." For this reason, in seasoning it choose the more robust herbs and even hot spices.

The whole seeds of buckwheat are called "groats." They can be cooked and eaten as a breakfast cereal with honey, raisins and milk or cream. Some persons, used to more bland grains, will find the strong flavor of buckwheat objectionable. It is a matter of taste preference: some like it, some don't. Perhaps a better way to introduce the use of buckwheat is in soups, among other grains and vegetables where buckwheat's unusual shape can add interest and their dark color contrast.

BUCKWHEAT FLAVOR COMPANIONS

<i>honey</i>	<i>mustard</i>	<i>sage</i>
<i>raisins</i>	<i>cayenne</i>	<i>onions</i>
<i>ginger</i>	<i>savory</i>	<i>peppers</i>
<i>cumin</i>	<i>horseradish</i>	<i>mushrooms</i>

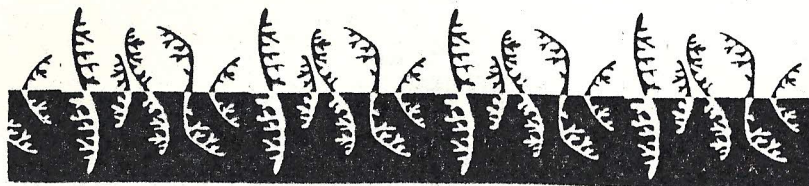
COOKING BUCKWHEAT (GROATS) WHOLE

For each	1 cup buckwheat
use	2 to 2 1/2 cups water
and	1/2 teaspoon salt

Combine and bring to a boil. Cover and continue cooking on low heat for 20 to 30 minutes.

BUCKWHEAT KASHA--Saute a chopped onion and 1 cup raw buckwheat in a little oil in a hot skillet. Pour in 2 cups stock or water plus 2 bouillon cubes. (Carefully as it will sputter.) Stir and cover. Reduce heat and continue cooking for 20 to 30 minutes.

MUSHROOM GRAVY FOR KASHA--To make Kasha into a full meal, saute in a little oil 1 cup sliced fresh mushrooms and 1 diced green pepper. Dissolve 2 to 3 teaspoons cornstarch in a little cold water. Fill with water to make 1 cup. Add a crushed bouillon cube or similar seasoning. Pour into mushroom and pepper pan and stir constantly as gravy thickens. Serve over Kasha.



THE 8 LEGUMES

Legumes--beans, peas and lentils--are a low-cost, stick-to-your-ribs source of protein. From them soups, salads and mainish meals can be prepared, and with the soybean's inclusion in this food family, creative legume cooking is lifted into the realm of infinite possibilities. "Pulses" as legumes were called in biblical times divide into eight groups:

Soybeans	<i>nutritionally the bean</i>
Large Beans	<i>including kidneys and pintos</i>
Small Beans	<i>including navy, white, brown and mung beans</i>
Broad Beans	<i>including limas and favas, also called horsebeans</i>
Garbanzos	<i>sometimes called chickpeas</i>
Black-eyed Peas	<i>sometimes called cowpeas</i>
Split Peas	<i>green or yellow</i>
Lentils	<i>lens-shaped and brown or red</i>

THE SOYBEAN

Before turning your nose up at soy as "fodder food," consider that the soybean contains 40% protein, and that is:

- 1 1/2 times more than cheese, peas or most beans
- 2 times more than meat, fish and limas
- 3 times more than eggs or whole wheat
- 11 times more than milk²

No wonder this bean has been called "the meat that grows on vines." Admittedly, the soybean can't be cooked like "any old bean," but the procedures given here do overcome past complaints about difficulties in obtaining tender, flavorful soybeans. Cooked beans can be combined with vegetables, grains, and seasonings and made into soups or casseroles or even salads. Cooked soybeans can

be put through a food mill, chopper or blender and then mixed with bread crumbs, rolled oats, or cooked grains, milk, eggs, seasonings, and shaped into patties, cutlets or "sausages" to be sauteed until brown. The *creative* approach to the soybean is, after the beans are cooked, begin *slowly* adding other flavors and seasonings, tasting as you do, concerned also for texture. *You are the judge: You are the authority.* Don't look over your shoulder or to a recipe. What tastes good to you, that's *your* recipe.

Since soybeans can be cooked in so many different guises, the flavors and seasonings that enhance this legume make a long open-ended list. However, since the soybean has a distinct flavor of its own hearty seasonings, herbs and condiments are called for.

SOYBEAN GO-WITHS

<i>garlic</i>	<i>soy sauce</i>	<i>cloves</i>
<i>onion</i>	<i>chutney</i>	<i>ginger</i>
<i>celery</i>	<i>horseradish</i>	<i>cayenne</i>
<i>carrot</i>	<i>mustard</i>	<i>sage</i>
<i>parsley</i>	<i>curry</i>	<i>savory</i>
<i>tomato</i>	<i>bayleaf</i>	<i>caraway</i>
<i>chili sauce</i>	<i>worcestershire</i>	<i>fennel</i>
<i>catsup</i>	<i>sauce</i>	<i>cheese</i>

COOKING SOYBEANS WHOLE

For each 1 cup of beans
 use 4 cups water
 and 1/2 teaspoon salt

Wash, sort and soak beans in water overnight. Drain water into a cooking pot and bring to a boil. Add beans and cook for a few minutes on high heat. Turn heat down and simmer several hours. When the beans are nearly tender add salt and a bayleaf, onion or other combination of seasonings and cook for another hour or until soft and tender. This procedure of soaking, adding to boiling water and not adding salt until nearly done overcomes the soybean's resistance to tenderness.

THE FREEZE-COOK METHOD--Wash, sort and soak beans in water to cover overnight. Drain and pat beans dry. Freeze on a tray, then package in freezer bags or containers. When ready to cook follow the above recipe beginning with adding the beans to the boiling water. The pre-soaking and freezing is a further step to tenderizing soybeans.

PRESSURE COOKING SOYBEANS--Place the beans and water in a pressure cooker pan and bring to a boil. Add salt and cover. Cook at 15 pounds pressure for 30 to 45 minutes. Cool at once.

LARGE, SMALL AND BROAD BEANS

Nearly every geographic and ethnic group has its favorite bean. Out west the pinto is popular. In some eastern places "beans" means navy ones. It's "zen" to eat the aduki. And so it goes. As a rule the varieties of large, small and broad beans can be cooked about the same. It is probably true also for most beans that the nearer the dried bean is to when it was harvested the quicker it is going to cook. An old bean (like an old hen) will take longer.

SEASONINGS AND FLAVORS FOR BEANS

<i>onion</i>	<i>worcestershire</i>	<i>cumin</i>
<i>garlic</i>	<i>catsup</i>	<i>cloves</i>
<i>tomato</i>	<i>chili sauce</i>	<i>cardamon</i>
<i>molasses</i>	<i>pineapple</i>	<i>ginger</i>
<i>mustard</i>	<i>raisins</i>	<i>cinnamon</i>
<i>oregano</i>	<i>bayleaf</i>	<i>cheese</i>

COOKING BEANS WHOLE

For each	1 cup of beans
use	3 cups water
and	1/2 teaspoon salt

FIRST METHOD: Sort and wash beans. Bring water to a boil and add beans. Bring back to a full boil and turn the heat off. Cover and let the beans cook on free heat (as burner and pan cool). Let stand for one or two hours or even overnight. Bring them back to a boil when ready to continue the cooking process. At this point add salt and other seasonings or vegetables and continue cooking gently an hour or until tender.

SECOND METHOD: Wash, sort and soak beans overnight. In the morning drain the water off into a cooking pot. Bring the water to a boil; add beans to boiling water and bring back to a boil. Cook a few minutes on high, then add salt and other seasonings and reduce heat. Simmer an hour or until beans are

tender. If you are using a wood cooking or heating stove let the beans simmer slowly there. Or if a range oven is on for some other purpose put the beans in too, in a covered casserole.

PRESSURE COOKER METHOD: Cook beans as directed for pressure cooking soybeans.

GARBANZOS (chickpeas)

In the Mid East garbanzos are a favorite. They are even ground into flour and used in baking. Recipes from the Southwest United States, Mexico and South America also frequently call for this legume. In fact (or so we have heard) weevil-infested garbanzos were the original "Mexican Jumping Bean." So be forewarned about storing quantities of this legume. Take precautions against bug invasion. (See our *Fat Years/Lean Years* booklet for easy, safe bug-free preservation methods.)

FLAVORS FOR GARBANZOS

<i>olive oil</i>	<i>sesame</i>	<i>celery</i>
<i>lemon</i>	<i>mint</i>	<i>apples</i>
<i>yogart</i>	<i>chives</i>	<i>spinach</i>
<i>sour cream</i>	<i>parsley</i>	<i>cumin</i>
<i>cheese</i>	<i>fresh peas</i>	<i>cayenne</i>
<i>tomato</i>	<i>carrots</i>	<i>basil</i>
<i>onion</i>		<i>mustard seed</i>

COOKING GARBANZOS WHOLE

For each	1 cup garbanzos
use	4 cups water
and	1/2 teaspoon salt

Cooking garbanzos tender requires the same procedure as soybeans: washing, sorting and soaking the peas overnight. Then drain the soak water off into a pot, bring to a boil, add the garbanzos and cook on high for a few minutes. Lower the heat or transfer the pot to the back of a wood stove, or, if the oven is in use let the garbanzos cook along there for an hour or more. The salt and other seasonings should not be added until the beans are nearly tender.

THE FREEZE-COOK METHOD: Wash, sort and soak the garbanzos in the above proportions. Drain and pat dry. Save the water for soups, for cooking the beans later, or at least water a plant with the vitamin-rich liquid. Spread the soaked legumes on a tray and freeze. Package and keep frozen until ready to cook. Follow the above recipe beginning with the addition of the garbanzos to boiling water. Season when nearly tender and continue cooking for 30 minutes to an hour.

PRESSURE COOKING GARBANZOS: Follow the soybean instructions.

BLACK-EYED PEAS

Black-eyed peas are survival food. One member of our community when saying "no thank you" to some undisguised black-eyed peas recalled the winter after every other crop but this one had failed. Black-eyed peas had stared up from his plate every day for months on end.

BLACK-EYED PEA FLAVOR COMPANIONS

<i>garlic</i>	<i>tomato</i>	<i>chili</i>
<i>onions</i>	<i>bayleaf</i>	<i>cloves</i>
<i>peppers</i>	<i>cayenne</i>	<i>cinnamon</i>
<i>carrots</i>	<i>mustard</i>	<i>cardamon</i>
<i>celery</i>		<i>tumeric</i>

COOKING BLACK-EYED PEAS WHOLE

For each 1 cup of dried Black-eyed peas
 use 3 cups water
 and 1/2 teaspoon salt

Wash and sort the peas. Bring water to a boil. Add peas and cover. Cook a few minutes then turn off heat and allow to stand until ready to cook and serve. Bring back to the boiling point, add salt and other seasonings. Simmer for an hour, or if a wood stove is burning, or the range oven on, take advantage of the energy cooking the peas there until tender.

BLACK-EYED PEA SOUP--Increase the water in the above recipe to 5 cups. Add 5 bouillon cubes or similar soup flavoring, a chopped onion, 1 garlic clove, minced, 1 teaspoon celery seed, 2 or 3 bayleaves, and allow to simmer until peas are tender.

SPLIT PEAS--GREEN AND YELLOW

Split peas are one of the faster cooking legumes. And they need not be presoaked. Cooked short of mashing they can be chilled and combined with other legumes in salads. They are also good hot--simply buttered, sprinkled with a little chopped parsley and freshly grated pepper, or combined with vegetables and seasonings as suggested below. For an unusual combination of seasonings try the East Indian Soup Pot on page 21 using split peas as the base.

SEASONINGS FOR SPLIT PEAS

<i>celery</i>	<i>peppercorns</i>	<i>savory</i>
<i>carrots</i>	<i>soy sauce</i>	<i>sage</i>
<i>parsley</i>	<i>bayleaf</i>	<i>marjoram</i>
<i>onion</i>	<i>caraway</i>	<i>rosemary</i>
<i>garlic</i>	<i>curry powder</i>	<i>oregano</i>

COOKING SPLIT PEAS

For each	1 cup split peas
use	3 cups water
and	1/2 teaspoon salt

Bring water to a boil. Add peas slowly and return to a boil. Lower heat and simmer gently 45 minutes, or transfer pot to a woodstove and cook slowly. When nearly tender add seasonings and any vegetables and cook until vegetables and peas are tender--perhaps another 15 minutes.

LENTILS (red and brown)

This little legume is last on our list but its history (and infamy) out do the others. Traces of the lentil (from which lens gets its name) date back to the Bronze Age according to archeological finds. It was also the lentil in the form of "red pottage" so irresistibly concocted by Jacob for which Esau sold his birthright in the book of Genesis.

Today lentils are valued for their easy digestability. This is attributed to their highly alkaline tendency. Their protein content is an impressive 25 grams per 1/2 cup of the raw legumes. This is second to the soybean in the legume family.

Lentils are the quickest cooking of the legumes. They are also the most delicate. Therefore the finer herbs and the lighter vegetables are recommended for bringing out rather than masking the lentil's naturally good, almost fragrant, flavor.

LENTIL COMPANION FLAVORS AND SEASONINGS

<i>sweet basil</i>	<i>tarragon</i>	<i>pimento</i>
<i>sweet marjoram</i>	<i>fennel</i>	<i>carrot</i>
<i>thyme</i>	<i>chives</i>	<i>sesame seeds</i>
<i>chervil</i>	<i>parsley</i>	<i>sesame oil</i>
<i>rosemary</i>	<i>green pepper</i>	<i>butter</i>

COOKING LENTILS WHOLE

FIRST METHOD:

For each 1 cup lentils
 use 3 cups water
 and 1/2 teaspoon salt

Bring water to a boil. Slowly add lentils and reduce heat. Allow to simmer for 20 minutes. Add salt and other seasonings desired. Continue cooking another 10 minutes or until lentils are done but not too soft.

SECOND METHOD: Follow the above proportions. Soak the lentils in water overnight. Drain water into a cooking pot and bring to a boil. Add lentils and boil for 10 minutes. Add salt and other seasonings. Simmer a few more minutes. Serve buttered and sprinkled with minced chives or toasted sesame seeds.

LENTIL BOUILLON--Soak 2 cups washed and sorted lentils overnight in 2 quarts water. Next day bring lentils and soaking water to a boil. Add 1 teaspoon thyme (a fresh bouquet if available) and 1 teaspoon fennel seed. Add a concentrated vegetable seasoning, about 2 teaspoons, or Maggi or Miso seasoning. Cook for an hour. Taste. Add more seasoning/salt to suit your taste. Pour the bouillon through a strainer without pureeing the lentils. Reserve the lentils for making a loaf. Serve bouillon piping hot with toast or muffins.

LENTIL LOAF--Combine cooked lentils with oatmeal, a little milk, beaten egg, oil, chopped nuts and grated carrots. Taste. If desired add more seasoning. Shape into a loaf and bake for 1 hour. Or chill and form into patties, dip in beaten egg and then in oatmeal, and fry. A slice of cheese added the last few minutes and allowed to melt is a nice extra.

GRAINS AND LEGUMES IN SOUPS

ESAU'S POTTAGE:

This, supposedly, is the soup/stew Jacob used to tempt his twin into giving away his birthright. The blend of natural flavors does have a most irresistible aroma. We like a dab of yogurt for zest on each serving. Vary the recipe using other legumes and grains.

1 cup raw lentils	1 onion, chopped
6 cups boiling water	4 tablespoons parsley, finely chopped
1/4 cup raw rice	1 cup celery and leaves, finely cut
1/4 cup raw barley	salt and pepper to taste
1/4 cup olive oil	yogurt
2 cloves garlic, pressed or minced	
1 teaspoon salt	

Saute onion, celery, rice and barley in olive oil. Add lentils to water boiling in a pot. Add sauteed vegetables, grains, salt, garlic and parsley. Simmer gently for an hour. If mixture becomes too thick add a little more boiling water. Add salt and pepper to taste. Serve with yogurt.

HERBED GRAIN AND LEGUME PUREE:

2 cups grains and legumes, any mixture	1/2 cup chopped fresh herbs: thyme, parsley, rosemary,
8 cups water	1 bayleaf
2 carrots, diced	6 peppercorns
1 onion, stuck with 6 to 8 cloves	butter, salt and pepper

Wash and sort grains and legumes. Place in a bowl with water and soak overnight. Drain soaking water into a soup pot and bring to a boil. Add soaked grains and legumes and all the ingredients except butter, salt and pepper. Cook until all ingredients are mushy done. The time will depend on grains and legumes used. Add more water if necessary. If a wood stove is going, cook the mixture all day. Then drain off liquid through a large sieve and reserve it. Mash the drained mixture and rub through a sieve or food mill. Return to the pot and dilute with reserved liquid to a suitable consistency. Add butter, salt and pepper to taste and serve with croutons.

EAST INDIAN SOUP POT--Follow the above recipe substituting for fresh herbs the following: 1/2 teaspoon each: cinnamon, cloves, cardamon, ginger, tumeric, cumin. Add a dash of cayenne, salt and pepper to taste. Cook until grains and legumes are well done but don't bother to puree. Just before serving, chopped tomatoes and parsley or chives can be added. A dollop of sour cream or yogurt is nice, too.

GRAINS AND LEGUMES IN SALADS

GRAIN SALAD:

3 cups cooked grains	2 cups chopped
1/2 cup salad oil	tomatoes, (in season)
1/4 cup lemon juice	dash of garlic
1/2 cup each: finely	hard cooked egg
chopped parsley,	wedges
green onion, celery	paprika

Combine all the ingredients except eggs and paprika. Chill for several hours. Serve on lettuce or other greens. Garnish with eggs and paprika.

LEGUME SALAD:

2 cups cooked legumes	1/2 cup salad oil
1/2 cup each: chopped	1/4 cup vinegar
green/red pepper,	1 clove garlic,
carrot, cabbage,	pressed or minced
broccoli, whatever	salt and pepper
is available	herbs

Blend oil, vinegar and garlic. Pour over legumes and allow to marinate in the refrigerator for several hours or overnight. Just before serving add the remaining ingredients and mix together. Season to taste with salt, pepper, fresh or dried herbs. Serve on lettuce or other greens.

Note: Legumes cooked for salads should not be over cooked. They should retain their shapes.

GRAIN AND LEGUME SALAD:

In the above Legume Salad substitute 1/2 cup legumes with that amount of cooked grains.

In the above Grain Salad replace 1/2 cup or more of grains with legumes. In this case the firmness of cooked garbanzos or soybeans is a good texture contrast.

SPROUTS--Garnish any of the above salad ideas with grain and legume sprouts. See facing page.

INFINITE POSSIBILITIES--If you begin experimenting by combining 1 of the 8 grains with 1 of the 8 legumes you will discover there are 64 different combinations. Progressing, you could combine 2 or more grains and 2 or more legumes. With different dressings, or herbs, or vegetables . . . *infinite possibilities.*

SPROUTING GRAINS AND LEGUMES

The nutritional value of grains and legumes actually increases in the sprouting process. Each of the grains and legumes in their whole form and in which their natural vitality is intact can be sprouted. Those processed for quick cooking will not.

For sprouting you will need: quart and half-gallon canning jars with their screw rings, or other glass jars and rubber bands; small pieces of cheese cloth, or nylon netting, or even old nylon hosiery; and a shallow, oblong baking dish of a size in which to rest the jar during the sprouting process.

THE BASIC PROCEDURE--Soak 1/2 cup grains or legumes in 2 cups water overnight. Next morning, place netting or other suggested material over the jar mouth. Hold it in place with a screw ring or rubber band. Drain the soaking water. (Save to drink, use for cooking, or at least to water a plant.) Rinse and again drain the grains or legumes. Now place the jar's bottom on the side of a shallow dish or pan, the opening resting in the dish bottom. This slanting position allows the excess water to drain. Repeat the rinse-and-drain step several times a day. In between times place the jar-in-dish inside a dark cupboard or under a towel, imitating nature's seed-sprouting process. After several days, place the jar in a window or outside for a greening--as photosynthesis works its chlorophyll-instilling, vitamin-enriching magic.

Store sprouts in the refrigerator. When garden greens and fresh vegetables are not in season rely on sprouts for sandwiches, salads, stir-fry and casserole dishes, even soups.

SPROUTING GRAINS

WHEAT--Whole grains of wheat sprout at a temperature of between 70° and 85°. They should be rinsed 2 or 3 times a day for 3 or 4 days. Sprouts are ready to eat or use in cooking when about 1/2 inch in length. 1/2 cup wheat makes about 2 cups sprouts.

RYE--Rye grains sprout at a cooler temperature--between 50° and 70°. Rinse them 2 or 3 times daily for about 3 days. They will be about 1/4 inch long. 1/2 cup rye makes a little less than 2 cups sprouts.

CORN--Sprouting temperature for corn is between 70° and 85°. The kernels should be rinsed 2 or 3 times a day for 2 or 3 days. Use when sprouts are about 1/2 inch long. 1/2 cup corn makes about 1 cup sprouts.

(SPROUTING GRAINS: Continued)

OATS--Use whole, unprocessed oats, called "groats." Oats sprout at between 70° and 80°. Rinse once a day and shake out as much water as possible. In 3 or 4 days sprouts will be about 1/4 to 1/2 inch long and ready to use. 1/2 cup oats makes about 1 cup sprouts.

RICE--Another cool temperature sprout, rice sprouts between 50° and 80°. Rinse the grains 2 or 3 times daily for 3 or 4 days. When 1/4 inch long they are ready to eat or use in cooking. 1/2 cup whole grain brown rice makes 1 cup (or more) sprouts.

BARLEY--Whole grain barley (not precooked) sprouts at between 70° and 80°. Rinse the grains 2 or 3 times daily for 3 or 4 days. Sprouts will be between 1/8 and 1/4 inch long. 1/2 cup grain makes about 1 cup sprouts.

MILLET--Sprouting temperature is 70° to 80°. Rinse 2 or 3 times for 3 or 4 days. Sprouts will be about 1/4 inch long. 1/2 cup grain makes 1 cup sprouts.

BUCKWHEAT--At between 70° and 80° buckwheat sprouts. Rinse once a day for 2 or 3 days. Sprouts will be about 1/2 inch long. 1/2 cup whole buckwheat makes about 1 and 1/2 cups sprouts.

SPROUTING LEGUMES:

SOYBEANS--Sprouting temperature is between 70° and 85°. Rinse often, every 3 or 4 hours during day and evening. They are ready to eat in 3 or 4 days and about 1 1/2 to 2 inches long. 1/2 cup yields 2-plus cups.

SMALL, LARGE AND FLAT BEANS--such as mung, navy, kidney, pinto, lima and fava. Temperature for sprouting most beans is between 70° and 85°. Rinse 3 or 4 times daily for 3 to 5 days. They will vary in length between 1 and 2 inches. 1/2 cup beans gives about 2 cups sprouts.

GARBANZOS (Chickpeas)--Sprouting temperature is right around 70°. Rinse every 3 or 4 hours during day and evening for 3 days. Length of sprouts will be about 1/2 inch. 1/2 cup garbanzos makes about 1 1/2 cups.

PEAS--Dried whole black-eyed or green or yellow peas sprout between 50° and 70°. Rinse 2 or 3 times daily for 3 days. Sprouts are 1/4 inch or longer. 1/2 cup dried peas makes 1 cup or less sprouts.

LENTILS--Temperature for sprouting is between 70° and 85°. Rinse 2 or 3 times a day for 3 or 4 days. Sprouts will be about 1/2 inch or longer. 1/2 cup lentils makes 2 or more cups sprouts.

STOCKING THE PANTRY FOR CREATIVE FRUGALITY

The frugal approach to nearly anything--building, sewing, welding, or cooking--is dependent on having at hand some basic tools, materials, and a few just-in-case extras. Below are listed some of the ingredients that can be kept in the pantry to facilitate grain and legume meal preparations. A good number of them you probably already have. Others can be purchased gradually. The list does not include perishable items such as tofu, cheese, eggs, yogurt, or fresh vegetables or fruits--foods that, with little or no meat, make the diet based on grains and legumes a substantial, healthy one.

vinegar
cooking oil--include
olive and sesame
for flavor
soy sauce
worcestershire sauce
catsup
soup flavorings--bouillon
cubes or powder, English-
style beef tea concentrate,
Maggi, miso. (Avoid MSG)
concentrated vegetable
seasoning, such as Spike
dried onions
dried mushrooms
garlic powder
bacon bits
parmesan cheese
molasses
honey
vanilla flavoring
lemon & almond extract
dried fruits: figs,
dates, raisins,
apples, apricots,
bananas, coconut

nuts: almonds,
pecans, peanuts,
walnuts, etc.
sesame seeds
sunflower seeds
cans of: tomatoes,
tomato sauce and
paste; mushrooms;
green chiles;
olives; pineapple
herbs & spices:
basil, chives,
marjoram, thyme,
rosemary, mint,
tarragon, sage,
savory, caraway,
celery seed, bay
leaves, fennel,
parsley, curry
powder, cumin, anise
black pepper,
cayenne, ginger,
paprika, cinnamon,
nutmeg, cloves,
mace, cardamon,
coriander, mustard
powder, horseradish

- FOOTNOTES--1. Johnny Kan with Charles L. Leong's *Eight Immortal Flavors*, Howell-North Books, 1963.
2. Mildred Lager's *The Soybean*, Mildred Lager, 1955.
3. Leonie de Scunin's *Magic in Herbs*, M. Barrows & Company, 1941. Lentil Bouillon adapted from this book.

FAT YEARS/LEAN YEARS--a food storage compendium for the 1980's is available from Creative Living Center, Box 478, San Andreas, CA 95249. Single copies are \$2.00 each, including postage.

8 GRAINS/8 LEGUMES: Additional single copies \$2.00.

3 copies of the above books for \$5.00, postpaid.

THE EIGHT GRAINS

Barley, Wheat, Rice, Millet
Corn, Buckwheat, Oats, Rye

THE EIGHT LEGUMES

Soybeans Large-beans
Broad-beans Small-beans
Black-eyed peas Lentils
Split-peas Garbanzos

... Basic methods for
cooking each grain whole.

... Procedures for
cooking legumes.

... Grain & Legume
seasoning and flavor-
companions.

... Grain & Legume pro-
tein complementarity.

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