



FOODWIFERY

GRAINS, NUTS, LEGUMES

SOAKING / DRYING SEEDS & NUTS:

To soak: Place your nuts (or seeds) in a bowl and cover with water. Add anywhere from a teaspoon to a cup of salt. It doesn't have to be exact — use less for smaller bowls, more for larger batches.

Keep bowl at room temperature and soak for predetermined time (see below). When done, drain the nuts and rinse.

To dehydrate: Spread nuts on mesh dehydrator trays, and set dehydrator on low (nothing above 150 degrees).

After the nuts are dry (anywhere from 10-24 hours), place them in a sealed glass jar.

Note: Make sure nuts are completely dry before storing them to avoid mold.

If using an oven, set at it's lowest setting (or 100 degrees) and keep a close eye.

Best Soaking Times for Nuts:

2 Hours: Cashews, Brazil nuts, Peanuts, Macadamia nuts

6 Hours: Almonds, Pumpkin seeds, Walnuts, Pecans

8 Hours: Sunflower seeds, Sesame seeds, Radish Seeds, Pistachios, Hazelnuts

SOAKING / SPROUTING BEANS:

Sprouting beans is simple. It's 2 ingredients: beans, and water. And time (soak overnight, up to 24 hours, some times a little longer). Wait until a tail appears.

SOAKING OATS:

1 Cup of Oatmeal

1 Cup of Water

1 TBS of Yogurt

Yogurt is just one of the many mediums to soak your oats in.

You need some sort of acidic medium to work on the phytic acid. You can use kefir, lemon juice, or apple cider vinegar.

The apple cider vinegar or lemon juice will give your grain a little sharper taste. We like the yogurt and water because it gives it a real creamy texture.

Cover the mixture and let it sit on your counter over night. In the morning, add more water and heat up on the stove and it's ready to eat!

SOAKING SPELT:

Add 2 cups of whole grain spelt to a half gallon jar.

Pour in enough water to fill 3/4 of the half gallon.

Add 1 or 2 tablespoons of apple cider vinegar.

Shake to mix and let set for 12 to 24 hours. The longer you let it sit, the more digestible the grain becomes.

The grain will swell up to fill the jar.

Store in your refrigerator, and pull out as much as you need when you need it.