

## **Basic Cooking Instructions**

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### **DRY BEANS**

Sort through beans, and discard rocks and any beans that are discolored or damaged. For each cup (250 ml) of beans add three cups (750 ml) of water (at room temperature) and soak overnight (about 10 hours). To cook the beans, drain them, rinse them thoroughly, and cover them with water. Bring the water to a boil; then reduce heat and simmer for one or two hours or until the beans are tender. Adding one tablespoon (15 ml) of oil to the water will reduce foaming during cooking. Do not add salt or other ingredients until the beans have softened adequately.

The longer dry beans are stored the longer they take to cook. When beans don't soften with normal soaking and cooking, add three cups (750 ml) of water and  $\frac{3}{8}$  teaspoon (2 ml) of baking soda (sodium bicarbonate) for each cup (250 ml) of dry beans. Let them soak overnight. More baking soda may be required for older beans or hard water.

Pressure cooking will decrease the cooking time. Dry beans will cook in about 15 minutes, depending on the age of the beans. The cooking time increases by approximately one-third if the beans are not soaked before they are cooked.

### **WHITE RICE**

White rice is enriched and should not be rinsed before cooking. Combine one cup (250 ml) of rice with two cups (500 ml) of water and  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon (1–3 ml) of salt. You may also add one to two teaspoons (5–10 ml) of oil to enhance flavor and nutrition. Bring to a boil, stirring occasionally. Turn down heat, cover, and let simmer for 15 minutes or until all water is absorbed. Remove from heat, and let stand for 10 minutes. Fluff rice with a fork. One cup (250 ml) of dry rice makes three cups (750 ml) of cooked rice.

For baked rice, use the same recipe and bake the rice covered for 30 minutes at 300° F (150° C).

### **NONFAT DRY MILK**

For milk, add  $\frac{3}{4}$  cup (190 ml) of dry milk to one quart (1 liter) of water and mix thoroughly. After mixing, cover and refrigerate. Handle reconstituted milk the same as fresh milk. Use within three to five days.

When milk is specified in recipes, such as for bread, biscuits, or cake, nonfat dry milk may be mixed with the other dry ingredients. The water for reconstitution may be added to the other liquid ingredients. Three tablespoons (45 ml) of dry milk and one cup (250 ml) of water equal one cup (250 ml) of milk.

### **DEHYDRATED CARROTS**

To rehydrate dry carrots, add one part carrots with two parts cool water. After the carrots soak for 20 minutes, drain off excess water. For cooked carrots, bring the carrots and water to a boil and cook to desired texture. Carrots may be added to other prepared foods such as beans or rice.

### **CRACKED WHEAT CEREAL (makes 4 to 6 servings)**

- 1 cup (250 ml) cracked wheat (crack wheat with mill or blender)
- 3 cups (750 ml) water
- $\frac{1}{2}$  teaspoon (3 ml) salt

Boil the water, and then add the cracked wheat and salt, stirring constantly as the cracked wheat is added to the water. Simmer for 6 to 9 minutes, stirring occasionally. Serve with milk and sugar, if desired.

## Basic Cooking Instructions, Page 2

### **COOKED WHEAT CEREAL (makes 4 to 6 servings)**

1 cup (250 ml) wheat  
3 cups (750 ml) water  
½ teaspoon (3 ml) salt

Use one of the following cooking methods:

**Slow Cooker:** Combine the ingredients. Cook six to eight hours or overnight on low setting.

**Stovetop:** Combine the ingredients. Cook about one hour, or soak overnight and cook for 30 minutes.

**Thermos:** Bring the water to boil in a pan. Put the wheat and salt into a one-quart (1 liter) thermos. Add the boiling water to the thermos, and screw the top on lightly. Allow it to stand overnight.

**Oven:** Combine the ingredients. Cook overnight at 150° F (65° C).

### **WHOLE WHEAT BREAD (makes 2 loaves)**

1 tablespoon (15 ml) yeast\*  
¼ cup (60 ml) warm water  
½ teaspoon (3 ml) sugar  
2½ cups (620 ml) hot tap water  
½ tablespoon (8 ml) salt  
7 cups (1800 ml) whole-wheat flour (or any combination of wheat and white flour)  
⅓ cup (80 ml) oil  
⅓ cup (80 ml) sugar

In a small bowl, mix the yeast and ½ teaspoon (3 ml) of sugar into the warm water. In a larger bowl, mix the hot tap water with about half of the flour and blend until smooth. Add salt, oil, and sugar and the yeast mixture. Mix until well blended. Gradually stir in the rest of the flour to make the dough just stiff enough to clean the sides of the bowl as it is mixed. (You might not use all of the flour.)

If you use a bread mixer, mix on low setting for 10 minutes. If kneading by hand, let dough rest for 5 to 10 minutes; then put dough onto a floured counter, and knead it for 10 minutes. After kneading the dough, divide it into two equal portions. Cover them with a damp towel, and let them rise until double in size. Punch down the dough, and shape two loaves. Place them into greased loaf pans. Cover loaves and let them rise in a warm place until the dough has again doubled in size. Bake at 350° F (175° C) for 30 to 35 minutes.

\*If yeast is not available, follow the same recipe (without the yeast). Knead for 5 minutes only. Form dough into sticks, and bake them on a cookie sheet at 350° F (175° C) for 20 to 25 minutes.

### **WHOLE WHEAT PANCAKES (makes 6 pancakes)**

1½ cups (380 ml) whole wheat flour  
1¾ cups (440 ml) water  
1 tablespoon (15 ml) dry milk powder  
6 tablespoon (90 ml) oil  
¼ cup (60 ml) sugar  
½ teaspoon (3 ml) salt

Mix the sugar, salt, flour, and dry milk. Add water and oil. Beat until thoroughly mixed. If necessary, thin out the batter to ensure that it will cook all the way through. (To thin the batter, add small amounts of water and stir until the batter has a suitable consistency.) Pour the batter onto greased pancake griddle. Cook the pancake on low heat for a few minutes until the surface begins to look bubbly and the edges are firm. Flip the pancake over. After one minute or so, remove it from the heat and serve hot.