

Wheat Meat

- 1) 6 c. ground wheat flour
3 1/2 c. water

(The wheat can be ground in a glass blender, 1 c. at a time for 4 minutes each cup.)

Mix in large bowl and let sit for 1-4 hours.

(The longer the dough sits, the firmer, more meat like texture it will have. Dough that doesn't sit long enough will be too soft and not have a meaty texture once seasoned.)

- 2) **Strain.** Place dough in strainer in sink. Rinse through the following: milky substance leaches out of dough, dough falls apart, dough sticks back together. Ring out like a sponge and place in a bowl. Let sit 1-2 hours, draining occasionally. (The initial quart of milky substance that comes from dough can be caught in a bowl under the strainer and saved in the fridge for up to 3 days. It's the bran and can be used in multiple ways.)
- 3) **Steam** for 30 minutes or until firm, let rest on plate for 1-3 hours.
- 4) **Season:**

- **Hamburger:**

- 2 eggs
- 2 Tbs. flour
- 2 Tbs. olive oil
- 4 tsp. onion soup mix
- Mix in mixer and stir into
- 2c. ground gluten

Spread out on well greased cookie sheet and bake 350 degrees 25-30 minutes, until firm. Let cool slightly, scrape from pan and break into small pieces using hands. Freeze in Ziploc bag in 1 lb. amounts, approximately 2 cups. Can be used to replace hamburger or use 1/2 wheat meat hamburger with 1/2 beef.

- **Sausage:**

- 2 1/2 - 3 c. ground gluten
- 3-5 tsp. sausage seasoning (to taste)
- 2 eggs

Mix, shape into patties and fry in oil. Best if served hot, not as good re-heated.

Spicy Sausage Seasoning:

- 12 Tbs. each salt and sage
- 4 Tbs. each ground thyme, marjoram, basil
- 2 Tbs. each ground rosemary, cayenne, garlic powder
- 1/4 - 1/2 c. dry minced onion
- 1 Tbs. dry onion powder
- 2 tsp. black pepper

Mild Sausage Seasoning:

- 10 Tbs. salt
- 6 Tbs. cumin
- 5 Tbs. each ground basil, oregano
- 2 Tbs. each fennel, black pepper, cayenne

- **Stir-Fry Strips:**

In medium saucepan place:

- 2 c. beef or chicken broth
- 1 Tbs. soy sauce
- 1/4-1/2 tsp. ginger

After gluten is steamed, slice into 1/8" thick by 1/2" long slices and place into pan of sauce. Stir occasionally until almost all moisture is gone, approximately 20 minutes. Set out to dry or can be place in 350 degree oven for 3-5 minutes, turning half way through baking time. Can be stored in fridge for up to a week, or in the freezer for up to 3 months. Use as a replacement for steak in stir fry.

- **Jerky:**

- 1/2 c. each Worcestershire sauce, soy sauce, liquid smoke
- 1 c. beef broth
- 1 tsp. each garlic powder, BBQ spice, onion powder, black pepper, Lowry season salt
- Dash Tabasco
- 1 Tbs. honey
- 1/4 c. Kitchen Bouquet*
- 1/2 c. teriyaki sauce*

Bring to a boil, drop gluten strips into liquid, cook gently for 20 minutes. Dry in food dehydrator or in a 300 degree oven with the door left ajar. Bake until pieces appear dry on top, then turn pieces over and bake an additional 30 minutes, or until firm.

- **Chicken:**

Seasoning:

- 9 Tbs. onion powder
- 8 Tbs. salt
- 7 Tbs. garlic powder
- 5 Tbs. plus 1 tsp. onion salt
- 2 Tbs. plus 2 tsp yeast
- 1 tsp. white pepper
- 1/2 tsp. each parsley powder, celery salt, turmeric

Tear steamed gluten into strips that look like chicken, add to skillet of:

- 1 can chicken broth
- 1 tsp. chicken seasoning

Steam 20 minutes until gluten absorbs sauce.

To make into **Chicken Nuggets**, dip in egg, seasoned bread crumbs and fry.

Information:

- 1) Cost comparison for Hamburger:

Honeyville 50 Lb. bag, \$9.00 = 17 cents/Lb. (adding onion soup adds 10 cents/Lb.)
Cannery #10 can, \$1.65 = 28 cents/Lb.

- 2) Nutrition Content of Wheat:

Pantothenic acid, folic acid, biotin, choline, inositol, vitamin B1, B6 and E, iron, cobalt, potassium, magnesium, zinc, copper and molybdehum. Vitamin C is present if the wheat is sprouted.

Enriched flour contains: B1, B2 and niacin.

Wheat Recipes:

Whole wheat pancakes:

1 whole wheat flour
5 lbs. brown sugar
½ tsp. salt
½ tsp. soda
2 tsp. baking powder

Mix together then add:

2 eggs
1 c. milk

Kristen Brandt's whole wheat bread:

This makes a very soft dough, and the lemon juice acts as a dough enhancer which gives the bread a fine, light texture.

3 ½ c. whole wheat flour
1/3 c. gluten flour
1 ¼ tsp. yeast
2 ½ c. steaming hot tap water
1 Tbs. salt
1/3 c. oil
1/3 c. honey or ½ c. sugar
1 Tbs. bottle lemon juice
½ c. whole wheat flour

Mix together first 3 ingredients in the mixer with a dough hook. Add water all at once and mix for 1 minute. Cover and let rest for 10 minutes. Add salt, oil, honey or sugar, lemon juice and beat for 1 minute. Add last flour, 1 cup at a time, beating between each cup. Beat for about 10 minutes until dough pulls away from sides of bowl.

Pre-heat oven for 1 minute to lukewarm and turn off. Turn dough onto oiled counter top; divide, shape into loaves and place in oiled bread pans. Let rise in warm oven for 10-15 minutes until dough reaches top of pan. Do not remove bread from oven; turn over to 350 degrees and bake for 30 minutes. Remove from pans and cool on racks. Makes 2 loaves.

If you do not have a mixer with a dough hook and are kneading this by hand, gradually add last cup of flour to keep dough from sticking to the counter. You will add more flour when kneading by hand than when using a mixer simply to be able to handle this moist dough. With wheat bread, always add the least amount of flour to keep bread moist. Knead 10 minutes before shaping dough into loaves.

Raegan Ricks' whole wheat bread:

5 c. hot water

2/3 c. sugar

2 Tbs. yeast

Mix and dissolve, add:

2 Tbs. salt

2/3 c. oil

Mix and add:

6 c. white flour

5 c. wheat flour

Mix.

Place in oiled bread pans and let rise to double in size. Bake at 350 degrees for 25-30 minutes. Makes 4 loaves.

Darla Alders whole wheat bread:

3 c. warm water

1/4 c. honey

1 1/2 Tbs. yeast

Mix in mixer, cover and keep warm. Add:

oil

1 Tbs. dough enhancer

1 Tbs. wheat gluten

3/4 tsp. salt

6 c. wheat flour

Mix on low until dough pulls from sides, then mix for 12 minutes. Turn dough onto oiled counter and make into loaves. Preheat oven to 200 degrees, and then turn off. Place bread in oven to rise for 20 minutes, then without removing bread from oven, turn oven to 350 degrees and bake for 35 minutes. Cool on racks.

CRACKED WHEAT SAUSAGE OR HAMBURGER
~Evelyn Ethington class

For hamburger mix together.

- 1 cup cooked cracked wheat
- 1 T. oil
- 1 T. brown sugar
- 1 egg
- 2-3 dashes each onion and garlic salt from large bottle
- 1 beef bouillon cube or beef flavor base
- 2-5 T. flour

For sausage add to above mixture:

- 2-3 drops liquid smoke
- 1 t. worcestershire sauce
- 1 1/2 t. sage
- dash cayenne/red pepper

Fry in small amount of oil after mixing.

CRACKED WHEAT SAUSAGE

~Lehi 5th Ward Cookbook

- 1 c. steamed cracked wheat (make ahead)
- 1 1/2 t. sage or Italian seasoning
- 2-3 dashes onion and garlic salt
- 1 mashed beef bouillon cube or beef flavor base
- 1 t. worcestershire sauce
- 1 egg
- 3-4 T whole wheat flour
- 1 T. oil
- 1 T. brown sugar
- dash of cayenne
- 3-4 drops liquid smoke

Fry after mixing.

WHEAT SAUSAGE

~Linda Smith, Lehi No. Stake

- 2 cups ground cooked wheat - not packed.
(Grind with fine blade of a food chopper).

- 1 egg
- 1 T. oil
- 1 T. brown sugar
- 1 1/2 t. ground sage
- 1 t. sausage seasoning
- 1/4 t. each onion and garlic salt
- 1 t. beef soup base or bouillon
- 1 t. worcestershire sauce

Mix all ingredients together except wheat. Gently fold in wheat. Drop from a spoon into

MEATLESS MEAT PATTIES ~Faye Reeves

1 cup Mixed Whole Grains
(Wheat, Corn, Oats, Adjuki beans, Rye, Barley, Rice, Millet and Buckwheat)
1 3/4 cup Water
1/4 cup Soy Sauce
1 teaspoon Granulated Garlic
Onion
1 teaspoon Cumin (Actually sometimes I leave this out)
1/2 teaspoon Basil
1/2 teaspoon Coriander (Actually sometimes I leave this out)
1 teaspoon Vegetable Bouillon

Mix all the grains together then measure them. Grind them quite coarse. Mix all the ing
I figure they are about \$.50 for 2 dozen.

Cookies For Dinner

<http://home.att.net/~cookiesfordinner/wsb/html/view.cgi-html2.html--SiteID-165914.html>