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A new year, new recipes



Most of us start January with resolve to take better care of our health, eating well, exercising regularly, and finding a bit more of that “balance,” we seek in our lives.

It can be tricky to stay fit during a long Manitoba winter, unless we’re skiers and skaters, or walk a great deal. Fortunately, many small towns have gyms with very reason-

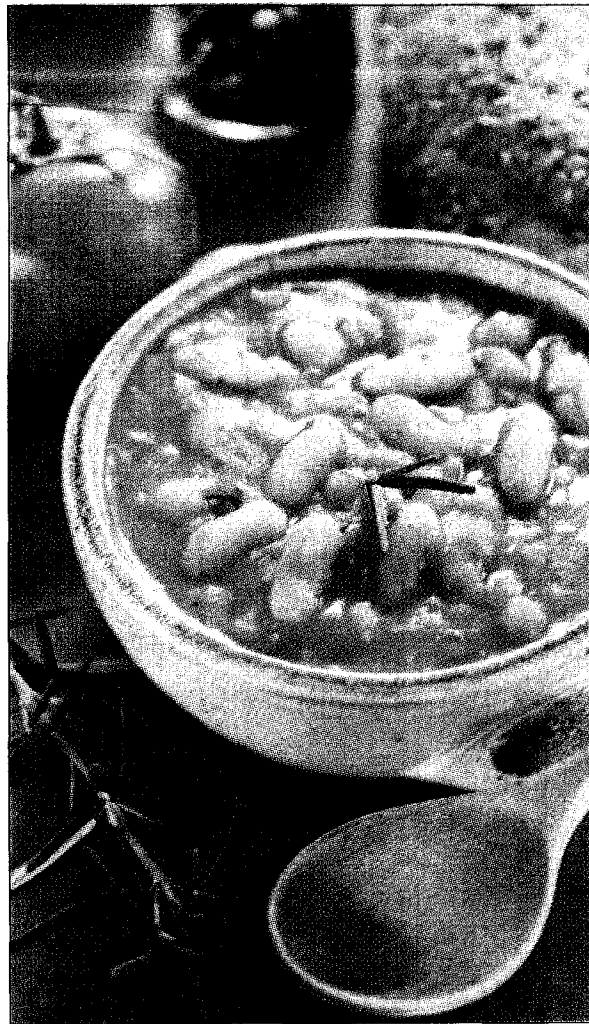
ably priced memberships, including some communities that now operate them as co-ops.

As for healthier eating, that usually means switching up a few habits too. Often that takes trying new things and becoming a little more adventurous at the dinner table.

This winter we’ve been eating more buckwheat and barley. I’ve been astonished how tasty both are in simple recipes.

For ideas I’ve turned to the websites of [Alberta Barley Commission](#) where there’s a large source of great barley soups, stews, side dishes and desserts, and, for buckwheat to a small booklet *Buckwheat: Your Natural Choice* published by the Canadian Special Crops Association.





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Why eat buckwheat?

It possesses high levels of dietary fibre, antioxidants and vitamins and is nutritionally superior to many of even the most healthful grains. Buckwheat is also a good option if you are eliminating gluten from your diet because it is entirely gluten free. The latest research indicates that buckwheat may even help with the management of diabetes and with the prevention of cancer and cardiovascular diseases. *Source: CSCA booklet **Buckwheat: Your Natural Choice**.*

Buckwheat can be found in most grocery stores. Most readily available in rural communities' smaller grocery stores are 450-g packages of "whole buckwheat." You will note one of the following recipes calls for "kasha." Kasha is whole buckwheat that has also been roasted. Kasha is a harder-to-find item (available in coarse, medium or fine grinds) and usually found only in specialty food stores.

WARM AND TOASTY BUCKWHEAT BREAKFAST

A nourishing, hot breakfast for a cold winter morning. If you use the much more readily available (unroasted) whole buckwheat in this recipe you'll produce something with a different flavour than if you used (roasted) kasha. Add sunflower seeds, walnuts, sweetened coconut, raisins, ground flax, chopped dates, apple slices or any other dried fruits for variety.

2-1/2 c. water or milk
1/4 tsp. salt
1/2 c. kasha

Heat water or milk in a saucepan with salt until it comes to a boil.

Add kasha. Cook uncovered for 12 - 15 minutes, stirring frequently at a gentle boil until desired consistency is achieved. Serve with milk and sugar.

*Source: **Buckwheat: Your Natural Choice** www.buckwheatforhealth.com*

BUCKWHEAT WITH MUSHROOMS AND ONIONS

A great side dish!

3 c. stock; beef, chicken or vegetable	1-1/2 c. sliced mushrooms
1 c. whole buckwheat	3 tbsp. chopped parsley
2 tbsp. oil	2 tbsp. sour cream (optional)
1/2 c. finely chopped onion	Salt and pepper to taste
1 clove garlic, minced	

Bring stock to a boil. Add buckwheat and bring to a boil. Lower heat, cover and simmer for 15 minutes. While the buckwheat is cooking, heat oil in a saucepan over medium heat. Add onion, garlic and mushrooms and sauté for 5 minutes or until soft. When the buckwheat has cooked, add with any remaining stock to the sautéed mixture. Add parsley and sour cream if using and season with salt and pepper.

Makes 6 servings.

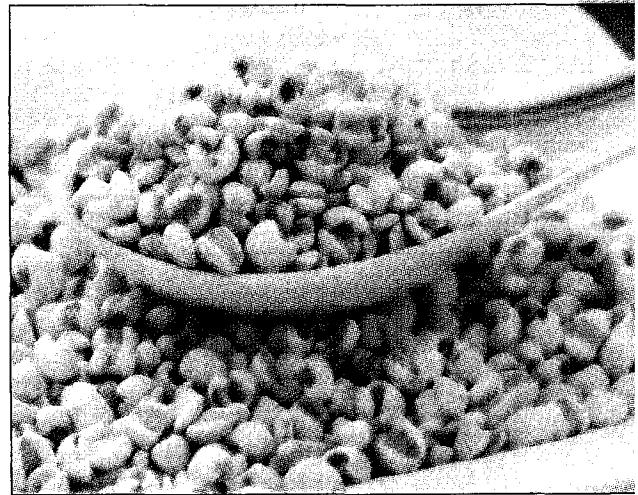
*Source: **Website of Canadian Special Crops Association** www.specialcrops.mb.ca/crops/buckwheat.html*

Why eat barley?

Arguably one of the oldest grains ever eaten, we “drink” this ancient grain more often than we eat it. Barley is also easy to find on store shelves, either as pearled or pot barley. Polishing to make pot or pearl barley removes the inedible hull, although that also removes some of the nutrients too. Whole barley is a rich source of soluble and insoluble fibre, is a low-glycemic index food and has natural antioxidants. Low-GI foods assist in the prevention of Type 2 diabetes and assist in blood sugar and blood cholesterol control.

Rich in beta glucan, a type of carbohydrate that plays a role in regulating glucose and cholesterol.

Source: USDA



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BEEF AND BARLEY STEW

1 tbsp. canola oil	7 pkgs. beef bouillon
1.5 lb. boneless stewing beef	(salt reduced)
1/2 c. pot barley	1 bay leaf
11 c. water	1 medium turnip
2 tsp. parsley	3 carrots
2 tbsp. Worcestershire sauce	2 medium potatoes, sliced
1/2 tsp. garlic powder	1/2 large onion, diced
	2 stalks celery, sliced

Cut beef into 1-inch cubes. In a large pot, heat oil on medium-high heat. Add beef and stir until browned on all sides. Add barley and water and bring to boil. In the meantime, prepare other ingredients and add to water. Simmer 1-1/2 to 2 hours, until vegetables are tender. Add salt and pepper to taste.

Source: Alberta Barley Commission

For more recipes log on to: www.albertabarley.com/barley/recipes.aspx

OLD-FASHIONED BARLEY PUDDING

2/3 c. pearl barley	margarine
3 c. boiling water	1 tsp. vanilla
1 tsp. salt	2 eggs, lightly beaten
1-1/3 c. milk	1/2 tsp. grated lemon rind
1/8 tsp. salt	1 tsp. lemon juice
1/4 c. brown sugar	1/3 c. raisins
1 tbsp. butter or	

Boil water and add barley and salt. Cook slowly for 45 minutes or until barley is tender. Cool. Combine milk, salt, sugar, butter, vanilla and eggs and beat well. Then add cooked barley, raisins, lemon rind and juice. Turn into a well-greased 1-1/2-quart baking pan. Set pan into a larger baking pan in oven. Pour hot water into the larger pan to within an inch of the top of the custard. Bake at 325 F for about 1 hour until a knife inserted in the centre comes out clean.

Serve hot or cold. Makes 6 servings.

Source: Alberta Barley Commission