

Recipes



Tips for Cooking with Amaranth

- Use as a base for a breakfast cereal, adding in nuts, fruit and sweetener and/or milk of choice to taste.
- Make a pilaf-type dish, combining with other grains such as brown rice, adding in vegetables and herbs.
- Pop amaranth seeds by toasting them in a hot dry skillet, a couple of tablespoons at a time, and removing when popped. Eat plain or use to top salads, soups or other dishes.
- Add to soups or stews both to thicken and to boost the protein, fiber, iron and calcium content.

Breakfast Amaranth with Walnuts and Honey

Need some extra energy to get through the day? A bowlful of this protein-rich supergrain topped with a little TLC in the way of nuts and honey should do the trick. You can save time by making amaranth several days ahead, keeping it chilled, covered, and then reheating it with a little extra water.

2 cups amaranth
4 cups water
½ teaspoon salt

Accompaniments: broken or chopped walnuts, pecan, or almonds; honey or pure maple syrup; milk

In a 3-to 4-quart heavy saucepan combine the amaranth and the water. Cover the pan and bring the mixture to a boil, whisking occasionally. Using a heatproof rubber spatula, push any seeds clinging to the side of the pot into the liquid then reduce the heat to low and continue to simmer, covered, until the liquid is absorbed, 20 to 25 minutes. Stir in salt.

Remove the pan from the heat and let it stand, covered, 5 to 10 minutes. Divide amaranth among bowls and top with nuts, honey, and milk.

Makes 4 to 6 servings, active time 5 minutes, total time 30 minutes.

— Kemp Minifie, *Epicurious.com*

Amaranth Polenta with Wild Mushrooms

This delicious recipe comes from “Whole Grains Every Day Every Way” by Lorna Sass and the Bob’s Red Mill website. Amaranth is one of the smallest grains available and makes a delightful polenta. Gluten free, Lactose free, low sugar, organic, soy free and vegan.

1 tablespoon unsalted butter or olive oil
¼ cup shallots, finely chopped
1 cup organic amaranth grain
¼ teaspoon salt
Ground pepper to taste
1 teaspoon thyme, chopped fresh
½ cup porcini mushrooms, dried
1¾ cups water, boiling hot

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Bring water to boil in a kettle, and pour 1- $\frac{3}{4}$ cups boiling water into a large heatproof glass measuring cup. Stir in dried mushrooms. Cover and set aside until the mushrooms are soft, about 10 minutes. Chop any large pieces.

Meanwhile, heat the butter or oil in a heavy 2-quart saucepan. Add the shallots and cook for 1 minute. Stir in the amaranth. Add the soaked mushrooms and soaking liquid, taking care to leave any grit on the bottom of the cup. Bring to a boil. Reduce heat, cover and simmer for 15 minutes. Stir in the salt, pepper and thyme.

Continue simmering, covered, until the mixture is porridgy and the amaranth is tender, 10-15 more minutes. (Tender amaranth will still be crunchy, but shouldn't taste hard or gritty.) Stir in a bit more boiling water if the mixture becomes too thick before the amaranth is done.

— Recipe courtesy of the [The Whole Grains Council](#) and Lorna Sass,
from cookbook *Whole Grains Every Day, Every Way*

Popped Amaranth Crunch

Here is a crunchy topping made by popping amaranth and tossing it with pumpkin seeds and spices. It's great scattered on stews and green salads. Choose a heavy-bottomed pot about 4 inches deep to prevent the popping amaranth from going AWOL.

3 tablespoons amaranth
3 tablespoons raw, hulled pumpkin seeds
1 teaspoon cumin seeds
 $\frac{1}{4}$ teaspoon dried oregano
 $\frac{1}{8}$ teaspoon chili powder
 $\frac{1}{8}$ teaspoon salt

Heat a large pot over high heat. When a bead of water dropped on the bottom immediately sizzles, stir in the amaranth. Lower the heat to medium. Stir constantly until the grains turn a shade or two darker and about 20 percent of the amaranth has popped. (The popped grains will look like tiny white beads.

Stir in the pumpkin and cumin seeds and continue stirring for another 30 seconds. Turn off the heat and continue stirring until the amaranth stops popping.

Immediately transfer the mixture to a small bowl. Stir in the oregano, chili powder, and salt. Let cool and then store in a jar in a cool place until ready to use or up to 1 month. Makes: 1 serving Serving size: about $\frac{1}{2}$ cup

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Note: If you'd like to double or triple this recipe, make it in batches. It's difficult to prevent the amaranth from burning when you try to pop more than 3 tablespoons at a time.

— *Recipe courtesy of the [The Whole Grains Council](#) and Lorna Sass, from cookbook [Whole Grains Every Day, Every Way](#)*

Nutrition facts per serving: Calories: 350 , Total Fat: 20 g, (Saturated Fat: 3 g), Sodium: 310 mg, Carbohydrate: 31 g, Fiber: 4 g, Protein: 14 g.

Creamy Cannellini Bean and Amaranth Soup

Cannellini beans are especially pleasing to the palate in the company of fresh herbs, and amaranth is a wonderful whole grain thickener that makes this hale-and-hearty soup plenty filling enough to be a main dish. For a super-thick and creamy soup, puree all of the soup rather than leaving half of the beans whole.

2 tablespoons extra virgin olive oil
2 large leeks, white parts only, sliced
3 garlic cloves, minced
1/2 cup amaranth
2 cups vegetable stock
2 cups cooked cannellini beans, rinsed and drained, divided
1/2 cup chopped fresh basil
1 tablespoon chopped fresh oregano
1 teaspoon sea salt
Freshly ground black pepper

Heat the olive oil in a large, heavy saucepan over medium heat. Add the leeks and cook, stirring frequently, until golden and soft, about 5 minutes. Add the garlic and cook for 1 more minute, then add the amaranth grains, stock, bay leaf, and tomato paste and bring to a boil.

Reduce heat to a simmer. Cover and cook for 30 minutes.

Remove the bay leaf from the amaranth mixture, add 1 cup of the beans, and use a handheld immersion blender to puree till smooth. (Alternatively, puree the beans in a food processor, add the amaranth mixture – working in batches if necessary – and puree again until smooth, then return to the pot.)

Stir in the remaining beans, the herbs, and the salt. Warm gently just to heat through. If desired, thin the soup with additional stock (heat before adding to avoid overcooking the soup).

Season with additional salt and pepper to taste. Makes: 4 servings Serving size: 1 cup

—*Recipe courtesy of the [The Whole Grains Council](#) and Lori Sobelson, from the [Bob's Red Mill](#) cookbook*

Nutrition facts per serving: Calories: 350 , Total Fat: 9 g, (Saturated Fat: 1.5 g), Sodium: 1290 mg, Carbohydrate: 57g, Fiber: 12g, Protein: 15g.

Amaranth-Ginger Muffins

The spicy bite of crystallized ginger pairs perfectly with the faintly peppery taste of amaranth in these gluten-free muffins. For the best results when making gluten-free breads and muffins, start with a blend of flours and starches like the mix of amaranth flour, potato starch and tapioca flour suggested in this recipe.

Liquid Ingredients

2 large eggs, at room temperature
2/3 cup milk
1/4 cup canola oil
2 tablespoons molasses (not blackstrap)
1 teaspoon pure vanilla extract

Dry Ingredients

2/3 cup amaranth flour
2/3 cup potato starch
1/2 cup tapioca flour
1 cup packed dark brown sugar
1 tablespoon baking powder
1 teaspoon xanthan gum
1 teaspoon salt

1 teaspoon ground ginger
1 teaspoon ground cinnamon
1/2 teaspoon each grated nutmeg and ground allspice
1/8 teaspoon ground cloves
1/2 cup finely chopped crystallized ginger
1/4 cup finely chopped walnuts

Ginger-Sugar Crust

2 tablespoon sugar
1/2 teaspoon ground ginger

INSTRUCTIONS

Place a rack in the middle of the oven. Preheat the oven to 375°F. Generously grease a 12-cup or 6-cup gray nonstick muffin pan or line with paper liners.

In a medium bowl, beat the eggs with an electric mixer on medium speed until light yellow and frothy, about 30 seconds. Add the milk, oil, molasses, and vanilla and beat on low speed until well blended.

In a small bowl, whisk together the dry ingredients. With the mixer on low speed, gradually beat the dry ingredients into the liquid ingredients until the batter is smooth and slightly thickened. Gently stir in the crystallized ginger and walnuts. Divide the batter evenly in the muffin pan.

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Make the crust: In a small bowl, whisk together the sugar and ground ginger and sprinkle evenly on the batter.

Bake the larger muffins 35 to 40 minutes or the smaller muffins for 20 to 25 minutes or until a toothpick inserted into the center of the muffin comes out clean. Cool the muffins in the pan 10 minutes on a wire rack. Remove the muffins from the pans and cool completely on the wire rack. Serve slightly warm.

makes: 12 muffins **serving size:** 1 muffin

—*Recipe courtesy* of the [The Whole Grains Council](http://www.wholegrainscouncil.org) and Carol Fenster,
from **100 Best Gluten-Free Recipes**

Nutrition facts per serving: Calories: 140, Total Fat: 4g, (Saturated Fat: 0g), Sodium: 170mg, Carbohydrate: 24g, Fiber: 0g, Protein: 1g.

For additional recipes, visit www.wholegrainscouncil.org