

Whole Foods Prep Guide



printed & distributed by

marquette
food co-op

about bulk

Buying bulk foods is one of the easiest ways to save money, but can initially seem daunting. Try this to get started:

Shop with a plan. Choose a recipe before even setting foot in the bulk section. That way, when you do, you'll be looking for ingredients instead of ideas.

Bring a container. Have it weighed by a cashier *before* filling it up. We do provide bags and containers, but consider reusing jars of all sizes. In general, liquid ingredients are especially cheaper in bulk.

Copy the PLU. This is the number you write on twisty ties and stickers in the bulk section, connecting the product you scoop with its price at the register. In this guide, it's listed beside each product's name.

Buy what you need. The greatest advantage of bulk foods is you can buy exactly how much you need. Instead of buying a pound of walnuts or a jar of cloves, both of which will just age in the cupboard, purchase the amount you actually need (and maybe a little extra).



soaking beans

3 cups water : 1 cup beans

Wash and drain the beans. Cover with cold water, discard floaters, and soak 4-8 hrs in a cool place. In general, the larger the bean, the longer they need to soak. The longer you soak the beans, the faster they cook. Drain, combine with fresh water, cover, and bring to a boil. Reduce heat and simmer until soft. Times below are approximate.

Cannellini 22031 45 - 60 min
22032 22036 22034 22033 22035
Black / Navy / Pinto / Small Red / Kidney 1 - 1½ hrs
Garbanzo Chickpeas 22042 2 - 3 hrs

quick beans

3 cups water : 1 cup beans

Wash and drain the beans. Cover with cold water and discard floaters. Combine with fresh water, cover, and bring to a boil. Reduce heat and simmer until soft. Times below are approximate.

Black-Eyed Peas 22041 15 - 20 min
Split Moong Dal 22065 20 - 30 min
Mung 22066 45 - 60 min

peas & lentils

Green 22071 / **Yellow Split Peas** 22072 3 cups water/broth : 1 cup peas

Wash and drain peas. Combine, cover, and bring to a boil. Reduce heat and simmer until just soft (40 - 50 min).

22062 22064 22061 22063
Green / French / Brown / Red Lentils 3 cups water/broth : 1 cup lentils

Wash and drain lentils. Combine with water, cover, and bring to a boil. Immediately reduce heat and simmer until just soft (20 - 40 min).



rice

Basmati 2 cups water/broth : 1 cup rice

Rinse rice in cold water. Combine rice with liquid in a pot with a tight-fitting lid. Bring to a boil, stir once, and reduce heat.

Brown 22003 Simmer 50 min. Remove from heat, let sit 10 min. Fluff with a fork and serve.

White 22004 Simmer 10 min. Remove from heat, let sit 5 min. Fluff with a fork and serve.

Brown Short 22001 / Long Grain 22002 2 cups water/broth : 1 cup rice

Rinse rice in cold water. Combine rice with liquid in a pot with a tight-fitting lid. Bring to a boil, stir once, and reduce heat. Simmer 50 min. Remove from heat, let sit for 10 min. Fluff with a fork and serve.

Jasmine White 22005 2½ cups water/broth : 1 cup rice

Rinse rice in cold water. Combine rice with liquid in a pot with a tight-fitting lid. Bring to a boil, stir once, and reduce heat. Simmer 20 min. Remove from heat, let sit 10 min. Fluff with a work and serve.

White Arborio 22007 1½ cups water/broth : 1 cup rice

Rinse in cold water. Combine rice with liquid in a pot with a tight-fitting lid. Bring to a boil, stir once, and reduce heat. Simmer 20-30 min. Remove from heat, let sit for 10 min. Fluff with a fork and serve. Arborio rice is best used in risotto recipes.

White Sushi 22006 2 cups water/broth : 1 cup rice

Rinse in cold water. Combine rice with liquid in a pot with a tight-fitting lid. Bring to a boil, stir once, and reduce heat. Simmer for 20 min. Remove from heat, let sit for 10 min. Fluff with a fork and serve.



Minnesota Wild 22021 3 parts water/broth : 1 part rice

First sort through to remove any foreign matter. Rinse in cold water. Combine rice with liquid in a pot with a tight-fitting lid. Bring to a boil, stir once, and reduce heat. Strong simmer 45 min. Drain or let steam off for last few minutes of cooking. Do not overcook; stop when the rice resembles an open hot dog bun (not exploded, like popcorn). Serve piping hot. Expands 3-4 times when cooked.

Lundberg's Wild Blend 22008 2 cups water/broth : 1 cup rice

Rinse in cold water. Combine rice with liquid in a pot with a tight-fitting lid. Bring to a boil, stir once, and reduce heat. Simmer for 45 min. Remove from heat, let sit for 10 min. Fluff with a fork and serve.

Olde World Pilaf 22009 2½ cups water : 1 cup rice

Combine pilaf with water. Add 1T oil, herbs, or spices to taste. Bring to a boil. Cover and simmer 50 min.

Forbidden Black 22012 1¾ cups water/broth : 1 cup rice

Rinse in cold water. Combine rice with liquid in a pot with a tight-fitting lid. Bring to a boil, stir once, and reduce heat. Simmer 30 min. Remove from heat, let sit covered for a few minutes. Fluff with a fork and serve.

Lundberg's Long Grain White Rice 22010 2 cups water : 1 cup rice

Rinse in cold water until water runs clear. Combine rice with liquid in a pot with a tight-fitting lid. Bring to a boil, stir once, and reduce heat. Simmer 20 min. Remove from heat, let sit covered for a few minutes. Fluff with a fork and serve.



grains & seeds

Amaranth 22090 3 cups water : 1 cup seeds

Combine seeds with water in a saucepan with a tight-fitting lid, and bring to a boil. Lower heat and simmer about 25 min. Grains will absorb water and bind together but retain their shape. Yields 2½C.

Or pop it! Heat ungreased heavy skillet over medium heat. Add 1T amaranth, stirring constantly to prevent burning. Empty popped seeds into a bowl when popping stops (about 15 secs). Add next portion until desired amount is popped.

Barley Pearled 22083 2½-3 cups water/broth : 1 cup grain

Bring liquid to a boil. Add barley, stir. Cover, reduce heat. Cook 35-40 min.

Or soak overnight (2 parts liquid : 1 part grain) to reduce cooking time to 15 min.

Buckwheat Groats 22086 2 parts water/stock : 1 cup grain

Combine with liquid. Bring to a boil, reduce heat, cover, and simmer 15-25 min.

Bulgur Wheat 22084 2 cups water/broth : 1 cup grain

Combine bulgur in a covered saucepan. Simmer 15-20 min, or until liquid is absorbed.

Let sit 10 min, then fluff with a fork and serve.

Millet Hulled 22089 1¼ cup water/stock : ½ cup grain

Combine millet with liquid. Heat to boil, cover, reduce heat, and simmer until millet is tender (start checking at 20 min). When liquid is absorbed, remove from heat. Let sit covered for 10 min.

Muesli 25051 1 part water : 1 part cereal

Serve hot by combining muesli with water, and bring to a full boil. Reduce heat and simmer for 2-3 min, stirring occasionally. Also good cold with milk / yogurt, topped with fresh fruit.

Oat Bran 22055 ⅔ cup water : 1/3 cup grain

Combine cereal with water and bring to a boil, stirring constantly. Simmer 5 min, remove from heat, let sit 5 min. Makes a great breakfast cereal or can be mixed into baked goods.

Rolled Oats 1 cup water : ½ cup grain

Boil water with a dash of salt, stir in oats, and cook over medium heat:

Quick 22051 3 min **Regular 22054** 5 min **Thick 22052** 10-20 min

Steel Cut Oats 22053 3 cups water : 1 cup grain

Combine oats with water and bring to a boil. Simmer 30-45 min.

Polenta 26032 6 cups water : 2 cups grain

In a deep pot, bring water and 1t salt to a boil. Gradually stir in polenta. Simmer gently, stirring frequently until mixture is very thick. Stir in 3T butter and ¼C parmesan cheese while cooking.

Pearled Farro 22084 3 cups water : 1 cup grain

Rinse grain, combine with water. Bring to a low boil for 15 min, or until *al dente*.

Popcorn White 22037 / Red 22038 / Yellow 22043 1/3 cup oil : 1 cup grain

Use 3-4 quart pan with loose lid. Heat oil until a test kernels pop. Pour rest to cover pan evenly. Shake to spread oil. When popping slows, remove pan from heat and serve.

Wheat Berries Hard Spring 22023 1½ cups water : ½ cup grain

Bring water to a boil, rinse berries and add to water. Cook for 1 hour and 10 min, adding water as necessary. Yields 1¼C.

White Quinoa 22022 2 parts water/broth : 1 part grain

Combine quinoa with liquid in saucepan, bring to a boil, and simmer 10-15 min, or until liquid is absorbed. Quinoa looks transparent when done.

Tri-Color Quinoa 22024 2 parts water/broth : 1 part grain

Combine quinoa with liquid in saucepan, bring to a boil, and simmer 10-15 min, or until liquid is absorbed. Quinoa looks transparent when done.

Kamut Berries 22026 3 parts water : 1 part grain

Bring to a boil, add a pinch or two of salt. Reduce heat and allow mixture to simmer until tender, at least 1½ hrs. If you soak kamut overnight, kernels should be tender after only 30-40 min simmering.

Seven-Grain Cereal 25061 3 cups water : 1 cup grain

Combine cereal with water and ¼t salt, and bring to a boil. Cover and simmer 10-20 min, stirring occasionally.

Cracked Wheat 26010 1 cup water/milk : ½ cup grain

Combine with liquid and simmer 15 min. This grain can replace rice/grains in most recipes, makes a great breakfast cereal, or can be mixed into baked goods. Yields 1C.

Wheat Bran 26033 ¾ cup water : 1/3 cup grain

Combine bran with water and bring to a boil, stirring constantly. Simmer 5 min, remove from heat, let sit 5 min.

Rolled Flakes Wheat 22081 / Rye 22082 / Barley 22083 2 cups water : ¾ cup grain

Boil water, slowly stir in the cereal. Simmer 20 min (30 for wheat), or until the water is absorbed.



pasta

Bring salted water, with ½T oil per gallon of water, to a rapid boil. Add pasta gradually, stirring occasionally. Pasta is done when it's tender yet firm.

Egg Noodles 26014 6 min

Tri Color Rotini 26015, Fusilli 26012 8 - 10 min

Tri Color Orzo 26011 4 - 6 min

Whole Wheat Penne Rigate 26013 7 min

French Couscous 26017 1½ cups water : 1 cup mix

Bring water to a boil. Stir in couscous, bring again to a boil, and reduce heat, cooking for 1 min or until water is absorbed. Remove from heat and let sit 5 min.

Israeli Couscous (P'titim) 26016 1¼ cups water : 1 cup mix

Boil water. Stir in couscous, cover pot, and simmer 8-10 min, stirring occasionally.

Wild Forest Mushroom Couscous 21051 1¾ cups water : 1 cup mix

Boil water. Combine with mix in a bowl, stir well, and cover. Let sit 5 min. Stir again and serve. Makes 2C.

soups

Kettle Chili 21054 1¾ cup water : 1 cup mix

Boil water. Combine with mix in a bowl, stir well, and cover. Let sit at least 7 min. Stir again and serve. Makes 2C.

Curry Lentil Soup 21074 ¾ cup water : ½ cup flakes

Pour boiling water over flakes, let sit 5 min. Garnish with green onions, parsley, or cilantro. Makes one serving.

MN Wild Rice Vegetable Soup 21061 8 parts water/stock : 1 part mix

Bring to a boil, then cover and simmer 45-50 min. Add liquid as necessary.

Pueblo Stew 21053 5 parts water : 1 part mix

Boil water. Combine with mix in a bowl, stir well, and cover. Let sit at least 10 min. Stir again and serve. Makes 1½C.

Spicy Southwestern Soup 21062 5 parts mix/stock : 1 part mix

Boil 5 min, then cover and strong simmer for 1-1½ hrs, adding water as necessary. Season with lime juice and chopped fresh cilantro. Also try steaming off water to create a thick mix for tacos, etc. Soup may be frozen and reheated.

mixes

Black Bean Flakes 21055 2 cups water : 1½ cups mix

In a bowl, combine boiling water to bean mix. Stir well, cover for 5 min and serve.

Dehydrated Mixed Vegetables 21063 3 parts water : 1 part mix

Soak veggies in water 15 min. Simmer 5-10 min, adding water as necessary.

Falafel 21052 1/3 cup water : ⅔ cup mix

Stir cold water with mix in a large bowl. Let stand 15 min. Roll into quarter-size balls or flatten into bun-sized patties. Makes two patties.

frying Heat ⅛-inch vegetable oil to 375°F, then fry until crisp and brown on both sides. Drain and serve.

oil-free Cook in a non-stick covered pan, or bake at 325°F until done.

Hummus Dip 21041 1½ cups water : 1 cup mix

Place mix in a bowl. Add warm water and 2T olive oil. Whisk until well blended. Let sit 5 min. For creamier texture, add additional 2T warm water.

Multigrain Pancake & Waffle Mix 26009

pancakes Stir ¾C mix, 1T oil, ½C plus 2T milk just until lumps disappear. Cook on preheated and oiled griddle, turning when bubbles form on surface and edges begin to dry.

waffles Stir 1C mix, 1 egg, 1T oil, 1T honey, ¾C plus 1T milk, just until lumps disappear. Cook according to waffle iron's instructions.

Refried Beans 21042 1¾ cups water : 1½ cups mix

In a medium bowl, combine boiling water with mix. Stir well, cover, and let sit 5 minutes. Can also be made in the microwave.

Tabouli 21043 1¼ cups water : 1 cup mix

In a large bowl, combine water with mix. Add 2T olive oil and 2 finely chopped tomatoes, and mix well. Let stand 1 hour (refrigerate if desired). Stir and serve. Lemon juice, parsley, green onions, cucumber, and mint can also enhance the salad.

Textured Vegetable Protein 26043 1¼ cups water : ½ cup mix

Add 8-10 oz. water to 4 oz. protein. Let sit 2-3 min. until all water is absorbed.

SooFoo Brown Rice & Lentil Mix 22092 2 cups water : 1 cup mix 1 tablespoon of olive oil, ½ teaspoon of salt (to taste)

Place ingredients in a pot, bring to a boil and cover. Reduce heat to allow SooFoo to simmer and cook for 45-50 minutes or until all liquid is absorbed. Turn off burner and let stand uncovered for 10 minutes. Results may vary. If too crunchy, add a little more water. If too soft, use a little less water. Prep time 40-50 min. Serves 3-4.

whole foods recipes

Still intimidated by the bulk section? Give these recipes a shot. Recipes are courtesy of Front End Manager Jamie Acocks, use foods and spices found in the bulk area, and are a great starting point for those looking to broaden their culinary horizons.

Vegetable Risotto (serves 4, 45 min prep)

Creamy and delightful, this dish is a true crowd-pleaser. The end result is more than worth the time and work spent at the stove.

3½ - 4C prepared vegetable stock (add 1C stock if omitting alcohol)
1C onion, diced
2T olive oil
1½ C crimini mushrooms, thinly sliced
2T garlic, minced
1C Arborio rice
½C white wine / vermouth (optional)
4 - 5 saffron threads*
1C peas
½ bunch kale (4-5 large leaves, any variety), sliced into thin strips
½C nutritional yeast flakes / shredded parmesan cheese
¼C fresh parsley, chopped
2t lemon zest, finely grated
Sea salt and fresh ground pepper, to taste

In a medium saucepan, heat stock. In a large stock pot, sauté onion in olive oil until soft. Add mushrooms and garlic, and sauté mixture about 3 min. Add rice, stir well to coat, and cook additional 2 min while stirring constantly, or until rice turns opaque.

Add wine/vermouth (or stock, if omitting alcohol) and saffron threads, season to taste with salt and pepper, and stir well. Reduce heat to low, and cook mixture until all liquid has been absorbed, stirring occasionally. Add ½C simmering vegetable stock and continue cooking, stirring occasionally until all stock has been absorbed. Repeat procedure (add stock, stir, cook until fully absorbed) until all but ½C stock remains.

Combine remaining ingredients, including kale strips, and stir well. Cook mixture 2-3 min, stirring constantly, adding remaining stock as needed, so that rice is tender and the risotto has a creamy consistency. Taste and adjust seasonings as desired.

**Saffron, while expensive, is an investment. Its unique flavor has no substitute. We carry saffron in tubes containing 40 or so threads, which will stay fresh for the other special recipes you use them in.*

Curry Lentil Cauliflower (serves 4, 30 min prep)

A perfect short notice meal—curl up with this easy curry after a long day.

1C basmati rice	½ head cauliflower, thinly sliced
1C green lentils	1 can (15oz) crushed tomatoes
½C olive oil	4t vegetable broth powder (<i>do not make into liquid broth</i>)
4t turmeric	½t fennel seeds
Sea salt to taste	1t cumin seeds

In separate pans, cook basmati rice (pg. 3), and lentils (pg.2) with 3t turmeric.

In a large pan, warm the olive oil, fennel seeds, turmeric, and cumin seeds. Heat spices until they are aromatic, but don't burn! Add sliced cauliflower and stir well to coat with oil and warm spices. When cauliflower is tender, add crushed tomatoes and broth powder. Heat thoroughly.

Drain off 1C lentils (remaining lentils can be made into soup, added to salads, etc.) and add to large pan. Salt to taste and serve over basmati rice.

Life Changing Loaf of Bread (makes 1 loaf, 1 hr to set)

This recipe is found at the lovely blog, MyNewRoots.org

1 C sunflower seeds	4 T psyllium seed husks
½ C flax seeds	1 t fine grain sea salt (add ½ t if using coarse salt)
½ C hazelnuts or almonds	1 T maple syrup (or a pinch of stevia)
1½ C rolled oats	3 T melted coconut oil or ghee
2 T chia seeds	1½ C water

Preheat oven to 350°F / 175°C. In a flexible, silicon loaf pan combine all dry ingredients, stirring well. Whisk maple syrup, oil and water together. Add this to the dry ingredients and mix very well until everything is completely soaked and dough becomes very thick (if the dough is too thick to stir, add one or two teaspoons of water until the dough is manageable). Smooth out the top. Let sit out on the counter for at least 2 hours, or all day or overnight. To ensure the dough is ready, it should retain its shape even when you pull the sides of the loaf pan away from it.

Place loaf pan in the oven on the middle rack, and bake for 20 minutes. Remove bread from loaf pan, place it upside down directly on the rack and bake for another 30-40 minutes. Bread is done when it sounds hollow when tapped. Let cool completely before slicing (difficult, but important).

Store bread in a tightly sealed container for up to five days. Freezes well too – slice before freezing for quick and easy toast!



The Marquette Food Co-op

No membership required • Fresh food daily, 8 to 9

906-225-0671 • www.marquettefood.coop

502 W. Washington, Marquette, MI 49855



**printed on 100% post-
consumer recycled paper**

Updated February 2014