

GLUTEN-FREE

# BUCKWHEAT


## SPROUT BREAD

*The Earth asked Vishnu,  
'Why do you come in the form  
of mountains and not in your  
own eternal form?'"*  
*Vishnu replied: "The pleasure  
in mountains is greater than  
that of other forms, for they  
sustain the world, feel no pain  
nor anger, with winds  
cleansing the soul.' As sages  
wander her slopes to find  
illumination in hidden caves,  
the mountains whisper  
wisdom to seekers. The rivers  
flow from glacial valleys  
gathering rich minerals from  
the earth to quench terraces of  
waving buckwheat. The air is  
filled with fragrant herbs.*



WITH  
SPROUTED FLAX, CHIA SEED, QUINOA, TEFF  
LIVING NUTRIENTS





My earliest memory of my Great Grandma Rogosa was the savory kasha varnishkes slathered with sautéed onions and egg that she served me topped with a crunchy pickle scooped out of her pickle barrel.

Today as I work restoring almost-extinct ancient grains from the Caucasus Mountains to biblical Israel, early memories of that tasty Kasha awaken my curiosity.

Commonly known as buckwheat (*Fagopyrum*), from the 1500s buckwheat was a staple grain for Eastern European Jews. Buckwheat was first cultivated in China to Tibet as early as 6000 years ago, and migrated with the silk trade routes from the Far East to Europe.

Ever the grain researcher, I have discovered the rare *Himalayan Tartary Buckwheat*, a tasty nutritional powerhouse. In memory of our grandmothers let us bake gluten-free:

***Himalayan Tartary Buckwheat  
Sourdough Sprouted Bread***

## ***Rutin Tootin - No Gluten***

### ***Sprouted Buckwheat Sourdough Bread***

*An easy-to-digest bread made from sprouted Buckwheat, Teff, Quinoa, Chia and Flax seed - extraordinarily delicious, rich in living nutrients.*

#### **Ingredients**

3/4 c raw Buckwheat, 1/4 c Teff, 1/4 c Quinoa, 1/4 c flax seed, 1/4 c chia seed, 2 Tbsp tartary buckwheat flour, dry sourdough starter, tsp seasalt, tsp psyllium, tsp cattail pollen

#### **Optional for richer bread add:**

1 tsp apple cider vinegar, 1 Tbsp olive oil, 1/4 cup yogurt, tsp vanilla, 1 Tbsp maple syrup or honey, 1 egg or egg white, soaked sunflower seeds, oat flakes for garnish

#### **Instructions**

Soak buckwheat, teff and quinoa together overnight up to 24 hours. In a separate bowl soak flax, chia seeds and psyllium in a cup of water. The next day, drain off any extra water in buckwheat, teff and quinoa - but do *not* rinse. Drain well. Blend buckwheat, teff and quinoa until there are no visible pieces.



***Sprouted Buckwheat Bread***

Mix in soaked flax and chia seeds and all other ingredients. Add yogurt, vanilla, honey or maple syrup, and egg as you like. Fold in the Himalayan Tartary Buckwheat flour for doughy consistency.

Place the dough into an oiled, floured loaf pan or line with parchment paper. Sprinkle on oat flakes for garnish. Fermentation is done directly in the baking pans. Let the dough ferment overnight for one to two days. Fermenting time can be reduced by leaving the dough out on the counter at room temperature overnight however a slow-rise in the fridge may have fuller flavor. The dough will expand as it ferments. Do not mix dough during fermentation in the pan or it will deflate. Bake at 340 for an hour. Let bread fully cool before slicing.

Note: Apple cider vinegar breaks down the phytic acid that limits absorption of





nutrients. Chia seeds/psyllium are egg-substitutes that help hold together the loaf.

### **Himalayan Tartary Buckwheat**

is a gluten-free ancient crop from Tibet and China that is being discovered in the West. It is used medicinally in traditional cultures due to rich phyto-nutrients. It is a prebiotic that nourishes a healthy microbiome.

Compared to common buckwheat, Tartary buckwheat contains 100 times more rutin/ quercetin, an antioxidant that promotes good circulation, soothes inflammation and fat metabolism. We call it 'skinny bread' since it helps folks lose weight and is low glycemic for a steady blood sugar level that satisfies.<sup>1</sup>



### **Quinoa**

is delicious, gluten-free, easy-to-digest, high in protein and minerals, and sprouts with vigor. It was a sacred 'Mother Grain' to the Incas.

### **Teff**

A gluten-free powerhouse of nutrition and life force, Teff is the staple food of slender, handsome Ethiopians, who domesticated it ~8,000 years ago. Teff's 12% protein is a vegetable version of



egg white. Half a cup of teff contains 12 grams of protein, equal to two eggs, with the highest calcium of all grains. Teff lowers cholesterol, builds collagen, and regulates blood sugar. Prebiotic with healthy yeast on its surface like a grape, Teff feeds beneficial gut bacteria.

### **Cattail Pollen**



Used in traditional Chinese medicine as a blood tonic, to improve circulation, reduce cholesterol and is anti-inflammatory.<sup>2</sup>

### **Sprouting for Digestibility and Nutrient-Availability of Grains**

*'It is known that grain is best when soaked before it is crushed into bread.'*

2000 years ago - Talmud Pesachim 40a

Sprouts have the greatest vitality in the life cycle of a plant. Soaking grain and fermenting dough prior to baking was a traditional method of ancient people. Raw grains have phytic acid, tannins and lectins - anti-nutrients that protect from predators and prevent grain from sprouting in the field. They bind minerals and decreases nutrient absorption. Sprouting and fermentation neutralize anti-nutrients, making the grains easier to digest and nutrients more bio-available. A biologically alive seed is nutritionally superior to a dormant dry seed.

<sup>1</sup> 'Mice consumed a high fat diet with and without rutin-quercetin for 7 weeks. Body weight decreased 33% in the rutin/ quercetin group due to their enhanced rate of fat metabolism'. [ncbi.nlm.nih.gov/PMC7284422](https://pubmed.ncbi.nlm.nih.gov/PMC7284422)

<sup>2</sup> <https://www.chineseherbshealing.com/proven-herbal-remedies/cattails.html>

The '**Sprout-Blend-Ferment**' method creates nutritionally superior breads with vital natural energy, creating the most delicious, wholesome breads in the world. Whole grains are transformed into living sprouts that become even more digestible with wild sourdough. Early people, from hunter-gatherers to Neolithic early farmers know this. The first breads were sprouted grain breads.

Any raw whole grain can be sprouted. Soak raw grain overnight. Drain. Rinse 2x a day with water. Blend the soaked grain just when there is a tiny dot of a rootlet beginning to emerge. This is the peak of enzymatic activity. Blend **before** the rootlet starts to grow out, or it may be bitter. With our method, there's no such thing as too much bread. The bread you've been craving becomes a nutrient rich loaf of life-force.

\* Whole oats may be heat treated, so make sure to use raw untreated whole oats.



*Traditional Himalayan buckwheat terraces are fertilized only with manure and irrigated with pristine, mineral-rich glacial waters.*

