



## **Grain Conference 2016**

Thank you for attending, collaborating and celebrating local grains with us! We hope you enjoyed participating in the workshops and meeting the incredibly talented artists that made up our roster of grain conference instructors. Feel free to call us to schedule classes or consulting at 310.656.8800 or visit the Business of Food site [here](#).

### **LOW COUNTRY 101**

**Jeston Garner and La Vay Ullie of Ol'Skool BBQ**  
**Osbbq.com**

#### **Roulade Recipe:**

2 lbs Pork Tenderloin  
2 lbs Pork Sausage  
2 small Onions (white or yellow)  
1 stalk Celery  
1 green Bell Pepper  
3 cups of medium grain rice (enough for stuffing the Roulade)  
1 bunch Parsley  
salt and pepper (to season)

#### **Buttermilk Biscuit Recipe:**

2 cups Sonora Flour  
1 Tbsp Baking powder  
1 tsp salt  
1/3 cup Lard  
2/3 cup Buttermilk

#### **Sherry-Braised Pork Jowls with Medium Grain**

olive oil (for frying)  
1- 1/2lbs Peads & Barnett Pork Jowls  
1 small onion chopped (yellow)  
1 Tbsp Sonora flour  
2 garlic cloves crushed  
1/2 tsp cumin  
1 tsp smoked paprika



150ml of dry sherry  
500ml of Beef stock  
Handful of poppalo (substitute parsley)  
Handful of chicharrones  
Handful of Cucarachas dried chili

**Method:**

Turn stove onto medium-heat and throw about 1-2 tbspn of olive oil in a large pan and throw in chopped onions too.  
Cook it up gently for about 10-15 minutes until soft and lightly browned. (Remove from pan)

Cut up those cheeks (right out of the fridge) and toss them in flour.  
Add a little more oil to the pan and turn up the heat and brown those cheeks all over (remove pork).

Turn down stove to medium heat and return onions back to the pan and add garlic, cumin, and paprika  
and cook for 1 minute.

Then throw in some Sherry to loosen things up a bit and scrape the bottom pan to mix it all up.

After that pour in the beef stock and bring pan up to a simmer. Simmer gently for two hours until cheeks are tender.

When done serve in a bowl with rice and garnish with a pinch of Cucarachas dried chili, handful of poppalo herbs, and bits of chiccharones on top. Enjoy!

**Pork Jowls Tip:**

- Leave pork in fridge until ready to cut
- Cut Pork cheeks up evenly so they all cook evenly
- Lightly pat flour on cheeks
- Use good pork jowls (farmer or butcher preferred) - Thank you Peads & Barnett!

**For The Rice:**

1 cup Koda Farms Rice  
2 Tbsps salt  
1/2 chopped yellow onion  
1 clove garlic, minced  
2 cups water

**Method:**

Turn pan onto medium-heat and add 2 Tbsps olive oil. Add onions and cook gently until lightly browned then add garlic and cook for a minute.

Next add water along with salt, bring to a boil and then add rice.  
Cook time is 16-18 minutes until fluffy.

**Rice Tips:**

- Don't let that lid off
- When you do cover that pot with a lid turn down your fire to simmer! You're good to go.
- Please, please rinse those grains after you cook them. Could it hurt?
- Oh, and use Koda Farms medium grain rice. It's legit. Soaks up the gravy like white bread but the rice retains its integrity bite after bite.



## **BREAD**

### **Or Amsalam and Alexander Phaneuf of Ol' Skool BBQ**

#### **WHOLE GRAIN LOAF**

##### **Bakers Percentages:**

Whole grain hard red winter/spring wheat – 50%  
Stone Ground Yecora Rojo – 50%  
Water (80-85 Fahrenheit) – 100%  
3 hour old Levain – 12%  
Salt – 2.5%

##### **Procedure:**

1. Mix Water and flour and let sit for 45 minutes to 1 hour (Autolyse)
2. Add Levain, remaining water, and salt and mix vigorously for about 15 minutes (taking a 3-5 minute break after every 5 minutes of mixing)
3. Fold the dough after it rests for about 30-45 minutes. Repeat this step 3 times. After final fold let the dough bulk ferment for at least 1 hour.
4. Once the dough is properly fermented place dough on an unfloured work surface and portion to 1 kilo dough balls and pre shape.
5. Allow dough to rest for 30-45 minutes.
6. Once dough is properly bench rested shape and place in banetones. Put the finished dough into the cooler for an overnight cold ferment (36-40 Fahrenheit)
7. Preheat oven to 480 Fahrenheit and pre heat your cast iron double cooker.
8. Once oven is hot carefully remove dough into the double cooker, score and cover and place into the oven.
9. After 25-30 minutes remove the cover. Finish cooking for about 25 minutes until bread is fully cooked.



## **PASTRY**

### **Rose Lawrence of Red Bread**

#### **PROFITEROLE 3 WAYS - CREAM PUFFS FOR DAYS**

##### **Brown Rice Coconut Puffs**

Yields 12 Medium Puffs

- 1 cup Water
- 1 stick Butter
- 1/2 teaspoon of sea salt
- 2 tablespoons cane sugar
- 1 cup Brown Rice Flour, milled fine
- 3 tablespoons tapioca starch
- 4 large eggs

##### **Filling:**

- 1/2 cup heavy cream
- 1/2 cup coconut cream
- 3 tablespoons powdered sugar
- Desiccated coconut for Sprinkling

1. Preheat oven to 425 degrees. Line 2 baking sheets with parchment paper.
2. Place the water, butter, sugar and salt in a heavy saucepan over medium-high heat. Bring to a boil. Add the flour all at once and stir with a wooden spoon until it forms a thick dough. Continue to cook while stirring for about 1 minute until dough pulls away from sides.
3. Transfer the dough into the bowl of an electric mixer, fitted with a paddle attachment. Mix on medium speed for 30 seconds to cool the dough down to a warm temperature. Add the eggs, one at a time, mixing well after each addition. After all the eggs have been added continue to mix, increasing the speed to high, until the dough is smooth, thick and shiny, about 1 minutes.
4. Load the dough into a piping bag, and pipe the dough onto the prepared baking sheets in mounds, spacing about 2 inch apart. Dust with powdered sugar.



5. Bake for 10 minutes (depending on the size) at 425. Lower the oven temperature to 375 and bake another 15 minutes, until the dough has risen and is golden brown. Remove from the oven and pierce the side of each puff with a sharp knife to let the steam escape. transfer to a wire rack set on your range and let cool completely.
6. In a stand mixer beat heavy cream and coconut cream together till soft peaks form. Add sugar and beat to stiff peaks. Use a knife or your finger to pull puff apart in half. Fill cold puffs, sprinkle with coconut. Enjoy

### **Red Fife Puffs**

Yields 12 Medium Puffs

- 1 cup whole milk
- 1 stick butter
- 1/2 teaspoon of sea salt
- 2 tablespoons cane sugar
- 1 cup red fife Flour, milled fine
- 4 large eggs

#### **Filling:**

- 3 lbs berries
- 1.5 lbs cane sugar
- 3-5oz lemon juice

- 1 cup heavy cream
- 1/4 cup powdered sugar
- Optional: 1 tablespoon bitters

1. Preheat oven to 425 degrees. Line 2 baking sheets with parchment paper.
2. Place the milk, butter, sugar and salt in a heavy saucepan over medium-high heat. Bring to a boil. Add the flour all at once and stir with a wooden spoon until it forms a thick dough. Continue to cook while stirring for about 1 minute until dough pulls away from sides.
3. Transfer the dough into the bowl of an electric mixer, fitted with a paddle attachment. Mix on medium speed for 30 seconds to cool the dough down to a warm temperature. Add the eggs, one at a time, mixing well after each addition. After all the



eggs have been added continue to mix, increasing the speed to high, until the dough is smooth, thick and shiny, about 2 minutes.

4. Load the dough into a piping bag, and pipe the dough onto the prepared baking sheets in mounds, spacing about 2 inch apart. Dust with powdered sugar.

5. Bake for 10 minutes (depending on the size) at 425. Lower the oven temperature to 375 and bake another 15 minutes, until the dough has risen and is golden brown. Remove from the oven and pierce the side of each puff with a sharp knife to let the steam escape. transfer to a wire rack set on your range and let cool completely.

6. While puffs are baking, combine berries, sugar and lemon juice in a medium sauce pan over high heat. Cook berries for 10-15 minutes stirring constantly, until jam sets up. Move to fridge to chill.

7. In a stand mixer beat heavy cream till soft peaks form. Add sugar and beat to stiff peaks. Use a knife or your finger to pull puff apart in half. Fill cold puffs with jam, whip cream, and sprinkle with powdered sugar. Enjoy

### **Abruzzi Ryeclairs**

Yields 12 Medium Eclairs

1 cup water

1 stick butter

1/2 teaspoon of sea salt

2 tablespoons cane sugar

1 cup abruzzo rye flour, milled fine

1/8 cup all purpose flour

3 large eggs, 1 egg white

#### **Filling:**

2 cup heavy cream

4oz dark chocolate

12 oz chocolate

1 cup cream

1/8 cup powdered sugar

Option: 1 tablespoons bitters

1. Preheat oven to 425 degrees. Line 2 baking sheets with parchment paper.



2. Place the water, butter, sugar and salt in a heavy saucepan over medium-high heat. Bring to a boil. Add the flour all at once and stir with a wooden spoon until it forms a thick dough. Continue to cook while stirring for about 1 minute until dough pulls away from sides.
3. Transfer the dough into the bowl of an electric mixer, fitted with a paddle attachment. Mix on medium speed for 30 seconds to cool the dough down to a warm temperature. Add the eggs, one at a time, mixing well after each addition. After all the eggs have been added continue to mix, increasing the speed to high, until the dough is smooth, thick and shiny, about 3 minutes.
4. Load the dough into a piping bag, and pipe the dough onto the prepared baking sheets in logs, spacing about 2 inch apart. Dust with powdered sugar.
5. Bake for 10 minutes (depending on the size) at 425. Lower the oven temperature to 375 and bake another 15 minutes, until the dough has risen and is golden brown. Remove from the oven and pierce the side of each puff with a sharp knife to let the steam escape. transfer to a wire rack set on your range and let cool completely.
6. While puffs are baking, melt chocolate with cream in a double boiler in medium sauce pan over medium heat. Move to fridge to cool. Use the double boiler again to melt, chocolate and cream together. Set aside.
7. In a stand mixer beat chocolate cream mixture till soft peaks form. Add sugar and beat to stiff peaks. Use a knife to cut eclairs in half. Dip top half of eclair into ganache, set aside. Fill cold bottom eclair chocolate whip cream and place ganache top on. Enjoy

## **Information:**

### **Koda Farms**

#### Kokuho Rose Brown Rice

Certified Organic Heirloom Whole Grain Brown Kokuho Rose® brand – medium grain – rice grown exclusively on Koda Farms since the 1950s. Unlike modern varieties, Kokuho Rose is a true heirloom, possessing hallmarks that stand in stark contrast to those considered desirable in industrial scale farming. In essence, Kokuho Rose is slow to mature, low in yield, and tall in stature – adding significant effort to its production. Preserving this proprietary strain of rice requires a three year commitment merely to produce the seed, which Koda Farms fulfills by maintaining



their private seed nurseries. A perfect expression of the land it was specifically bred to thrive upon, we consider our rice to be “au terroir”. Whole grain with bran layer intact, our genmai (Japanese for “brown rice”) is complex and subtle, light floral flavor with a naturally slightly sweet afternote. Tender texture, but more substantial than our white KR. . Perfect for table rice, sushi, as well as other traditional medium grain preparations which depend on a similar starch profile such as Italian risotto and Spanish paella.

<http://www.kodafarms.com>

### **Grist & Toll**

Urban Mill in Pasadena, CA sourcing local grains.

Red Fife (Tehachapi Grain Project)

Landrace flour by way of Canada. 1800s dominant and highest regarded bread flour. Exceptional flavor and golden color.

Abruzzi Rye (Tehachapi Grain Project)

Abruzzi rye that was famous in the Carolina Territory during our colonial era—the very rye flour used in “thirded breads,” such as the famous Boston brown bread. The kernels of this grain are lovely green-gold in appearance with aromatic qualities of bold mineral, spice, and sweet cream over deep, nutty grain flavors.

<https://www.gristandtoll.com>

<http://www.tehachapigrainproject.org>

### **Red Bread**

Red Bread is a whole grain, sourdough bakery started in Venice, CA in 2011. We believe that bread and pastries should be nutritious and delicious, and rely on natural fermentation to leaven almost all of our offerings. We believe all good food requires is good ingredients, care and time. We are constantly striving to bring the best of California fields to your door. Voted Best Pie, Best Cookie and Best Rye Bread in Los Angeles. Order online for delivery to your door.

<http://www.eatredbread.com>

### **Chef Rose Lawrence**



Rose is the chef and owner of Red Bread. Rose is a fantastic about using whole grains from california farmers and millers. She is committed to understanding the science, art and magic of real food treated with care. Rose is passionate chef/baker and believes in the power of fermentation. She is actively involved in food justice issues.



## **FERMENTING GRAIN**

### **Minh Phan of Porridge and Puffs**

#### **BEYOND THE GRAIN: SPROUTS & FERMENTATION**

#### **SPROUTS**

##### **Benefits**

- “Sweet spot” straddling being a grain and a green plant which has all the nutrients of the grain but easier to digest
- Some sprouts have more vitamins than its grain counterpart, since the sprouting process means increase of vitamin C, minerals, and the benefits of chlorophyll (stabilizes sugar levels, helps deliver vitamins and moisture to the body, antioxidants)
- Provides variety in flavors and textures. Adding a dose of “fresh” to earthy, nutty flavors

##### **Buy a fancy sprouter or do it the easy way.**

1. Soak grain/dried legume for 4-12 hours depending on grain
2. Make a paper towel bed in a plastic container.
3. Put down soaked grains.
4. Mist a few times a days. Sprouting will begin within hours.
5. Keep in a cool place. Mist 2-3 times a day, keeping grain and paper towel moist, but no pooling of water. Be sure roots stay moist.
6. Give it indirect sun an hour a day, especially when close to harvesting time for a boost of chlorophyll. Keep misting 2-3 times daily,
7. Sprouts are ready to be consumed when they taste good.

#### **GRAIN FERMENTATION**

- History, culture, benefits: A LOT!!

#### **Keep In Touch!**

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## **NUKADOKO**

- Nuka mean rice bran. Doko means bed. Nukadoko means rice bran bed used for fermentation
- What exactly is rice bran? Magical product (and currently underused one). Introduce Robin of Koda Farms (one of oldest farming family in California. A favorite farmer)
- What is nukadoko and how to make it and use it.

### **Nuka Recipe (15-20% Salt to Rice Bran)**

- 75 grams salt (use 100 grams for a more stable and saltier bed)
  - 500 (about 1.1 lbs) grams rice bran
  - 200 grams mead or yeasty beer or kombucha
  - 300 grams purified water
  - Kombu, Aromatics, Vegetables/Fruits (use scraps if you have them. Do not use citric, anything too acidic)
1. Roast bran until toasty (you'll smell it)
  2. Mix salt and warm rice bran. Let cool to room temp.
  3. Incorporate beer into bran and salt mixture.
  4. Add 200 grams of water and mix by hand. If the mixture is still dry, add a tablespoon of water at a time until you get a moist, soft paste. Should be moist but stiff enough to hold shape.
  5. Press nuka into a container. You now have a nukadoko, but it's not ready to be used yet.
  6. Bury kombu, aromatics, vegetables into nukadoko
  7. Leave on counter covered with clean cloth/paper towel for 24 hours.
  8. Mix/aerate and replace vegetables every 24 hour, more often if above 80 degrees. Feel free to taste the veggies in this process, but know the bed is not ready (veggies will be salty and limp).
  9. Keep feeding nuka for 3 days with new kombu/vegetables, disposing "used" pieces. By the third day, nuka will give off a sweet, fermented smell. Vegetables will be less salty and have a nice complexity.



10. Keep nuka bed healthy in refrigerator, feeding it at least once a week with new vegetables/fruit. Fruit and vegetables can ferment from a few hours to a full day depending on size, sugar content, moisture level, etc. Pull vegetables from bed, rinse and taste. Vegetables can be pulled out of bed, cleaned and saved until ready to use within 48 hours.



**GRAIN BOWLS**  
**Jason Prendergast of Tender Greens**

**FRENCH BLACK OATS, STRAUS YOGURT, DRIED PEACHES,  
CINNAMON HONEY**

**Serves 2**

1 cup French Black Oats

3 cups Filtered Water

Pinch Kosher Salt

2 oz Straus Organic Yogurt

2 ea Organic Old Fashioned Peaches

¼ t Fresh Ground Saigon Cinnamon Stick

3 oz Unfiltered Organic Honey

1. Quarter peaches, remove seeds and slide into ¼” slides, place on dehydrator trays and dehydrate according to manufacture suggested settings. Once dry, hold in an airtight container.
2. Place honey in a sauce pot over low heat, bring to a simmer and add cinnamon, remove and hold for use.
3. In a medium sized sauce pot, bring water to a simmer, gradually add in oats and whisk to combine. Place on low, simmer and cook for approximately 35 minutes until oats are fully bloomed. Season with a pinch of salt
4. Place cooked oats in a bowl. Top with yogurt, dried peaches and a drizzle of cinnamon honey.



## **RED FIFE WHEAT SALAD, BLACK TUSCAN KALE, APPLES, PICKLED RAISINS & CIDER DRESSING**

### **Serves 4**

7.5 oz Red Fife Wheat  
2 T Sea Salt  
1 gal Filtered Water  
1 bunch Organic Tuscan Kale  
2 ea Organic Apples  
2 oz. Market Raisins or Homemade  
1 cup Champagne Vinegar  
½ c Filtered Water  
1 ea Cinnamon Stick  
½ oz Ginger, Peeled and Sliced  
2 cup Apple Cider  
1 cup Cider Vinegar  
1 ea Shallot, Minced  
½ cup California Olive Oil  
Kosher Salt to Taste  
½ cup Toasted Pistachio Kernels

### **Pickled Raisin Method**

1. In a medium sized sauce pot, combine champagne vinegar, water, ginger and cinnamon stick, bring to a high boil.
2. Place raisins in a non-reactive container, pour hot liquid over the top, cover and let sit at room temperature for 6-8 hours. Remove ginger, cover and refrigerate overnight.

### **Cider Dressing Method**

1. Place apple cider in a non reactive sauce pot and bring to a high simmer, continue simmering until reduced by half.
2. Place reduced cider in a non-reactive container while warm, add shallots, pinch of salt and cider vinegar.
3. Allow to cool, then whisk in olive oil. Adjust seasoning with kosher salt. Refrigerate once cool.



### Red Fife Cooking

1. Bring water and sea salt to a boil in a large pot.
2. Add Red Fife to boiling liquid, continue cooking until Red Fife is bloomed, approximately 20-25 minutes.
3. Drain water through a strainer, spread Red Fife on a baking tray and allow to cool or come to room temperature.

### Finishing and Plating

1. Remove stems, wash and dry kale. Cut into fine threads.
2. Quarter apples, remove seeds and cut into 1/4" slices.
3. Add cooked Red Fife to a bowl, add 3-4 tbsp of reserved dressing, along with apples and kale.
4. Place in the center of a plate and spread out with the back of a spoon. Top with toasted pistachios.



## **FARRO WHEAT RISOTTO, PUMPKIN & POMEGRANATES**

### **Serves 4**

6 oz Farro Wheat  
2 qt Pumpkin Stock\*  
1/2 cup Hard Cider  
1 cup Pumpkin Puree\*\*  
1 oz Olive Oil  
Kosher Salt as Needed  
2 tbsp Olive Oil Blend  
1 ea Shallot Minced  
2 oz Toasted Pumpkin Seeds  
1 ea Pomegranate Seeded

\*To make Pumpkin Stock, boil pumpkin pieces in a medium sauce pot with 2 qts of water. Bring to a simmer and cook for 35-40 minutes and strain through a fine mesh strainer.

\*\*Purchase any Organic Pumpkin Puree or visit [tendergreens.com/cookbook](http://tendergreens.com/cookbook) for the recipe

### **Pumpkin Risotto Method**

1. Bring pumpkin stock to a high simmer in a sauce pot.
2. Place a Dutch oven over low-medium heat and add remaining olive oil, once warm, add shallot.
3. Add farro wheat and a pinch of salt, allow to toast till farro releases nutty fragrance, about 2-3 min.
4. Add cider, stir and allow cider to reduce completely.
5. Season with kosher salt and begin ladling in pumpkin stock.
6. Continue stirring with a wooden spoon and adding stock gradually until farro becomes creamy in texture, about 30 min.
7. Add pumpkin puree, adjust seasoning and warm plates for serving.

### **Finishing and Plating**

1. Place risotto into warmed bowls.  
Garnish with pomegranate and pumpkin seeds, serve and enjoy.



2.

**PASTA**  
**Stefano de Lorenzo**

**PASTA**

500 gr “00” flour  
500 gr Sonora flour  
480 gr eggs

**WHOLE GRAIN PASTA**

1 kg Sonora flour  
500 grams water

Wild arugula and cherry tomato sauce:

- in a mixing bowl add four cups mixed cherry tomatoes cut in two, four cups of fresh wild arugula, ofour tablespoon of sliced almonds, parmesan cheese, salt and pepper to taste.
- in a small sauce pan warm on medium heat two cup of EVOO, one garlic clove and a teaspoon of chilly pepper.
- when pasta is cooked al dente, add to the mixing bowl, gently mix with the rest of the ingredients and pour the warm EVOO on top.

For the pasta, mix flour and liquids in the kitchenAid till well mixed. Let pasta dough rest for 15/20 minutes before shaping it. As simple as that!