

## Sprouting Class “Recipes” (2011 Class)

### The Zippity-Doo-Dah Sweet Chili Thai No-See-Um Salad

(Wow! Did that get your attention - or what?)

- 1 big handful of sprouted lentils
- 1 big handful of broccoli sprouts
- 1 big handful of lentil microgreens
- 1 handful of sunflower microgreens
- 1 small handful of sprouted black-eyed peas with the hulls removed. (So they no see-um while you eat- em ☺)
- 1 handful of soaked craisens (in warm water)

Except for the sunflower microgreens the sprouts were all about 6-7 days old.

I had brought some canned mandarin oranges and with me to add to the salad but forgot to use them.

For dressing, we stirred in some MAE PLOY sweet chili sauce. That's what gave it its zip! ☺

### Pepper Steak w/o the Steak (2011 Class)

2-3 cans of stewed tomatoes blended on lowest setting in a blender for 15-20 seconds.

Chopped bell peppers, to desired amount; fresh or reconstituted, dehydrated peppers.

Add to tomatoes and heat to boiling.

A dash or two of Worcestershire sauce stirred into a heaping tablespoon of corn starch and stirred into the boiling stewed tomatoes and peppers.

Salt & pepper to taste (I always use Real® salt)

Just before serving we threw in a handful or two of 2-3 day old lentil sprouts. I'm not sure just how many... I told the sisters in the kitchen to just throw in a couple of handfuls.

Served in class over Potato Pearl instant mashed potatoes spiked with a good-sized bunch of broccoli or alfalfa sprouts.

I hope you're getting the point, here...  
This isn't rocket science.  
There are no exact amounts.  
We just created as we went along.

**And you can, too!**

## Brown Rice and Lentil Sprout Pilaf (2011 Class) (From *The Everyday Gourmet* by Shari Haag)

- 1 Tbsp. dried chopped onion
- 2/3 cup dried, diced carrots
- 1 cup water
- 1 cup brown rice
- 2 Tbsp. oil
- 2 Tbsp. butter (2 Tbsp. water mixed with 2 Tbsp. butter powder)
- 2½ cups chicken broth (2½ cups water mixed with 1½ tsp. chicken bouillon)
- 2 cups lentil sprouts
- 1 tsp. dried parsley (We used basil instead)

In a medium saucepan, add onion and carrots and water. Cook until soft. Stir in rice, oil, and butter, continue cooking, stirring over medium high heat, until rice begins to slightly brown. Add chicken broth. Cover and simmer 45 minutes or until rice is tender and liquid is absorbed. Stir in lentil sprouts and parsley (basil). Remove from heat. Serves 3-4

*The Everyday Gourmet* is one of my favorite Food Storage Recipe books. One of the few books with all recipes using only shelf-stable ingredients. (Excepting for a few using wild caught game.)

Sadly, the only place that I know of where it is currently available (2022) is:

[https://www.amazon.com/Everyday-Gourmet-Cooking-Long-term-Storage/dp/B001KH6AYC/ref=sr\\_1\\_1?crid=2CG6TANR0G80&keywords=Shari+Haag&qid=1666824206&srefix=shari+haag%2Caps%2C204&sr=8-1](https://www.amazon.com/Everyday-Gourmet-Cooking-Long-term-Storage/dp/B001KH6AYC/ref=sr_1_1?crid=2CG6TANR0G80&keywords=Shari+Haag&qid=1666824206&srefix=shari+haag%2Caps%2C204&sr=8-1)

... and unfortunately, it's rather spendy.

### The Lentil's Answer to Potato or Nacho Chips

(Original idea from Sproutman's  
Kitchen Garden Cookbook)  
(2016 Class)

1 quart Fresh 5-day old Lentil Sprouts  
Seasonings, Spices, or Sauces a desired.

Steve Meyerowitz recommended marinating the sprouts for 24 hours before dehydrating.

For our Jan. 2016 class the 5-day old sprouts were spread onto dehydrator sheets and sprinkled and spritzed with seasonings and spices. Well... 2 trays were prepared that way.

One tray - spritzed with Nama Shoyu, sprinkled with garlic powder and Real Salt™

One tray - sprinkled with Tajin and Chile Con Limon

One tray – soaked in Apple cider vinegar for a few minutes, drained, spread on tray and sprinkled with Real Salt™

One tray – sprouts blended with Sweet Baby Ray's BBQ sauce and spread on tray

Dehydrate at 125°F in dehydrator for 6-8 hours.

Or... Spread on a cookie sheet and bake at 250°F until brittle and crispy.

When completely dried they can be stored in a jar or in a zip-lock bag.

If they end up too hard – sprout them longer and marinate them longer.

UPDATE 2023: Mix fairly dry sprouted Lentils with Hidden Valley Ranch Dip Mix (powder) Creamy Dill and spread on tray.

## Ideas for using Sprouts & Micro Greens

**Steamed vegetables** – Add whole alfalfa, chia, clover, corn, garbanzo, lentil, mung, pea, radish, or wheat sprouts during the final 2 min. steaming time.

**Soups** – For flavor or thickening, add chopped or whole sprouts—corn, garbanzo, lentil, mung, pea, radish, or wheat.

**Rice** – Add whole or chopped alfalfa, barley, chia, pea, radish, or watercress, to rice dishes and to steamed rice after cooking the rice - just before serving.

**Stir Fry** – Add any of these sprouts to your usual stir-fry vegetables – alfalfa, clover, mung, or radish sprouts.

**Vegetable Juices** – Make your own “V8” juice with sprouts. Start with tomato juice; add ground chia, barley, cabbage, clover, lettuce, radish, and/or watercress. Add one sprout at a time so the flavor won't be too strong until you get the taste you like.

**Mashed Potatoes** – Grind or chop very fine either alfalfa, chia, or clover sprouts to give potatoes a good flavor plus a little color.

**Baked Beans** – Add any sprouted bean with short sprout. Use bean sprouts when it has just barely split open with a short sprout. Try

lentil, mung, lima, pinto, or navy bean sprouts.

**Home-Baked Foods** – Enhance the flavor of any baked goods by adding whole or chopped sprouts.

**Breakfast** – Add some clover, alfalfa, or radish sprouts to your omelet or scrambled eggs. Add finely chopped buckwheat sprouts to your pancakes and waffles.

**Casseroles** – Sprouts add a zesty flavor to casseroles, but only add them just before serving. Try cabbage, corn, lentil, mung, spinach, or wheat.

**Salads** – Salads are the most logical place to use sprouts. Use them instead of lettuce or add to your lettuce salad. Use sprouts in coleslaw or substitute sprouts for the cabbage. Adding some radish sprouts will give it some zing!

**Sandwiches** – Add alfalfa sprouts to chicken or tuna salad sandwich. Liven up that grilled cheese by adding alfalfa, clover, lettuce, or watercress sprouts for added nutrition and flavor.

## RECIPE UPDATE:

### Barley Mushroom Pilaf

(2023-24 classes)

(Emergency Food Storage in a Nutshell,  
by Leslie D. Probert & Lisa L. Harkness

3<sup>rd</sup> Edition Revised – Not found in the 2<sup>nd</sup> Edition)

3 c. water \*(revised to 2 ½ c. for Thermal Cooking)

1 c. pearl barley

1 T. chicken bouillon \*(For class, Better Than Broth – Onion flavored was used)

1 T. dried onions

¼ t. crushed, dried rosemary

1 (4-oz.) can sliced mushrooms, drained

Parmesan cheese (was not included in class demo)

**Stove Top:** Bring water to boil. Add remaining ingredients except cheese. Simmer 45 min. (25 min. if barley is soaked 4 hrs. or overnight - drained. Remember to measure before soaking) Top with cheese. (Serves 4-6 as a side dish)

**Thermal Cooking (“retained heat”):** Bring water to boil. Add remaining ingredients except cheese. (no cheese used in demo) Boil for 5 min. Secure lid. Place into retained heat device (thermal cooker). Cook for 1-1.5 hrs. (40-45 min. for pre-soaked barley) No Peaking !! If desired, add cheese before serving. (Serves 4-6 as a side dish)

# Easy Steps to Sprouting

- Rinse/Soak (1-12 hrs.)
- Drain/Sprout
- Rinse/Drain/Sprout
- Repeat R/D/S (2-3X a day)
- Rinse/Drain
- Eat and/or Refrigerate

## Benefits of Sprouting

- Sprouts are packed with nutrients
- Mature in three to five days
- May be "planted" (sprouted) any day of the year
- Are easy to grow
- Require neither soil nor sunshine
- Can be eaten raw
- Are inexpensive
- Come in a wide variety of tastes & textures

# Easy Steps to Microgreens

## (Container Method)

- Seeds - Organic (from a reputable source)
- Containers - Repurpose containers that fruit or other food items were purchased in from the grocery store. Poke holes in the bottoms and lids if necessary. (If using trays see Easy Steps to Microgreens - Using Tray Method.)
- Soil - Organic Potting, Seedling Soil, or an alternative growing medium like Coco-Coir.
- Pre-soak most seeds. Do not soak very tiny seeds or mucilaginous seeds. (See "note" below)
- Fill container with water saturated growing medium/soil to approximately 3/4" -1" deep. Do not pack down. Tap bottom on countertop 2-3X)
- Sow Seeds close together but not touching.
- Cover pre-soaked seeds with thin layer of soil. (Except for sunflower seeds.) Gently press non-soaked seeds or soaked black oil sunflower seeds onto the top of the soil and spritz with a water bottle. Do not cover these with soil.
- Cover container with lid. Cover lid with towel. Spritz top of soil every day until shoots appear. Remove towel.
- No lid? Cover soil and/or seeds with damp cloth or damp paper towels. OR... spritz 3-4X a day until shoots appear.
- Water from the bottom after that - when the soil on the top feels dry (to avoid molding). Soak in a pan of room-temperature water.
- Drain the container at a slight angle for a couple of minutes. Place it on a plate or a tray to catch additional drainage. The soak water can be re-used for additional containers.
- Important: Don't pour the soak water down the drain. The fine silt may eventually clog the drain. (Water the house plants.)
- When greens have reached desired height - snip to eat, or place the container in a plastic bag, tie top of bag closed loosely and place the container in the refrigerator. If needing to store longer than a week - water after one week.
- Harvest only what you need by snipping stems just above the soil while holding the container on it's side over a bowl or plate.
- If storing snipped greens - Do Not rinse before storing.
  
- NOTE: For specific information on each seed variety visit <https://sproutpeople.org/seeds/microgreens/> or refer to Mark Mathew Braustein's great book - Microgreen Garden

# Easy Steps to Microgreens

## (Tray Method)

- Seeds - Organic (from a reputable source)
- Trays - Cafeteria style trays. Available at restaurant supply stores. One for bottom, one for lid. (If using containers see Easy Steps to Microgreens - Using Container Method.)
- Spread single lay of dry seeds on an empty tray to determine how many seeds to soak - seeds close - but not touching.
- Pre-soak most seeds. Do not soak tiny seeds or mucilaginous seeds. (See "note" below)
- Soil - Organic Potting, Seedling Soil, or an alternative growing medium like Coco-Coir.
- Fill container with water-saturated growing medium/soil to just below the top. (Approximately 1" deep.)
- Sow Seeds close together but not touching.
- Cover pre-soaked seeds with thin layer of soil, except for sunflower seeds. Gently press non-soaked seeds or soaked black oil sunflower seeds onto the top of the soil and spritz with a water bottle. Do not cover these with soil.
- Cover tray with an inverted tray. Insert a pencil between top and bottom tray on one side to prop open to allow some air flow.
- No lid? Cover soil and/or seeds with damp cloth, paper towels, or newspaper. OR... spritz 3-4X a day until shoots appear.
- Water from the side to avoid molding when the soil on the top feels dry. Tip tray slightly on one side and slowly water from the side with an indoor-plant watering can that has a narrow spout. Rotate tray and repeat on remaining three sides.
- Important: Water microgreens somewhere where you don't run the risk of watering any soil down the sink. It may eventually clog the drain.
- Harvesting microgreens in batches as needed is best; snipping stems just above the soil.
- If harvesting and storing an entire tray of snipped greens...  
**Do Not rinse before storing.** Can be stored in zip-lock bags.
- NOTE: For specific information on each seed variety visit <https://sproutpeople.org/seeds/microgreens/> or refer to Mark Mathew Braustein's great book - Microgreen Garden

## ADDENDUM (2022):

An alternative to the tray method on page one using two 9-count Cupcake Carriers available at the Dollar Tree. (as of Oct. 2022)

- Replace the 2<sup>nd</sup> & 3<sup>rd</sup> bullet points of the original tray method on page one with the following 2 bullet points:
- In one of the cupcake trays drill a hole approximately the diameter of a pencil in the center of each of the 9 cupcake-holding indentations.
- Invert one of the lids and spread a single lay of dry seeds on an empty tray to determine how many seeds to soak - Seeds close - but not touching.
- Continue with the 4<sup>th</sup> bullet point on page one to 9<sup>th</sup> bullet. Cover tray with one of the lids. Insert a pencil on one side between the lid and the top tray to prop open to allow some air flow and cover with a towel to simulate the darkness of being planted in the ground.
- To water: Lift one side of the top cupcake holder. Pour water into bottom holder to fill the nine indentations. Gently lower the top holder.

### Tray Method



### Container Method



### Cupcake holder Addendum



## Is it Mold or Not?

What is that white stuff growing on my new sprouts?  
Is it mold? Is it mildew? Something else?

Not all mold is mold or mildew... sometimes it's something else.

When sprouts are thirsty they put out tiny little microscopic cells called cilia hairs. Cilia hairs are very small cells but we can see them because the roots of the sprouts put out so many. They are tiny enough to get moisture from the atmosphere. This means that the sprouts are thirsty.

If it is mold, then there is a horrible, terrible, disgusting odor associated with it. If it is mold, then it is slimy to the touch and the sliminess does not rinse away. If it is mold, it has a slight grey or blue/grey tint to it.

If it is NOT mold, but are cilia hairs, there is no horrible, terrible, disgusting odor associated with it. If it is NOT mold, but are cilia hairs, it is not slimy to the touch and it does rinse away only to come back several hours later. If it is NOT mold, it is white in color, like a nice cloud that your sprouts can get moisture from.

What to do?

Rinse the sprouts for a longer period of time. You are mother nature to them, they can only get their moisture if you provide it for them. So provide them with the water that they need.

If you are rinsing your sprouts with the faucet, then sing a nice little song to them for a few minutes. If you are soaking them then go ahead and brush your teeth or comb out your hair. Give them some time with the water. Drain away the excess water when they are done.

You may want to rinse an extra time during the day, but really, just give them more time with the water and that should take care of the cilia hair cloud.

By The Sprout House on October 18, 2015  
Sprout Lady Rita