

Cooking with Chef Brad

America's Grain Guy

Education Week Recipes 2018

Pressure Cooker Mac and Cheese

America's favorite meal just got better, faster, and healthier.

- 1 pound pasta (your choice)
- 1/3 cup white quinoa
- 1/4 cup amaranth flour fresh ground or other whole grain flour
- 1 quart chicken stock
- 1/4 cup butter or olive oil or both
- 1 cup 1/2 and 1/2
- 1 tablespoon smoked spanish paprika
- 1 cup smoked Gouda cheese
- 2 cups grated sharp cheddar

Turn on your pressure cooker. Add oil and butter and flour. Toast flour and create roux. Add stock and whisk in flour mixture. Add remaining ingredients and place lid on pressure cooker and cook on high pressure for 4 minutes. Use natural release method. Enjoy.

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OLD FASHION CORNBREAD **Wheat free**

2 cup popcorn fresh ground
2 1/3 cup buttermilk
2 cups almond flour or Chef Brad's WonderFlour
3/4 cup sugar or 1/2 cup Xagave
2 eggs
1 teaspoon salt
1/2 cup canola oil
2 tablespoons baking powder, Rumfords

Mix all ingredients in Wondermix mixing bowl for 2 minutes. Preheat oven to 400 degrees. Place cast iron skillet in oven with 2 tablespoons bacon drippings or butter, bacon fat is better. When skillet is very hot pour in batter. Place back in oven and bake for about 35 or 40 minutes or until a tooth pick comes out clean

Tip: I grind popcorn in my Wondermill on the coarsest setting. It grinds perfectly. And any recipe that calls for cornmeal I substitute with popcorn.

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OLD FASHION CORNBREAD **Gluten free**

Often times when we go gluten free we forget the things that make it taste great. Don't forget what we do to make cornbread taste so well. Baked in a cast iron or a pottery dish with bacon drippings or butter makes it amazing.

2 cup popcorn fresh ground
2 1/3 cup buttermilk
2 cups fresh ground amaranth flour Or your choice of any gluten free flours.
3/4 cup sugar or 1/2 cup Xagave
2 eggs
1 teaspoon salt
1/2 cup canola oil
2 tablespoons baking powder, Rumfords

Mix all ingredients in Wondermix mixing bowl for 2 minutes. Preheat oven to 400 degrees. Place cast iron skillet in oven with 2 tablespoons bacon drippings or butter, bacon fat is better. When skillet is very hot pour in batter. Place back in oven and bake for about 35 or 40 minutes or until a toothpick comes out clean.

Tip Using gluten free flour actually changes the flavor of corn bread for the better. I love the depth grains add to the taste of foods. Using popcorn is actually the most amazing part of baking cornbread. Popcorn has less starch and makes a better corn bread that does not crumble apart.

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Rigatoni Meal in a minute

Sometimes the simplest sauces are the tastiest.

4 Italian sausages
2- 28 oz. can roasted tomatoes
½ can water
1/2 half cup quinoa, red, black, or white
1 small jar kalamata olives, pitted
1 bottle chopped roasted red peppers
2 tablespoons pizza seasoning, or Italian
1-tablespoon salt Kosher
¼ cup olive oil
1 lb. rigatoni pasta uncooked
Salt and pepper to taste
Parmesan cheese

Cook sausages and mash into pieces. Add tomatoes, peppers, seasoning, salt, grain, pasta, olives, and olive oil. After placing all ingredients in the pressure cooker, making sure it is a little watery, place lid on and set cooker on high pressure for 6 minutes. After cooking let pressure down naturally and than open and Drizzle with olive oil and serve with Parmesan Cheese and fresh ground pepper.

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Chicken and Pasta Meal in a minute

2 boneless breast of chicken
1 pound of pasta
1 large 48 oz can green chile enchilada sauce
2 tablespoons olive oil
2 tablespoons Mexican style seasoning
1/2 cup red, white, or black quinoa
1 small jar green olives, if desired
2 cups grated cheese
Salt and pepper to taste

Sauté chicken in olive oil until almost done. Add remaining ingredients to pressure cooker, making sure liquid level is over the pasta. Place lid on pressure cooker and cook for 6 minutes on high pressure.

Formula for Pressure Cooker Meals

These recipes are made for the electric pressure cooker only.

1 pound uncooked pasta
48 oz liquid, Jar Spaghetti sauce, canned soup, canned tomatoes, and water to cover ingredients in pressure cooker
Olive oil
Meat, sausage, chicken, ground turkey, ground beef, etc, chopped and sautéed
Grains, I use grains that will cook in 6 minutes, quinoas, amaranth, teff, chia, sweet small brown rice, etc. 1/2 cup to 1 cup works great
Salt and Seasoning.

With this basic formula, you can create wonderful recipes in minutes. Be creative. You will know when you do not have enough liquid, the electric pressure cooker will shut off. Simple open and add 1/2 cup to cup of water. Stir and add replace lid. I always add cheese after the cooking process is over. Add cheese and replace lid for a couple of minutes. These meals warm up great the next day in the pressure cooker. Just remove the insert and store in the frig. Next day replace insert and hit the keep warm button. Warms up wonderfully.

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Bowls, Whole Grain Doubled Cooked Grain Bowls

This is one of the best ways to eat whole grains. Most grains work well, let your imagination be your guide. The trick is to cook up the grain ahead of time and have grains in the refrigerator cooled down and ready. Most whole grains work well. I love brown rice, but barley, oat groats, kamut, and many others work really well.

Brown Rice Bowl

3 cups brown rice or other desired grain, KAMUT works really well.

5 .5 cups of water

1 teaspoon salt

1 tablespoon of coconut oil

Cook brown rice in pressure cooker. To cook it, place a tablespoon of coconut oil in bottom of pan. Sauté brown rice in oil, add water and salt. Pressure cook for 12 minutes and let pressure down naturally. Let grain cool, Place cooked rice or other cooked grain in airtight container and place in refrigerator.

Brown Rice Cashew Fruit Bowl

Cooked chilled brown rice or Kamut

Coconut oil

Fresh Fruit

Xagave

Greek Yogurt

Raw or roasted cashews

In a large sauté pan add a couple tablespoons of coconut oil. Add a handful of cashews and toast lightly. Add desired amount of brown rice, Continue stirring until rice is lightly toasted. Remove from heat and place rice in bowl. Add a scoop of yogurt on top of rice, cover with fresh fruit and drizzle with Xagave.

Brown Rice Chicken Pineapple Bowl.

Cooked Chilled Brown Rice or other cooked whole grain

Coconut oil

Cooked Boneless Breast of Chicken

Fresh Chunked Pineapple

Balsamic vinegar, a good flavored one like Tangerine, etc

Xagave

Salt and pepper to taste

In a large saute pan, place coconut oil and boneless breast of chicken. Saute and splash with balsamic vinegar and light splash of Xagave. Add grain and mix well and toast grain. Add pineapple and let cook and simmer for a couple of minutes. Serve with steamed vegetables.

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Brown Rice Steak Bowl

Cooked Brown Rice or other cooked grain

Coconut oil or olive oil

Thin sliced steak

Sliced onions

Baby Carrots

Soy Sauce or balsamic vinegar

Xagave

Salt and pepper to taste

In sauté pan place coconut oil or olive oil. Add carrots and sauté until tender. Add onions and saute until tender. Add steak. Drizzle with soy sauce or vinegar and add grains Light drizzle of Xagave. Sauté until grains are lightly toasted.

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Bread Three Ways

The Basic Recipe

1 cup sourdough starter
2 cups water
1/4 cup Xagave
1/4 cup oil
2 teaspoons salt
3 tablespoons yeast
Flour, 4 to 6 cups

Place sourdough starter in mixer bowl. Add water, Xagave, oil, salt, and (extra ingredients, see below) and half the flour. Place the yeast on top and turn on mixer. Add flour until dough cleans sides of the bowl. Mix for six minutes and remove and form rolls, or bread.

Optionals

Bacon

1 half pound of bacon, chopped and fried crispy. Green onions, chopped, about 1 cup.

Olive

1 jar chopped pitted kalamata olives, 1 cup golden raisins, 2 cups feta cheese. Add the cheese during the last 1 minute of mixing.

Ginger

3/4 cup crystalized ginger, one cup of cocoa nibs

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Refried Beans

Ingredients:

3 cups dry beans, black or pinto
1 small onion chopped
4 garlic cloves, minced
¼ cup uncooked millet
9 cups water
Salt and pepper to taste
1/4 cup olive oil

Directions:

Using pressure cooker, cook the dry beans and millet according to your manufactures directions until tender. Usually 3 to 1 ration about 35 to 45 minutes. You can tell when the beans are done when you open up the pressure cooker and if none of the beans are floating they are done. When done, drain off a little of the liquid and add the salt and oil. Using an emersion blender, puree the beans in the pot, remembering to leave a little texture in them.

For really good refried beans
1/2 lb. bacon, chopped

In pressure cooker brown bacon and add onions and sauté until onions are tender. Add garlic and beans and water. Do not drain fat, but do not add olive oil. Cook as stated above and puree when done. Enjoy.

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Pico de Guava

4 fresh guava, seeds removed
2 pears
2 apple
2 seeded jalapeños
6 firm roma tomatoes
1 red onion
Salt and pepper
Dash of balsamic vinegar and olive oil

Using your food processor attachment on your Wondermix using the cheese grater, shred all the fruits and vegetables. Toss with oil and vinegar and salt and pepper to taste.

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Almond Milk

Fresh made almond milk is amazing. Easy and packed with nutrition.

Fresh raw almonds

Dates, seeded

Clean water

Vanilla

Salt

Place 2 cups raw almonds in your pressure cooker and cover with 4 cups water.

Pressure on high pressure for 6 minutes. Remove lid and rinse almonds off.

Place in large bowl of water and rub together if you want to remove skins.

Removing skins makes the almond milk lighter. Not necessary. Separate meat from skins. I do a lot and freeze them in one cup container or portions to have ready when needed. Now you are ready to make your almond milk

Place one cup prepared almonds in blender. Add 1/2 cup or more if you want of dates. Splash of vanilla, pinch of salt and 6 cups of water. Blend well. Store in airtight container and use within 4 to 5 days.