

Teff

Teff is a powerhouse grain product that we carry at Grandma's Pantry that not many people know about. We have it in two forms: as a grain and as a flour.

Teff is an ancient, tiny-sized grain that is packed with nutrition. It is believed to have originated in Ethiopia where it was first discovered in a pyramid. Its name means "lost" due to its small size and how easily it would be lost if dropped. It is the smallest grain in the world measuring 1/32 of an inch in diameter. Because the grains of teff are so small, the bulk of the grain consists of the bran and germ which is the most nutritious parts of any grain.

This grain has a very high calcium content, and contains high levels of phosphorous, iron, copper, aluminum, barium, and thiamin. It is considered to have an excellent amino acid composition, with lysine levels higher than wheat or barley. Teff is high in protein, carbohydrates, and fiber and it contains no gluten, so it is appropriate for those with gluten intolerance. Teff has a mild, nutty flavor with a slight molasses like sweetness.

Teff flour can be used as a substitute for part of the flour in baked goods. The grains can be added to recipes uncooked or can be substituted for part of other seeds, nuts, or other small grains. It is a good thickener for soups, stews, gravies, and puddings and can also be used in stir-fry dishes, and casseroles.

To cook teff, place 2 cups water, 1/2 cup teff, and 1/4 tsp. sea salt (optional) in a saucepan. Bring to a boil, reduce the heat and simmer covered for 15 to 20 minutes or until the water is absorbed. Remove from heat and let stand covered for 5 minutes.

This grain would be a worthy and healthful addition to anyone's diet. Let's get the word out and start adding nutritious teff to our recipes.

Here are two recipes to help us get started.

Teff Pancakes

1 cup cooked teff
1/4 tsp. sea salt
1 cup whole grain flour
1 cup water or enough to make pancake batter
1 tbsp. oil (optional)

Mix all ingredients; cook on a hot oiled griddle.
For variations, try adding nuts, berries, or apples to the batter.

Teff Carob Cookies

3/4 cup rice flour
1/4 cup barley flour
1-1/2 tbsp. Carob powder
1/4 cup uncooked teff
1/4 cup molasses or maple syrup (or try brown rice syrup or agave syrup)
1/2 cup water or milk
1/4 tsp. Almond extract

Mix dry ingredients. Mix liquids. Combine mixtures. Drop small spoonfuls onto oiled baking sheet. Bake at 350° for 8-10 minutes.
For variations, try adding nuts, seeds, and/or raisins to the dough.

Don't forget to check us out at www.GrandmasPantryVa.com, like us on Facebook, or come in and visit us at the store.

***“So, whatever you eat or drink, or whatever you do,
do all to the glory of God.”*** (1 Cor. 10:31)