

# Traditional Food Prep Methods Made Simple

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Why use traditional food prep methods? Simply because all grains, legumes, beans, nuts and seeds have anti nutrients in them, specifically phytic acid which can be irritating to the digestive tract and can make the nutrients less absorbable as it tends to bind with them and make them unavailable for use by the body. Consider traditional food prep method as an “external stomach” to help you digest your food.

## Grains, Rice & Lentils

Soak all grains over night in fresh water (free of chlorine) with 1 tsp lemon juice, apple cider vinegar or 1 tbsp of whey. Next day, rinse and then bring to a boil in half the water that the grain usually calls for (scoop scum off lentils, once they start to boil) then simmer covered. Note that this will also make for fast food as everything will cook in about half the time.

Eg. 1 cup rice soaked, cook in 1 cup water  
\*oat groats, soak over two nights

## Flours

You can also soak flours overnight for bread, pancakes, muffins etc. also with 1 tsp lemon juice, apple cider vinegar or 1 tbsp of whey, plus the liquid portion that the recipe calls for.

My favourite pancake recipe:

2 cups spelt flour

3 cups yogurt

Mix and cover overnight with a dish towel and leave on the counter. In the morning add water to desired pancake consistency and voila, you have sourdough pancakes!

## Nuts and Seeds

soak overnight (add some unrefined sea salt if you desire!)

The next day, you can dehydrate them all day in the oven at the lowest temp until they are crispy or you can dry roast them in a stainless steel or cast iron skillet.

## Beans

Soak overnight, rinse, cook in two times or more water, with a piece of seaweed. Bring to a boil, scoop off the scum and simmer covered. Once the beans are cooked, rinse with filtered water, before adding to another dish or reheating.

**Try Sprouting!**

You can also pre sprout your beans, legumes, nuts and seeds if you want to be sure that all the phytic acid is broken down. All you need to do is soak overnight, then on the next day, rinse and place in a sprout bag or jar (with cheesecloth fastened by an elastic band on the lid). Rinse the sprouts and let the water drain out 3 times a day. At some point on day two, they will have sprouted a tail and then you can cook as stated above. Another benefit of doing this is that they will actually increase in nutrient content while being even easier to digest.

Traditionally **fermented foods** such as yogurt, kefir, kimchi, naturally leavened bread, miso, pickles, sauerkraut, kombucha tea etc. are also predigested by good bacteria. Not only are their nutrients easily assimilated, but they also contribute lactic acid to the digestive tract. Lactic acid promotes good bacteria and is unfavourable to bad bacteria(see Nourishing Traditions cookbook for good recipes!