

# USING NON-TRADITIONAL GRAINS AND CEREALS

Grain	Preparation	Use in place of	Use in	Tips
<b>Polenta</b>	Bring water to a simmer. Add pinch of salt. Pour in polenta. Stir constantly for approximately 20-25 minutes.	Pasta		May spatter as it cooks, so use a long-handled wooden spoon. Cook over a low heat. Stir constantly to remove lumps and avoid sticking. Cook in low FODMAP stock for extra flavor
<b>Buckwheat (raw)</b>	Boil water. Add raw buckwheat. Simmer for approximately 5 minutes or until al dente. Drain and rinse with water.	Borghal		Rinse before cooking
<b>Quinoa</b>	Place quinoa in a saucepan of cold water, then bring to the boil. Simmer for 10 to 12 minutes.	Rice	Porridge Salad Side to curries/ stir fries Binder in burgers Stuffed in vegetables	Rinse before cooking
<b>Oats</b>	Eat raw or add milk and microwave for a few minutes	Wheat based breakfast cereal		
<b>Puffed amaranth</b>	Nil	Wheat cereal Muesli	Biscuits Slices Cereal	
<b>Borghul</b>	Soak in boiling water for approximately 30 minutes, then drain or boil for approximately 12 minutes then drain.	Cous cous	Salads	Rinse before cooking
<b>Millet</b>	Boil for approximately 15 minutes, then drain and rinse	Rice/potatoes	Salad Porridge Side to curries/ stirfries Binder in burgers Stuffed in vegetables	Rinse before cooking. Cook in low FODMAP stock for extra flavour
<b>Rice flour</b>	Nil	Rice flour Sorghum flour	Shortbread Biscuits Slices	Rice flour is unleavened, so baking powder or soda may be needed if rising is important.
<b>Sorghum flour</b>	Nil		Biscuits Cakes Slices Batters	Higher fibre than other fibres, so extra moisture may be needed (extra egg, butter or milk). Binds well without the addition of guar or xanthium gum. Naturally sweet flavour so less sugar may be used.
<b>Tortilla</b>	Nil		Wraps Sandwiches Pizza base	
<b>Popcorn</b>	Heat oil in a saucepan. Add popcorn kernal and cover with the lid. Cook for 3-4 minutes until popping subsides. Remove from heat.	Rice flour Sorghum flour	Plain popcorn Spiced popcorn Caramel popcorn	

