

# Wheat Sprouts 2008

## Introduction

*This easy small-scale method for sprouting grain requires a covered bowl, large enough to be initially approximately one third filled with wheat grain and water.*

*A wooden spoon or rubber spatula, for gently mixing and aerating the sprouts as they grow, is also required. If moulds appear then discard the sprouts and start over with a fresh batch of organic wheat and a clean bowl. Sprouts are ready to use in 3-4 days.*

<i>Wheat grain (organic)</i>	<i>500 grams</i>
<i>Water</i>	<i>250 grams</i>
<i>Water</i>	<i>75 grams</i>
<i>Total</i>	<i>825 grams</i>

## Method

Add wheat grain and most of the water (250 grams) to large bowl. Gently and completely toss the wheat grain so that the water is almost completely used to wet the grain. Repeat this tossing of the grain 2-3 times in each 24 hours. Eventually there should be no free water in the bottom of the bowl, but the grain should be quite adequately moist. Toss in the rest of the water (75 grams) only after there is no free water draining to the bottom of the bowl on standing.

Fresh sprouts are ready to use when the leaf shoot is almost the length of the grain. The root shoots will be 1-2 centimeters in length (half an inch) at that time.

## Using fresh wheat sprouts

Before adding fresh sprouts to a bread dough, or using them to make a starter, they can be chopped coarsely by hand or they can be chopped to a dough texture in a food processor, possibly with a little more water. Make note of the ratio of the amount of water to the amount of grain, so that the water in the final dough can be adjusted accordingly.

## Making enzyme active sprouted wheat flour

Fresh sprouts can be dried in a food dehydrator set at warm room temperature (25 - 35°C), so that the enzymes will not be heat-damaged.

First weigh one tray of sprouts, as a test, and continue drying until there is no further change in weight of test tray of sprouts. When there is no further decrease in weight of test tray of sprouts, the sprouts will have been dried down to 5-9% moisture, in a dry climate. This method would need modification in a humid climate, such as the addition of a dehydrating material to the bottom tray of the food dehydrator.

Dried sprouts can be stored in a closed container at cool room temperature, for approximately 6 months. They can be ground to a flour as needed, in a mill suitable for making whole grain flour, although it may be necessary to partially grind them in a blender, or food processor to chop the roots and shoots which can otherwise interfere with flow through a stone mill.

Flour from sprouted wheat can be stored in a closed container, at cool room temperature, for approximately 6 months.