

How to Cook Kamut



TIPS:

1. **Kamut**, apparently an ancient Egyptian word for “wheat”, is the brandname for “khorasan wheat”, a distant ancestor of **durum wheat** and native to Afghanistan and Iran. According to strict **Kamut trademark** requirements, **Kamut** grown today must be certified organic and cannot be hybridized (bred) with any other variety of **wheat**. The grain itself is 2-3 times larger in size and contains 20-40% more protein than **durum wheat**. Because of its sweet, buttery, nutty flavor and pleasantly chewy texture, **Kamut** is a terrifically flavorful substitute for rice or pasta with uses that are limited only by your imagination.

2. **Kamut nutrition facts:** 1 cooked cup (8 ounces) of **Kamut** contains 227 calories, 9.8 grams protein, 47.5 grams carbohydrate, 7.4 grams dietary fiber, 1.4 grams of fat (most of which is healthy polyunsaturated fat), and a relatively low glycemic index of 27 (which means it does not cause a rapid increase and drop in blood sugar). Like **durum wheat**, **Kamut** does contain **gluten**, though some people with gluten sensitivity can apparently tolerate **Kamut** better than they tolerate **durum wheat**.

3. **Overnight soaking.** For quicker and better results, I highly recommend soaking **Kamut** in water overnight before cooking as shown in step 1 below.

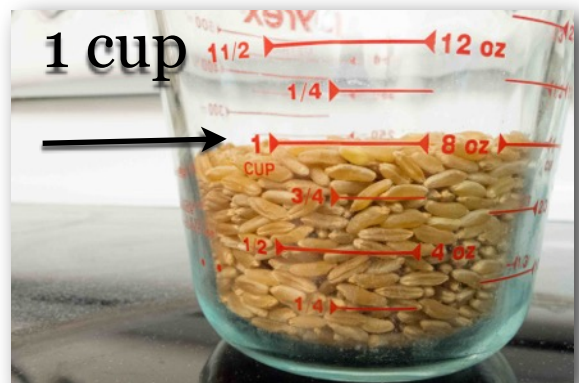
Cooking Time: about 40 minutes if soaked overnight before cooking, 45-60 if not soaked overnight before cooking

Needed
(for 4 or more people)

1 Cup (8 ounces) Kamut
3 Cups Water
1/2 - 1 Teaspoon Salt (optional)
Measuring Cup
Fine Meshed Strainer
Medium (3 - 4 quart) Pot with Top
Large Spoon
Timer



1. For best results, soak **Kamut** in water overnight before cooking. (If you are not soaking the Kamut before cooking, skip to step 2.) To soak, measure **1 cup (8 ounces)** of Kamut,...



...and pour the **Kamut** into bowl.



Measure and add **2 cups (16 ounces)** of cold water to the **Kamut** in the bowl,...



...and let the **Kamut** soak overnight.

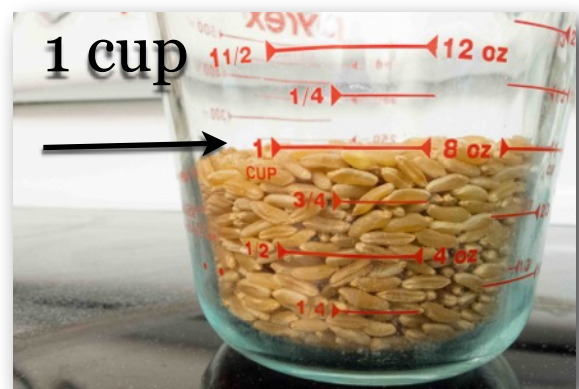


2. To cook, pour either the soaked Kamut along with the water used for soaking (left photo below) or 1 cup of dry Kamut (right photo below) into a medium-sized pot.



soaked Kamut

or

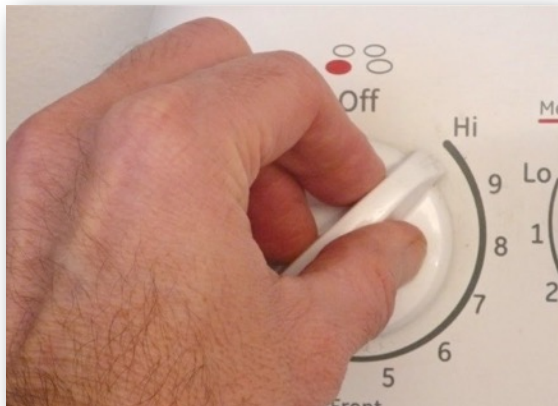


dry Kamut

Add either 2 cups (16 ounces) of water to the soaked Kamut or 3 cups (24 ounces) of water to the dry Kamut in the pot.



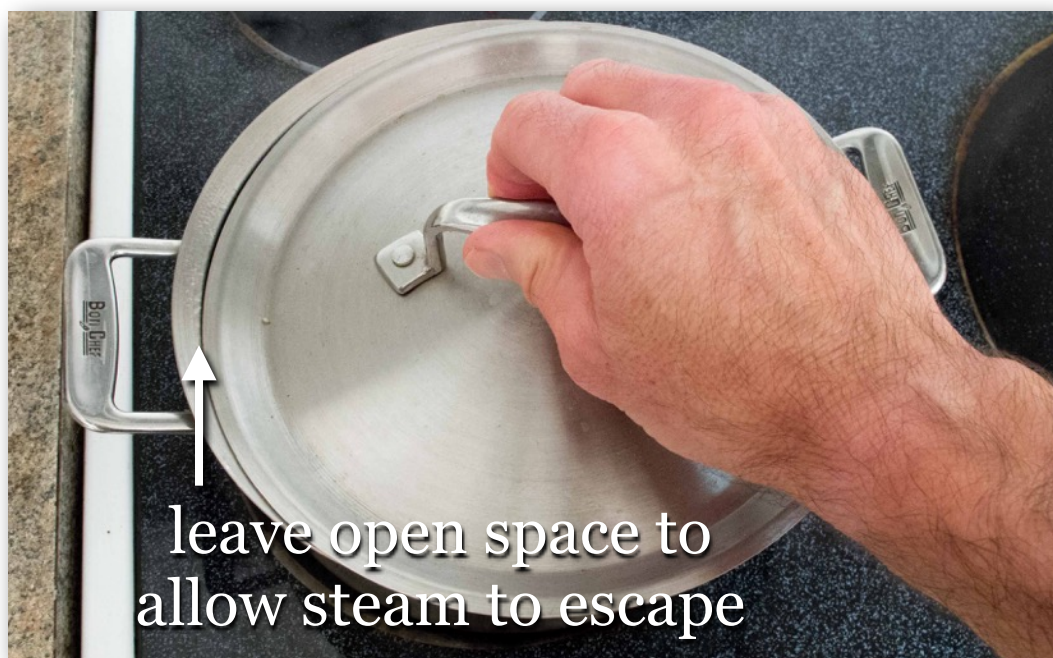
3. Turn on the burner heat to HIGH, and add an optional 1/2 - 1 **teaspoon salt** (or about as much as shown in the photo on the right below).



4. Cook until the water comes to a rapid boil (left photo below). Then turn the burner heat down to LOW or SIMMER (right photo below),...



...cover the pot with the top, making sure to leave a small gap where the top meets the pot edge as shown with the arrow below to allow steam to escape and prevent the pot from boiling over, and...

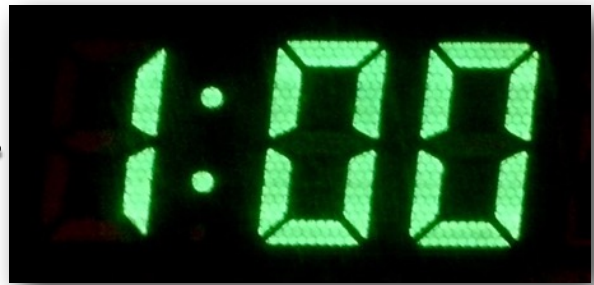


...set a timer for 40 minutes if you are cooking **Kamut that was soaked overnight** (left photo below) or 1 hour if you are cooking **dry Kamut** (right photo below).



soaked Kamut

or



dry Kamut

5. When the timer sounds, turn off the stove heat,...



...remove the pot top, stir the **cooked Kamut** with a big spoon (to loosen any grains that might have stuck to the pot bottom), and...



...carefully pour and scoop the **cooked Kamut** into a strainer in the sink.



Finish by pouring the **cooked Kamut** from the strainer into a bowl to serve.

