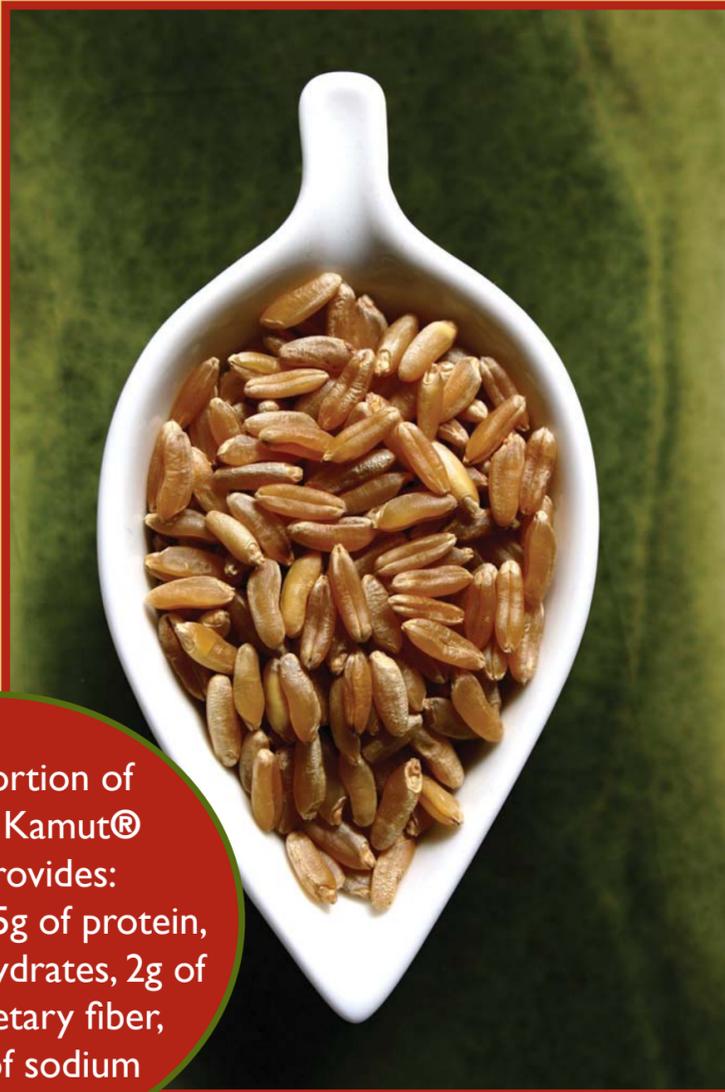


Try Me!

# Kamut® Brand Khorason Wheat

## The Amazing History of Kamut® Wheat

The history of this grain reads like a bedtime fairy tale. Some say that a young Montana airman was sold a few kernels of this grain believed to be from King Tut's tomb. He mailed them home to his father, a wheat farmer, who planted the seeds. After carefully tending to the seeds, they grew into some unusually large wheat, but never caught on at the time. Later on, a boy who remembered this wheat tracked down a few of the last remaining kernels and once again grew them into the khorasan wheat that we have today. He named it Kamut® wheat which is an ancient word for wheat. In the early 1990s the name was trademarked.



A 100g portion of uncooked Kamut® wheat provides:  
337 calories, 15g of protein,  
70g of carbohydrates, 2g of fat,  
1g of dietary fiber,  
and 6mg of sodium

MEATLESS MONDAY

In Turkey, it is nicknamed "Camel's Tooth" because of its humpback shape.

It has been discovered that many people who suffer from wheat allergies may not have any problems with Kamut® wheat. However, this is not the case if you have celiac disease.

This grain is two times larger than modern-day wheat and is known for its rich, nutty flavor. Many say that it has a distinct natural sweetness. If you are cooking with it, you don't need to add as much sugar.

## Why You Should "Try It"

- ▶ Protein content is 40% higher than traditional wheat.
- ▶ Vitamin content is greater.
- ▶ It is versatile.
- ▶ It is a whole grain. Whole grains are part of a healthy diet that can lower your risk of cancer and type 2 diabetes.
- ▶ It tastes good!

## Popularity

Kamut® wheat is sold in North America, Europe, Australia, and Asia. It can be found in many products ranging from breads, breakfast cereals, pastas, health food drinks, cookies, and crackers.

Poster created by: Syracuse University Food Services

Try Kamut® wheat on Monday, October 22 at our "Try Me" Meatless Extravaganza!



## How to cook Kamut® wheat:

### Stove Top Method:

Soak 1 cup Kamut® wheat grains overnight. Add 3 cups water and bring it to a boil, add a pinch of salt (if needed), bring the heat to low and simmer for 40-45 minutes or until tender.

Note: Not soaking it would increase the cooking time substantially.

### Pressure Cooker Method:

Although the need to soak the grains in this method is not necessary, it speeds up the cooking process. Start off with 1-1/2 cups of water, test it out if it meets your texture and increase water if needed.

### Steamer Method:

1 cup Kamut® wheat grains and 2-1/2 cups of water. Place it in a steamer for approximately 1 hour.