

Hanna's Birthday Party with Sorghum

A Smart Choice for the
Gluten Intolerant



U.S. GRAINS
COUNCIL



First grader Hanna is always sad
at meal times
because she can't eat
the same foods as her friends and family.

She is gluten intolerant,
so she can't eat cakes, sandwiches or pizza ...
anything containing wheat, rye or barley.





It's Hanna's birthday soon.

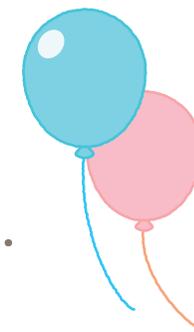
"We have some sorghum flour.
Let's use it in a birthday cake,"
decides her mother.

"Sorghum? Is that OK?"

Hanna's mother was very busy all morning,
measuring and cooking the ingredients!

Something smells delicious.





A cake, pizza, casserole, and salad ...

Wow, what a feast!

Everything contains sorghum.

“Happy birthday, Hanna! It looks delicious!”

“And we can finally eat it together.”

A birthday party with sorghum food,
even cake!

Nobody notices the food was made with
tasty sorghum flour.

“I hope mother will continue to make
different sorghum dishes,” Hanna thinks.

She doesn't have a reason
to be sad anymore.



What exactly is sorghum?

I can teach you, all about sorghum!



Professor Sorghum knows everything there is to know about sorghum.

Everything at Hanna's birthday party feast contains sorghum.
 What exactly is sorghum?
 A type of plant?
 A type of food?



Are these sorghum?

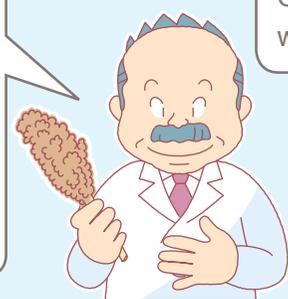


Which one contains sorghum?



Hanna & Rick

These photos are all of sorghum. From the left: a field of sorghum, grains of sorghum and sorghum flour. Sorghum is a type of grain. All the food here contains sorghum.



Can you cook it just like wheat or rice, then?



Sure! You can make cakes or pizza using it. Cakes made of sorghum are delicious.

Yes, Mom made pizza and cupcakes for the birthday party! Everything was yummy!!

Sorghum is safe to eat for people who are gluten intolerant or have celiac disease.

Is that what Hanna has, celiac disease?

Exactly. People who have this disease suffer from stomachaches and other symptoms when they eat something containing gluten, which is found in wheat, rye or barley. Sorghum does not contain any of the components responsible for that, so it can be safely eaten by anyone with that disease.

Where is sorghum usually eaten?

Sorghum is a staple grain in Africa. But it has been growing in popularity in America, too.

In addition, sorghum only requires small amounts of water to grow and resists many plant diseases, so it helps farmers... growing it take care of their land.

Make your favorite sandwich with a sorghum bun!

Sorghum and Rice Sandwich (Onigirazu)



Ingredients (four servings)

- 3/8 cup sorghum grain
- 5/6 cup white rice
- 1 3/4 cups water
- Sesame and salt, to taste
- 4 cheese slices
- 4 ham slices
- 8 perilla leaves
- 4 roasted sea weed 'Nori'(full-size)

Preparation and cooking instructions

- 1 Mix and rinse the sorghum grain and white rice in a bowl.
- 2 Place the sorghum grain, white rice and water in a rice cooker and cook using the brown rice cycle. Once cooked, flavor with sesame seeds and salt.
- 3 Place a sheet of lightly-roasted laver on some wrap before spreading half a small bowl of the cooked sorghum grain and rice over it.



- 4 Place a cheese slice, a perilla leaf and a ham slice over the half before then spreading another half rice bowl of the sorghum and rice over the top of it. Fold the Nori seaweed in a similar fashion to folding a wrapping cloth over a parcel and lightly press into shape. Cut in half once the rice and other ingredients have stuck together.



- ★ Try replacing the sesame seed and salt flavoring with dried bonito flakes or scrambled eggs!
- ★ The cheese and ham can be replaced by eggs and tomato, steamed chicken and salad leaves, or a pork cutlet and lettuce leaves. Just like a sandwich, the filling can be anything you like!



Colorful pizza



Ingredients (four servings)

- 2/3 cup sorghum flour
- 2/3 cup rice flour
- 2 teaspoons sugar
- 1/2 teaspoon salt
- 5/6 cup water
- 2 tablespoons olive oil
- Tomato sauce (ready-made), to taste
- Shredded cheese, to taste

Topping ingredients

- Cherry tomato; green pepper; paprika; tuna; corn; Vienna sausage; smoked salmon; ham; arugula; basil pineapple; blueberry; or anything else you like!

Preparation and cooking instructions

- 1 Mix the sorghum flour, rice flour, sugar, salt, and olive oil together in a bowl.
- 2 Add water to the above and knead until smooth and the dough doesn't stick to your hands. Cover the bowl with a wrap and let it rest.
- 3 Thinly slice the topping ingredients into decorative shapes and drain. For example, the paprika, green peppers and ham could be shaped into stars or hearts.

- 4 Divide the dough from step 2 above into four pieces and shape each piece into an approximately 3-inch circle before brushing with olive oil. If the dough is sticky, then cover with wrap and stretch it into shape.



- 5 Pre-heat the hotplate to 180 to 200 degrees Celsius (360 to 390 F) before coating with vegetable oil. Cook for about 2 minutes.

- 6 Flip the dough over and coat with tomato sauce before covering with your favorite topping ingredients. Cover with lid and cook for about 5 minutes.



Variation

Change the volume of water in step 2 to 2 cups and cook as a crepe. Ham and lettuce can then be added to make a wrap sandwich!



- ★ The pizza is also delicious when coated with olive oil and then cooked before adding some fruit or smoked salmon in place of the above toppings!

Potato Casserole



Ingredients (four servings)

- 0.2 pound bacon
- 1 onion
- 1 pack shimeji mushroom
- 2 potatoes
- 5 to 6 tablespoons sorghum flour
- 5 tablespoons butter
- 1 5/6 cups soy milk (or dairy milk)
- 2/3 teaspoon salt
- Pepper, to taste
- 0.2 pound shredded cheese
- Chopped parsley, to taste

Preparation and cooking instructions

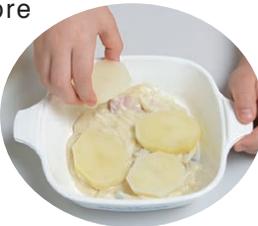
- 1 Cut the bacon into small rectangles and thinly slice the onion. Remove the stems from the mushrooms.
- 2 Peel the potatoes, cut in half, and then cut into 5mm (0.2 inches) thick slices before soaking in water.
- 3 Rinse and dry the potato slices and spread them out in a layer (no overlapping) on a plate and microwave for 1 minute.
- 4 Melt the butter in a frying pan over medium heat and then fry the onion slices and bacon. Once the onion has turned transparent, add the mushrooms, 1/4 of a tsp of salt, pepper to taste, and the sorghum flour. Thoroughly mix together.



- 5 Once the flour has dissolved, add the soy milk, salt and pepper and stir until creamy.



- 6 Add half the sauce from step 4 to a casserole dish before adding the potato from step 3. Then add the remaining sauce from step 4 and top with shredded cheese.



- 7 Allow to rest for a while before cooking at 220 degrees Celsius (430 F) in an oven for 15 to 20 minutes or until browned. Sprinkle with chopped parsley.

★ Ham or roasted minced beef or pork can be used in place of the bacon!

* Whole grain white sorghum flour can be used for added nutrition without altering the taste.

Fun to decorate sorghum

Chocolate cupcakes



Ingredients (four muffin cups)

- 1/3 cup sorghum flour
- 1/3 cup rice flour
- 1/6 cup chocolate (sweet)
- 6 2/3 tablespoons butter (salted)
- 5/6 tablespoon cocoa powder (sugarless)
- 1/2 teaspoon baking powder
- 2/5 cup sugar
- 2 eggs
- 1 tablespoon milk

Preparation and cooking instructions

- 1 Chop the chocolate and allow the butter to reach room temperature and soften.
- 2 Mix the sorghum flour, rice flour, cocoa powder and baking powder together in a bowl.
- 3 Cream the butter and sugar in a different bowl.



- 4 Slowly add beaten eggs to the bowl from step 3 and, while stirring, add the milk and then flours from step 2. Lightly stir them and add half the chocolate. Thoroughly mix together.



- 5 Pour the mix from step 4 into the cups and then scatter the remaining chocolate over the top.
- 6 Bake at 170 degrees Celsius (340 F) for 25 minutes in a preheated oven. If an inserted stick remains clean when withdrawn, then they are done!



Have fun decorating them with marshmallows, sprinkles or icing.

* Whole grain white sorghum flour can be used for added nutrition without altering the taste.



What is Sorghum?

Sorghum, a grain, forage or sugar crop, is among the most efficient crops in conversion of solar energy and use of water. Sorghum is known as a high-energy, drought tolerant crop. Because of its wide uses and adaptation “sorghum is one of the really indispensable crops” required for the survival of humankind (From Jack Harlan, 1971).

Reasons to Try Sorghum

Celiac safe – One in 133 Americans has celiac disease, requiring a gluten-free diet. Sorghum is naturally gluten free and is safe for those suffering from celiac disease or a gluten intolerance. For those with celiac disease, eating foods containing wheat, barley, rye and other common grains can cause an immune response that can cause damage to the lining of the small intestine, making it difficult for the body to absorb nutrients.

Versatile – Sorghum is an extremely versatile grain that can be served in hundreds of healthy ways. Boil it, pop it, bake it – get inspired by sorghum and add a new twist to your favorite meals. Sorghum is great for breakfast, lunch, dinner and snacks.

Nutritious – Sorghum helps provide the nutrients you need to be healthy. Sorghum is a good source of protein, iron, vitamin B6, niacin, magnesium, phosphorus and more.

- a. Protein – provides the building blocks for bones, muscle, skin and enzyme development
- b. Iron – strengthens the immune system and oxygen-carrying capacity in the blood
- c. Vitamin B6 – is integral in synthesizing antibodies and enhancing nerve function
- d. Niacin – provides improved blood circulation
- e. Magnesium – aids in calcium absorption and body temperature regulation
- f. Phosphorus – helps with healthy bone formation

Energy – Sorghum is an excellent source of energy! With 10.6 grams of protein, 72 percent complex carbohydrates and rich in B-complex vitamins, sorghum can help you feel fuller longer and get you through the days.



The United Sorghum Checkoff Program

The United Sorghum Checkoff Program has been working with checkoff dollars to help improve profitability for sorghum producers nationwide. Since 2008, the Sorghum Checkoff has enhanced its efforts in the areas of research, promotion and information to help sorghum producers yield greater financial return. Today, the economic picture for sorghum is bright, with greater acreage being devoted to sorghum and increased demand coming from foreign markets and in the U.S.

What is a Checkoff Program?

In the United States, a checkoff organization collects funds, sometimes called checkoff dollars, from producers of a particular agricultural commodity and uses these funds to promote and do research on the commodity. Checkoff programs attempt to improve the market position of the covered commodity by expanding markets, increasing demand and developing new uses and markets.

About U.S. Grains Council Activities

The U.S. Grains Council develops export markets for U.S. barley, corn, grain sorghum and related products including ethanol and distiller's dried grains with solubles (DDGS). The Council believes exports are vital to global economic development and to U.S. agriculture's profitability.

Founded in 1960, the Council is a private, non-profit corporation with 10 international offices and programs in more than 50 countries. Its unique membership includes producer organizations and agribusinesses with a common interest in developing export markets. Membership funds trigger matching market development funds from the U.S. government and support from cooperating groups in foreign countries.



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