



Food Writers New Zealand
HANDBOOK
cereals and flours

CEREALS AND FLOURS

BARLEY contains gluten

Sold mainly as pearl barley or for use as a soup or stew ingredient but can also be substituted for rice in risotto. Used to make malt for beer brewing and for baking. Can be sold as a flour.

MAIZE gluten free

Maize cornflour is the refined starch of maize, primarily used as a thickening agent. Most cornflour in New Zealand is generally produced from wheat.

Cornmeal is ground to a specified fineness. Polenta and grits are mostly used as a type of porridge (in a ratio of 1 part polenta to 4–5 parts liquid) and usually eaten warm (and often enriched with a stock, cheese or butter). Cold set polenta or grits can then be grilled, baked, or fried. Masa is an alkalisied cornflour used for making tortilla and tacos. Cornmeal can also be used in baking, or as a crumb.

MILLET gluten free

Small seeds that are high in protein, often used for pilaf, breads and porridge.

OATS gluten free

Mostly sold as rolled oats which are cut from whole oats, steamed and flaked, making them quicker to cook. Used in porridge, muesli, bread making and baked products. Also available as oatmeal, flour and bran. Wholegrain oats (groats) are made from hulled oats and are steamed and flaked. Mostly used for muesli.

QUINOA gluten free

Pronounced keen-wah. Generally classed as a grain, though it's actually a seed. High in protein. Rinse well (in a fine-meshed sieve) before cooking to get rid of its bitter-tasting natural coating. The seeds can be white, red and black and can be used interchangeably in recipes, although there can be a slight variation in cooking times. Quinoa flakes and ground quinoa are also becoming more readily available. Can be cooked by absorption method. Also works well in salads and stews.

RICE gluten free

Short-grain has a high starch content and gives a moist sticky grain – mostly *japonicas* variety. Ideal for sushi and often used in rice puddings. Sticky rice is a short-grain rice which is distinctively waxy and glutinous.

Long-grain rice has a lower starch content giving a drier separated grain, they are mostly *indicas* variety e.g. jasmine, basmati.

Medium-grain rices include risotto rices such as arborio, carnaroli and vialone nano and paella rices such as Calsparra.

Brown rice is a hulled unpolished rice where the outer bran layers have not been removed. Requires more water and longer cooking time than polished rices. Makes for a chewier rice with more nutty flavours.

Rice flour is used for thickening, making tempura batters and in baking.

Rice noodles and rice paper are made from rice flour and water. Noodles can be fresh or dried and are used primarily in Asian cuisines.

Parboiled rice is soaked and steamed before being hulled and milled.

Red rice (such as Carmargue) is nutty flavoured and chewier in texture.

Wild rice is not a true rice, but the long brownish grain of a reed-like water plant of North American origin. It is hulled but unmilled with a firm and chewy texture.

WHEAT contains gluten

Wheat bran is the thin peppery outer covering of wheat grain. Goes rancid quickly and should be kept refrigerated.

Burghul (bulghur) is whole wheat (usually durum) that is cooked and dried before part of the bran is removed and cracked coarsely. Mostly used in salads such as tabbouleh, to make falafel or to coat kibbeh.

Semolina is finely ground wheat (but not as fine as flour). Made from hard durum wheat.

Couscous is a type of pasta made from fine grains of semolina. Traditionally steamed over stews in a two-tier pot. But also comes in larger sizes such as Israeli, moghrabieh and fregola.

Freekeh is wheat that has been harvested green, roasted, then cracked. Has a smoky nutty flavour and is excellent in salads and pilaf.

Farro is one of the oldest varieties of wheat (also known as emmer). Can be low in gluten. Often used in soups and stews. Farro perlato has had some of the husk removed so it is quicker to cook.

Spelt (often confused with farro) is again an ancient variety of wheat. Popular in Germany for breads and in soups.

WHEAT FLOURS

High grade flour is high in protein and used in products where structural support is required, e.g. for bread, flaky pastry and fruit cakes.

White flour (standard, pure, plain) is low in protein with a higher starch content. Used in recipes that include other proteins that will help to provide structural support, e.g. cakes and biscuits.

Wholemeal flour is made from stone ground or roller-milled whole wheat grains. Stone ground is a finer grind.

Self-raising flour is lower in protein. Higher starch flours are combined with an alkali (baking soda) and an aerating agent. It is sifted many times to ensure thorough mixing. One cup of self-raising flour can be replaced by one cup standard flour plus one teaspoon baking powder.

Strong flours have a higher protein content than high grade. Used for traditional bread making methods such as sour doughs.

Gluten flour is a mixture of wheat flour and gluten with a very high protein content. Often used in baked goods where a chewier texture is desirable, such as bagels or an artisanal bread. Also used to make seitan ('mock' meat).

LEGUMES

Beans and peas are high in protein as well as starch. Mature dried beans require pre-soaking (ideally 10–12 hours). The soaking water should be discarded before cooking in fresh liquid which can take up to 2–3 hours depending on the bean. Salting the cooking water will slow down the rate at which the beans absorb water and soften. However pre-soaking in water with added salt or baking soda will shorten the cooking time.

Legumes that have had the hull removed (split peas, red lentils and many dals), cook more quickly in 20–30 minutes while fresh legumes, such as peas, broad beans, soy beans (edamame), require little cooking.

Chickpeas (garbanzo)

A creamy coloured legume with a nutty flavour that is an essential ingredient in hummus and falafel. Popular throughout the Mediterranean and India for use in salads, soups and dals. It can be ground to a flour for making for the Italian farinata, the French fritter panisse and Indian pakora.

Lentils

Small and rounded lentils are an ancient legume and play an important part in Middle Eastern and Indian cuisines. Small varieties such as the French Puy are prized for their texture and flavour. They can appear in soups, stews or salads. Split lentils have had the hull removed to cook quickly. They will also break down into a purée making them perfect for dals and the like.

Common beans *Phaseolus vulgaris*

Common beans are the domesticated ancestors of beans from Central America. There are hundreds of varieties of dried beans including borlotti, kidney, pinto and cannellini.

Soy beans

Soy beans are more nutritious than other legumes with double the protein and a high oil content. However, boiling gives them a strong flavour and a firm texture so the protein and oil tends to be extracted. Soy bean milk is made by soaking the beans until soft, then grinding and cooking. Tofu is the product of coagulating soy milk with magnesium and calcium salts. Soy beans can be fermented by various methods to produce tempeh, natto, miso and soy sauce.

Our first handbook was produced in 1991, with the purpose of providing a reference tool that in turn would establish standards for New Zealand food writers. In 1999 the handbook was updated to reflect the growing needs of members.

Food Writers New Zealand is indebted to our hardworking, talented, innovative and active contributors who provided their specialist input for this latest edition.

Thank you to Pip Duncan for her many hours co-ordinating this project.

KATHY PATERSON, PRESIDENT, 2016

FOOD WRITERS NEW ZEALAND ACKNOWLEDGES THE ASSISTANCE OF THE FOLLOWING PEOPLE;

Catherine Bell, Jan Bilton, Margaret Brooker, Lesley Christensen-Yule, Dr Roger Cook, John Corbett, Andrea Crawford, Marion Cummings, Pip Duncan, Anne Else, Laurence Eyres, Ginny Grant, Sarah Hanrahan, Helen Jackson, Lauraine Jacobs, Lisette Knight, Robyn Martin, Innes Moffat, Trudi Nelson, Lisa Olsen, Karen Olver, Leanette Rea, Anne Scott, Tracy Scott, Fiona Smith, Andre Taber, Mary Taylor, Gail Todd, Nancy Vallabh, Jenny Yee.

HANDBOOK DESIGN

Katherine Habershon habershon@xtra.co.nz

COVER IMAGES

Images supplied by Tam West

ORGANISATIONS

[5+ A Day](#)

[Auckland Regional Public Health Service \(ARPHS\)](#)

[Beef + Lamb NZ](#)

[Deer Industry of New Zealand](#)

[Ministry for Primary Industries \(MPI\)](#)

[Ministry of Health \(MoH\)](#)

[New Zealand Pork](#)

[Seafood New Zealand Ltd](#)

[Potatoes NZ Inc](#)

[Poultry Industry Association of New Zealand](#)

[Vegetables.co.nz](#)

First edition 1991. Second edition 1999. This edition published 2016.

Copyright © New Zealand Guild of Food Writers 1999

New Zealand Guild of Food Writers, PO Box 74 262, Market Rd,
Auckland, New Zealand.

ISBN 0-473-06220-8