



By Peggy Crum, MA, RD, Health4U Nutritionist

Sorghum is food for the future. As with most plants, it converts energy from the sun into food energy. Added benefit for sorghum: it does this with one-third less water than similar crops.

An ancient grain originating in India and Africa, it continues to be a staple crop, mainly grown for human consumption. In the United States, sorghum is enjoying a surge in popularity. Why all the hoopla over a grain that's been around for millennia? Well, it's economical to grow, has a hearty texture, has a pleasantly nutty flavor, and it's gluten free.

Sorghum and corn plants look a lot alike. Sorghum has broad leaves with a thick stem coming up through the center with a grain head attached at the top. The sorghum family includes several kinds of plants. While the plants look similar, they have very different uses:

- Grain sorghums are used whole and for making cereals and flour. The grains pop well, just like popcorn.
- Grass sorghums are used for biofuel and animal forage, similar to hay.
- Sweet sorghums are grass that is squeezed for making juice then cooked to make sorghum syrup that has a mild but distinctive malty flavor.
- Broomcorn sorghums are special types grown to make, that's right, brooms.

Sorghum is a versatile whole grain that you serve similar to rice or quinoa. Use a slow cooker, rice cooker, oven, or stovetop with this basic recipe: 1 cup whole grain sorghum (rinsed), 3 c water, 1 T olive oil, 1 t salt. Simmer for 60 minutes

This month, grain sorghum is featured as flour made into unleavened bread. Prominent are its nutty, slightly sweet flavor.

Next time you have movie night, pop a surprise for your guests: put 2 teaspoons oil and 1/2 cup whole grain sorghum in a hot pan with tight-fitting lid. Shake often. Just like popcorn, serve with butter and salt or other seasonings.

RECIPE for health

MARCH 2017



featured food:

SORGHUM

Sorghum Bánh Xèo

By Corporate Chef Kurt Kwiatkowski, Residential Dining Services

Makes 12 crepes

- 2 cups sorghum flour
- 1/4 tsp turmeric
- 3 scallions, thinly sliced
- 1 1/2 cups water
- 3/4 cups coconut milk
- 6 eggs
- Vegetable oil for cooking
- Fillings such as thin slices of cooked pork, shrimp, thinly sliced onion, bean sprouts, cooked mung beans, and sliced green onions

Mix sorghum flour, turmeric, and scallions in a large bowl; set aside. Combine water, coconut mlk, and eggs in a medium bowl; mix well. Pour water ingredients into the dry flour mixture. Whisk to combine.

Heat a skillet over medium heat; add about 1/2 cup of batter to the skillet, starting from outside working towards middle. Swirl pan around to form thin crepe. Let cook over medium heat for 3-4 minutes. Cover pan and cook for additional 2 minutes. Remove from pan and serve immediately.

If using fillings, add them **before** pouring in the crepe batter. Add pork, shrimp, and/or onion to hot oil in the skillet and cook as needed. Other ingredients that need only to be warmed can be added just prior to pouring in the batter.

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