

Food Technique

Basic Food Tutorials:

The day I realized that making my own sports food from scratch could be less wholesome than buying the prepared stuff was very frustrating. As I was gathering ingredients for this shake and that bar and meticulously reading labels, I had a light-bulb moment as I realized that my finished product would have more fillers, stabilizers, and man-made ingredients than the pre-packaged items I liked. So, I walked through the store and emptied my basket as I put all my groceries back on the shelves. Then I went home and re-strategized. I decided that the only way to fix the problem was to take it up a notch – to make my food even more wholesome. Instead of buying pineapple juice in a can, I would make my own. Instead of buying nut milks (pecan, cashew, almond, etc.) with stabilizers, I would make my own without. I discovered this was easier than I imagined and the food was much more wholesome. The best part was that it tasted so fresh and flavorful! Below are a few resources to help you get started truly DIY-ing.

Nut Butter

Making your own nut butter is surprisingly easy, and so much tastier than the store-bought stuff. To make your own nut butter watch this tutorial: <http://tasty-yummies.com/2014/03/18/how-to-make-homemade-nut-butters/>

Nut Milk

Making nut milk is simple and wholesome. Be sure to use organic raw nuts. All you need is a very inexpensive bag of nuts and your food processor or blender. Watch the following tutorial at: <https://www.pinterest.com/pin/258605203577548573/>

Cooking Dried Beans

This is my own technique that is especially useful for those who suffer from post-bean consumption gas. Choose organic dry beans. In general, one cup of dry beans will make 2 1/2 cups of cooked beans.

1. Pick through the dry beans and remove and discard of stones and debris.
2. Place beans in a colander and rinse with water. Move beans to a container and add enough water to cover the beans by two inches. Leave the container in your refrigerator overnight.
3. In the morning, rinse the beans again. Place them in a slow cooker and add enough water to cover the beans by three inches (use chicken stock if you are using the beans for something other than brownies). Turn slow cooker on low heat for 8 hours, medium heat for 6 hours, or high heat for 4 hours. Beans are done when they are fork tender.
4. Rinse and drain beans a third time before using them in recipes.

For more recipes and food techniques, check out the Rock It Coaching Pinterest boards at:
www.pinterest.com/rockitcoaching/.