

Soak and Cook Mix

prepared by Stefanja Dumanowski ... Out of the Blue Eclectus

A very simple, nutritious and easily digested soak and cook mix. For parrots with health issues that are transitioning to a more whole foods diet away from pellets this is a very nourishing base to start with (this can also be soaked, sprouted and served raw later on). I use all organic ingredients. This recipe is gluten free, low glycemic index, and is a complete protein. All are whole seeds.

1 Part MILLET for making millet cereal ... I get it bulk at the grocery
1 Part QUINOA (Black, red or white or a mix of all three)
1 Part AMARANTH
1 Part RAW BUCKWHEAT

I use one cup of each dry seed, but you could use any smaller amount for each part, for less birds. You can also leave out ingredients. Sometimes I just make it with quinoa and millet, sometimes three of the four, but mostly all four.

Rinse the seeds and place together in a pot and add purified water (I use reverse osmosis ... RO) to well above the seeds as they will absorb a lot of water. Make sure your water is pure as at this stage the seeds will be absorbing the water. Soak 6 - 8 hours or overnight (which is what I do). Drain in the morning and rinse the soaked grains very well (I put them in a sieve and rinse under running water) ... much as you would preparing to sprout soaked seeds. Let them drain and then add to a cooking pot. Put enough water (or brewed herbal tea such as chamomile, or any of Jason's teas of your choice) over the soaked seeds to come about 1/8 inch above. Don't add too much as you don't want the seeds to overcook and get mushy. Stir in 1/4 teaspoon of either HIMALAYAN PINK SALT, or GREY SEA SALT (please note this amount is for an original total of 4 cups of dried seed. Adjust yours according to how much you are cooking ... and do not use regular table salt). Bring to a boil, reduce heat as low as you can on your stove top and cook for about 9 minutes. Keep checking at the 9 minute mark to see if you need to cook longer and then go one or two minutes at a time after that. Cook until all the water is absorbed.

Remove pot from stove and let sit for a few minutes. Fluff the cooked seeds. At this point you can add very finely chopped (in the food processor) winter squash and greens very finely chopped like dandelion, green part of kale (the heat will slightly cook) and let cool at room temp. Once cool, you can package and freeze or this mix keeps for about 4 - 5 days in the fridge. It is never kept that long for me but that is the longest I have left it and it is just fine. I thaw this product in the fridge overnight. I never use the microwave.

I make up a big batch and freeze it in two day portions and I also eat this myself. For the birds, I would suggest mixing half and half with finely chopped raw veggies with fresh fruit served on the side. They also love it if I mix in a few pomegranate seeds. When you serve you could also put in a few organic frozen peas or organic frozen corn kernels and just heat gently with a little water to just thaw the corn or peas. It can be topped with a little hemp seed (another source of plant protein) for essential fatty acids (never add hemp or other sources of essential fatty acids to cooking or other hot food as the essential fatty acids are degraded and their benefits are lost), or just served as is.

A great base for adding other things to it including sprouts!