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### Organically grown wholegrain flours

Sunwheel flours are milled from whole grains without loss of either bran or germ. From this 100% milling come the well-rounded flavour and characteristic quality of each flour.

Stoneground wholewheat is ideal for bread and any recipe requiring a rich grainy taste or texture.

Wholewheat pastry is a finer-milled version for smooth-textured pastries, crêpes and sauces.

Rye has a warm rich flavour. It is best blended with wheat in baking.

Maize adds a light, sweet taste to breads and pastries. It also makes delicious dumplings and desserts.

Buckwheat's strong unique flavour makes wonderful crêpes, batters and cereals.

Soya adds protein and sweetness to any recipe. Useful to have a pack handy in the kitchen.

Infant Cereal is not just for children! Its delicious flavour of creamy oats makes super smooth sauces and soups.

#### Traditional Sourdough Rye

Starter	1 cup Sunwheel rye flour
2 cups Sunwheel rye flour	4 cups Sunwheel wholewheat flour
2 cups water (preferably spring water)	1 TBS Sunwheel unrefined oil
Dough	1 tsp sea salt
2 cups water (preferably spring water)	3 TBS caraway seeds

Mix the starter ingredients and stir until smooth. Pour this mix into a jar and leave for about 4 days until it smells sweet and sour. Skim off any brown liquid, stir, and store in refrigerator until required.

To prepare the sponge, pour starter into a bowl and stir in the water and 2 cups flour. Beat well and leave in a warm place for 2-3 hours. Return 1½ cups of the sponge to the starter jar and refrigerate for future breads. To the rest, mix in all the remaining ingredients to form the dough. Knead well on a floured board for 20 minutes, adding more flour if necessary, until smooth and elastic. Place in an oiled bowl, brush surface with oil, cover with a damp cloth and leave overnight in a warm place. Next day knead again for 5 minutes, divide in half and place in 2 oiled bread tins. Cover and set to rise on a radiator for 3-4 hours. Bake in preheated medium oven for about 1 hour until they sound hollow when tapped on the bottom. Turn out and cool thoroughly before slicing. A firm nutritious bread that will keep for up to a week.

#### Maize Meal Muffins

2 cups Sunwheel maize meal	2 cups cooked brown rice or leftover cereal
3 cups boiling water	1/3 cup Sunwheel unrefined corn germ oil
1 cup Sunwheel wholewheat pastry flour	1 tsp sea salt

Toast maize meal in a dry heavy pan until it smells sweet. Place in large mixing bowl and scald with boiling water. Mix well and let sit for 10 minutes. Stir in rest of ingredients then spoon mix into well-oiled muffin or cup cake tins. Bake in preheated medium oven for 30-40 minutes until tops are brown. Cool and remove from tins.

#### Cream of Celery Soup

1 cup Sunwheel infant cereal or porridge oatflakes	1 tsp Sunwheel unrefined oil
6 cups water	½ tsp sea salt
3 thinly sliced onions	Sunwheel miso to season
6 chopped sticks celery	parsley to garnish

Carefully mix cereal in a small amount of cold water, stirring well till smooth. Add 5 cups water and bring to the boil, stirring often and adding more water if necessary. Sauté onions and celery in 1 tsp oil, then add with the salt to the pot. Gently simmer for 20 minutes, turn off heat and season to taste with diluted miso. Serve garnished with finely chopped parsley. Serves 3-4.

### Natural seasonings

Using quality seasonings can make all the difference in cooking; not only to the flavour but to the nutritional value as well. This is a brief résumé of some of the common seasonings: for further information refer to the Sunwheel 'Natural Notes' leaflets at your local shop.

Sea Salt—common salt is just refined sodium chloride with all the vital trace elements removed. Look for a good sea salt—the best is sun-dried Atlantic—it's richer in trace elements than the more common Mediterranean sea salt.

Shoyu is a naturally brewed soya sauce that is carefully matured by enzymatic fermentation, for over 18 months in cedar wood kegs. It adds a richness to savoury dishes and contains a wealth of easily digestible nutrients. Shoyu is highly concentrated and best used in cooking rather than at the table. Keep a dispenser by your stove!

Miso is a similar natural ferment in purée form that makes hearty soups and casseroles.

Umeboshi & Kuzu—two culinary treats from the East to keep by your stove. Umeboshi are tart and tangy pickled plums that give zest to dressings and dip sauces. Kuzu is a wild mountain starch especially rich in minerals. Use like arrowroot.

Sweeteners—sugar, whether it's brown or white in colour, is basically just refined sucrose. Constant use depletes our body's mineral reserves and thins our blood. Honey is a better sweetener with a more complex sugar structure. Barley malt syrup, apple juice concentrate, pure maple syrup or carob are best.

Water is often neglected as an ingredient, but is in fact the most abundant in any meal. Chlorine in tap water inhibits many digestive enzymes so where possible use spring water or bottled water for drinks (and cooking) or install a tap filter. You'll notice the difference in taste!

#### A few tips...

Chew well! Vegetable quality foods, unlike animal foods, are primarily digested in the mouth. Chewing improves the taste of food and makes it more digestible.

Plan your meals in advance and cook enough cereals for a couple of days. This saves time later.

Use leftover grains and vegetables in soups, casseroles and breads. You'll be surprised how good they taste!

Experiment on your own. Recipes are a useful starting place, but cooking is a creative art, and you can have a lot of fun developing your own special dishes.

Cookware. Avoid cheap aluminium pots and pans. They have a short life and can taint your food. Utensils from good quality materials, like stainless steel, enamelled cast iron, earthenware or bamboo, are worthy investments that will last many years.

Heat source. Gas is easier to regulate and a better quality heat source than electricity. Avoid using microwave ovens.

Please visit us in London.

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3 Chalk Farm Road, London NW1. 01-267 8116.  
Open Tues-Sun 12.00 - 9.00 pm. Fully licensed.  
Sunwheel Natural Food Shop  
196 Old Street, London EC1. 01-250 1708.  
Open Mon-Sat 10.00 - 7.00 pm. Free off-street parking.

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# WHAT'S COOKING WITH SUNWHEEL?



...some of our favourite recipes



# SUNWHEEL

Food with life in it.



## Organically grown whole grain flakes

As well as making the perfect porridge or your own special muesli, these tasty wholesome flakes can offer much more than just a breakfast. They make delicious soups, savouries, desserts and cookies. Here are some of our favourite dishes.

### Scotch Broth

1 cup Sunwheel barley flakes  
1/2 cup lentils  
1 sliced onion  
1 carrot diced  
1 parsnip diced  
1/2 tsp sea salt

1 TBS Sunwheel unrefined oil  
6 cups water  
Sunwheel shoyu soya sauce to taste  
chopped spring onion as garnish

Sauté onion in oil for 5 minutes. Stir in carrot and parsnip and sauté 5 minutes longer. Then add barley flakes and lentils. Remove from heat and carefully pour in water and salt. Simmer for 1 hour, add shoyu to taste and serve with a garnish of spring onions. Serves 3-4.

### Flakes Casserole

1 1/2 cups Sunwheel wheat, barley or rye flakes (or muesli base)  
3 tsp Sunwheel unrefined oil  
1 sliced onion  
1 sliced carrot  
1 cup chopped parsley

3 1/2 cups boiling water  
1 bay leaf  
1 tsp sea salt  
2 TBS Sunwheel shoyu soya sauce  
1/4 cup roasted sesame seeds

Preheat a medium oven. In a frying pan sauté the onion with the oil until soft. Then add the carrot and sauté until soft, and then the flakes, sautéing a few more minutes. Mix in the remaining ingredients, place in the casserole, cover, and set in oven to bake for 45 minutes. Uncover, and sprinkle with sesame seeds. Serves 6.

### Apple Crumble

1 cup Sunwheel oatflakes (or muesli or muesli base)  
1/2 cup Sunwheel wholewheat pastry flour  
1/4 cup Sunwheel unrefined corn germ oil  
1/4 cup Sunwheel barley malt syrup

4 TBS apple juice or water  
1/2 tsp sea salt  
2 tsp pure vanilla essence  
1 tsp cinnamon  
grated peel of 1 lemon  
5 cups apple slices

Preheat a medium oven. In a bowl mix flakes, flour and 1/4 tsp salt, then add oil and work well in. Add malt and work in. Set aside. Dissolve 1/4 tsp salt in apple juice or water, add vanilla, cinnamon and lemon peel. Mix well then toss with apples. Spread apple mix in baking dish, cover with crumble and bake about 1 hour until top is crisp and brown. Serve hot or cool, for 6-8 people.

### Oatmeal Raisin Cookies

3 cups Sunwheel porridge oatflakes  
1 cup Sunwheel wholewheat pastry flour  
1/3 cup Sunwheel unrefined corn germ oil

1/2 cup raisins  
1/4 cup Sunwheel barley malt syrup or maple syrup  
1 tsp sea salt  
1/2 tsp pure vanilla essence  
1 1/2 cups water

Preheat a medium/hot oven. Add raisins and salt to water and cook for 5 minutes. Remove from heat, stir in syrup and vanilla then leave to cool. Mix flakes, flour and oil in a large bowl rubbing well between fingers to blend. Carefully blend liquid into dry mix with minimum of stirring. Place spoonfuls of mix on an oiled baking sheet, flatten each cookie, and then bake until golden brown. Cool until crisp. Makes 2 dozen tasty treats.

## Sunwheel spreads

Our rich, nutritious spreads lend themselves to many exciting creations, from dips and spreads for hors d'oeuvres to sauces for tasty desserts. Here are a few ideas to spark off your creativity.

### Sesame Sandwich Spread

Mix 1 TBS lemon or orange juice to 1/2 cup Sunwheel sesame spread, then add 1/4 cup water and mix till smooth. Add 1 TBS Sunwheel miso plus 2 TBS finely chopped watercress, spring onions, chives or parsley, and mix again. The perfect spread for wholewheat bread.

### Sunflower Cream Sauce

Slowly add 2 cups water to 1 cup Sunwheel sunflower spread stirring constantly to give an even mix. Then stir in 1 TBS lemon juice and 2 TBS Sunwheel shoyu soya sauce. Gently heat whilst stirring and simmer for 5 minutes. Serve hot or cold over grain and vegetable dishes.

### Tahini Custard

To hot apple juice or the juice from raisins boiled in water add diluted kuzu (or arrowroot) to thicken, stirring until clear. Carefully pour in Sunwheel tahini and mix well until you find the right flavour.

### Peanut Butter and Date Spread

Simmer 1/2 cup chopped dates in 1/2 cup water till soft. Mix in 1/2 cup Sunwheel peanut butter and 1 TBS desiccated coconut - a sweet treat for wholewheat breads and biscuits.

### Peanut Butter Cookies

1 cup Sunwheel peanut butter  
1/2 cup Sunwheel barley malt syrup or maple syrup  
1/4 cup Sunwheel unrefined corn germ oil

1/2 cup water  
1/2 tsp pure vanilla essence  
1/4 tsp sea salt  
2 cups Sunwheel wholewheat pastry flour

Preheat a medium oven. Mix peanut butter, malt, and oil until smooth, then add vanilla, water, and salt and mix again. Add flour a little at a time and mix well. Form dough into balls by hand and place on oiled baking tray. Flatten with a fork. Bake for about 15 minutes watching closely to avoid burning. Leave on baking tray to cool until crisp. Makes 1 dozen big cookies!

## Unrefined vegetable oils

Sunwheel oils are unique. Guaranteed to be the most nutritious available, they are all extracted by simple mechanical pressing and are completely unrefined. Each oil has its own distinctive flavour and colour and is a special joy to use. Here is a guide to their qualities.

- Our Corn Germ oil comes from the prairies of America and is rich and 'buttery' in taste. Ideal for added flavour in baking and sautéing. NOT suitable for deep frying.
- Our Olive oil is strong, dark and fruity from organically grown Spanish olives. The favourite for salads and those special Mediterranean dishes.
- Of the common oils our Safflower is the highest in polyunsaturated fats and comes from the fertile farms of central California. Especially suitable for delicate dishes where a light flavour is required. The best oil for deep frying.
- Our Sesame oil is fragrant and highly nutritious and especially rich in calcium and phosphorus. Ideal for general use.
- Our Sunflower oil, from the south of France, is nutty in flavour and good for sautéing and frying.

## Louisiana brown rice

Brown rice is one of the most versatile foods known to man. As well as being the most digestible of the whole grains it also offers a perfect balance of essential nutrients. At Sunwheel we've taken special care to seek out the very best organically grown brown rice from a farm on the rich Mississippi delta lands, where chemicals have never been used. We are sure you'll agree you've never tasted a better rice. The medium grain is naturally sweet and ideal as a staple grain or for puddings. The long grain is very light and makes delicious savouries. Here are a couple of special dishes.

### Mushroom Fried Rice

2 1/2 cups cooked Sunwheel Louisiana brown rice (medium or long grain)  
2 TBS Sunwheel unrefined oil  
1 finely sliced onion

3 chopped spring onions  
1 stalk celery, sliced  
1 cup sliced mushrooms  
2-3 TBS Sunwheel shoyu soya sauce

Sauté the onion and most of the spring onions in the oil for 5 minutes. Then add the celery and the mushrooms, sautéing for a further 5 minutes. Add rice and cook till thoroughly heated. Stir in shoyu and garnish with remaining spring onions. Serves 3-4.

### Brown Rice Pudding

1 TBS Sunwheel apple juice concentrate  
1 1/2 cups water  
1 TBS Sunwheel barley malt syrup or maple syrup  
1 tsp pure vanilla essence

1 tsp grated lemon peel  
pinch sea salt  
3 cups cooked Sunwheel Louisiana medium grain rice  
1/3 cup raisins (or other dried fruit)

Preheat a medium oven. Mix in a large bowl apple concentrate, water, syrup, vanilla, lemon and salt. Add rice and raisins and mix again. Pour into a lightly oiled dish; cover, and bake, covered, for 45 minutes. Serves 4.

## Sea vegetables

Although neglected in recent years, sea vegetables have traditionally been eaten for their delicate flavours and abundant nutrition. Sunwheel's range is extensive and here are a couple of our favourite recipes.

### Dulse Soup

1 cup Sunwheel Irish dulse  
5 cups water  
1 tsp Sunwheel unrefined oil  
1 finely sliced onion

1/2 cup Sunwheel porridge oats  
Sunwheel shoyu soya sauce to season

Briefly soak dulse and wash thoroughly under running water, carefully removing any small stones or shells. Soak again in 5 cups water. Carefully sauté 1 finely sliced onion with 1 tsp unrefined oil in soup pot until soft. Add 1/2 cup porridge oatflakes and stir a minute more. Add dulse and soaking water and bring to boil. Reduce heat, simmer for 30 minutes without lid, then at end add shoyu to season. Serves 4.

### Arame Soba Salad

1 pack Sunwheel buckwheat spaghetti  
1/2 pack Sunwheel arame (1 1/2 oz)

For dressing  
1/2 cup Sunwheel sesame spread  
1/2 cup water

1 TBS Sunwheel unrefined oil  
2 TBS Sunwheel unrefined oil  
2 TBS Sunwheel shoyu soya sauce  
2 TBS Sunwheel shoyu soya sauce

1 cup chopped spring onions  
sausage

Cook buckwheat spaghetti as instructed on pack, rinse, drain, and set to cool. Soak arame in twice volume of water for 5 minutes. Remove from water and sauté 5 minutes in the oil. Add soaking water and boil for about 30 minutes. Season with shoyu and cook off remaining liquid. Spread on a plate to cool. Chop spaghetti into 3-in. pieces and mix with arame and onions in serving bowl. Mix dressing ingredients in a blender or by shaking in a jar until smooth. Stir into salad just before serving. A summer meal for 6.