

COOKING WITH SPENT GRAIN

So, you've finished brewing your beer and have a plethora of grains left over. Just because your grain has sacrificed its sugars doesn't mean it can't find a second life in your kitchen. There are a plethora of uses for both wet and dry spent grain - dog treats, hearty bread, and delectable desserts, just to name a few.

Here are a couple of tips and recipes to get started!

USING WET SPENT GRAIN

Cooking with fresh spent grain is a great way to avoid a time-consuming drying process. The trick is to move quickly, because after a few hours your cooked grains will start to take on a sour flavor. Sub in your spent grains (taking into account the extra moisture you're adding with them) in anything from pancakes to burgers.

USING DRY SPENT GRAIN GRAIN

The most versatile use for dry spent grain is as a flour. To dry it, preheat your oven to 170 degrees and spread your grains evenly on a baking sheet. Bake for up to 7 hours at this temperature, stirring halfway through to ensure all grains are drying evenly. Afterwards, grind into flour using a mill or coffee grinder and store in an airtight container until ready for use.

SPENT GRAIN DOG TREATS

RECIPE CREDIT: DESCHUTESBREWERY.COM

YIELD

about 100 small dog (or human) treats

INGREDIENTS

4 cups spent grain (wet)

2 cups flour

2 large eggs

1 cup peanut butter

DIRECTIONS

Using your hands, blend all ingredients together in a large bowl. Roll out on a floured surface (approx 1/4" thick) and cut into desired shape using a knife or cookie cutter of your choice. Bake at 350 degrees for 30 minutes, then reduce heat to 225 and cook for an additional 2 hours.

SPENT GRAIN GRIDDLECAKES

RECIPE CREDIT: BYO.COM

YIELD

about 24 pancakes

INGREDIENTS

2 cups all-purpose flour

1 cup spent grain (wet)

2 large eggs

4 tsp. baking powder

1 tsp salt

1 1/2 cups milk, or 2 cups yogurt

1/4 cup oil or melted butter

DIRECTIONS

Combine all dry ingredients in a mixing bowl.

Separately, mix milk, oil and eggs in a blender or food processor. Add the spent grains slowly until they have been liquified. Mix wet and dry ingredients and stir thoroughly.

Once fully mixed, pour batter on a hot, lightly-oiled griddle. When bubbles break on the surface and the edges are firm, flip and cook until done.

VEG. SPENT GRAIN BURGERS

RECIPE CREDIT: BROOKLYNBREWSHOP.COM

YIELD

about 8 slider-sized burgers

INGREDIENTS

1 cup spent grain (wet)
1 cup quinoa (cooked)
2 eggs
5 tablespoons barbeque sauce of choice
3/4 tsp salt
1/2 cup bread crumbs

DIRECTIONS

Combine spent grain, cooked quinoa, eggs, salt, and barbeque sauce together in a bowl until mixture becomes cohesive. Slowly stir in breadcrumbs.

Next, heat a heavy skillet over medium heat and add a small amount of oil. Scoop mixture into skillet and form into rounds using a spatula.

Let cook for 5-8 minutes or until golden brown on one side. Flip and repeat. Serve immediately.

SPENT GRAIN BANANA BREAD

RECIPE CREDIT: BROOKLYNBREWSHOP.COM

YIELD

1 loaf

INGREDIENTS

1 cups spent grain flour
3/4 cup all-purpose flour
2 eggs, lightly beaten
2 overly-ripe bananas
3/4 cup sugar
2 teaspoons baking powder
5 tablespoons butter
1/2 teaspoon salt

1/2 cup chopped walnuts or pecans

DIRECTIONS

Preheat oven to 350 degrees. Sift together both flours, baking powder, and salt. Separately, cream butter and sugar together. Add banana and eggs, and stir to fully incorporate.

Slowly incorporate dry ingredients to the batter and mix well. Add nuts.

Pour batter into a buttered loaf or cake pan. Bake 1 hour at 350 degrees and let cool.

SPENT GRAIN PASTA

RECIPE CREDIT: BROOKLYNBREWSHOP.COM

YIELD

3-4 servings

INGREDIENTS

3 cups all-purpose flour
1/2 cup spent grain flour
4 large eggs
1 teaspoon olive oil
water (as needed)

DIRECTIONS

Combine both flours and create a mound on a wooden table or cutting board. Using your hands, create a well (like a volcanic crater) in the center of the mound. Carefully crack eggs into the well and add olive oil.

Gently knead the dry and wet ingredients together, ensuring that all yolks are broken and distributed throughout the dough (approx. 6-8 minutes). Dough should be elastic and should hold together on its own - if not all flour is incorporated, add small amounts of water until no flour is left on your work surface. Cover dough with plastic wrap and let sit at room temperature for 30 minutes. Once rolled (using a pasta maker or rolling pin), cook in salted boiling water for 3 minutes.