



SORGHUM
Nature's Super Grain 

Discover ^{THE}
Delightful
Versatility
OF Sorghum

COOKING AT HOME WITH SORGHUM

What is sorghum?

- Sorghum is a delicious and nutrient-rich grain that is as good for the planet as it is for your body.
- Similar to other grains, sorghum is composed of three primary parts: endosperm, germ, and an outer hull. It is the physiology, structure, and nutrient density of these three parts that make sorghum so special.
- A true ancient grain, sorghum has been cultivated and consumed for over 8,000 years. The earliest record of sorghum dates back to 8,000 B.C. at a site called Nabta Playa near the Egypt-Sudan border. Eight thousand years later, sorghum is still a staple ingredient in cuisines worldwide, especially in African, Asian and Native American cuisines.
- Sorghum is The Resource Conserving Crop®. It is resilient to both heat and drought and provides important habitat for vulnerable birds and wildlife while requiring 36 percent less water to grow than comparable grains.
- Sorghum tops the list of the most versatile grains in the supermarket! In cooking, it can do all of the same things as quinoa, rice, and any other ancient grain, plus so much more!



Who should cook with sorghum?

- Anyone and everyone!
- Sorghum is a versatile, easy-to-cook, delicious, and nutrient-rich grain that comes in a wide variety of forms.
- Sorghum's versatility and mild flavor allow you to use it anywhere you currently use other grains and flours.
- Sorghum is a high-protein and naturally gluten-free grain, making it perfect for gluten-free baking and a variety of eating patterns.
- Sorghum is a historically significant grain in many global foodways, including cuisines of Africa and southern Asia, lending itself nicely in whole grain and flour formats to traditional flatbreads, porridges, and grain-based dishes.
- No matter your background, cooking proficiency, or eating habits, sorghum provides an abundance of great options and uses for you to enjoy in your daily diet.



Why should we use sorghum?

- When compared to other grains, sorghum's nutrient density stands in a league of its own.
- Sorghum is considered an excellent source of protein, fiber and 9 other essential vitamins and minerals.
- Sorghum is good for the planet!
- Ninety-one percent of sorghum fields are exclusively watered by rainfall alone, resulting in 1.8 trillion gallons of irrigation water savings per year.
- Sorghum fields provide much-needed habitat for vulnerable game bird species, including quail and pheasants.
- Sorghum reduces wind erosion while retaining and reintroducing key nutrients and moisture back to the soil after harvest.
- Sorghum grown with reduced tillage also captures carbon from the atmosphere and stores it in the soil, actively fighting climate change wherever it is grown!



The Cutting-Edge Ancient Grain.

As consumer demand for versatile, nutritious and sustainable grains rises, sorghum checks all the boxes.

	Sorghum	Corn	Wheat	Oat	Rice	Quinoa
Protein	✓		✓	✓		✓
Fiber	✓		✓	✓		✓
Phosphorus	✓		✓	✓		✓
Zinc	✓		✓	✓		✓
Thiamin	✓	✓	✓	✓		✓
Riboflavin	✓					✓
Niacin	✓		✓			
Vitamin B6	✓					✓
Selenium	✓		✓	✓	✓	
Copper	✓		✓	✓		✓
Iron	✓		✓	✓		✓
Magnesium	✓		✓	✓		✓
Manganese	✓		✓	✓	✓	✓

✓ Excellent Source ✓ Good Source

All values based on USDA nutrient data. <https://fdc.nal.usda.gov/index.html>



What kinds of sorghum are there?

Grain:

- Sorghum as a grain comes in a variety of colors and types.
- Sorghum grows in white, red, black, and many other colors.
- Whole Grain Sorghum: A versatile and delicious whole grain, perfect for replacing rice, quinoa, and other whole grains. Perfect for soups, stews, and grain bowls.
- Pearled Grain Sorghum: Created by removing the hull of the whole grain, pearled sorghum is quicker to cook than whole grain sorghum, while providing a more tender texture. Pearled sorghum is great for any application, especially risotto, pilafs, and salads.

Flour:

- Whole Grain Sorghum Flour: A flexible, nutrient-rich, and functional whole grain flour. One of the distinct differentiators for whole grain sorghum flour is its nutty flavor, which can complement and create delicious new flavor profiles for your baked goods, sauces, and soups.
- Pearled Grain Flour: A neutral and functional gluten-free flour that can fit perfectly into any traditional flour application. Think of pearled sorghum flour as your new everyday baking staple.



Popped:

Tiny but mighty, popped sorghum has all the nutrient benefits of its un-popped whole grain counterpart. Its size and nutritional profile make it a fun alternative to popcorn, making it a perfect snack or ingredient in trail mixes for kids and adults alike. Unlike popcorn, popped sorghum will not get stuck in your teeth.



Syrup:

The boiled and reduced juice from pressed sweet sorghum stalks. Sorghum syrup is a mild alternative to traditional molasses or a vegan alternative to honey with its own distinct and delicious flavor. Perfect for baked goods, glazing vegetables and proteins, or in your morning tea or coffee.

In products that you already eat!

From cereals to baked goods and puffed snacks for adults and children alike, chances are you've had sorghum before without even knowing it. With more and more people finding out about the great flavor, versatility, and positive global impact of sorghum, you can look forward to a future with more delicious and nutritious sorghum products on your supermarket shelves.





How Can I use It?

It's the most versatile grain on the market with applications as a grain, flour, popped, or syrup, the limits for sorghum only end with your imagination, but here are a few places to start!

- **Breakfast:** Waffles, Pancakes, Biscuits & Gravy
- **Lunch:** Burrito Bowls, Grain Salads, Sorghum Chili
- **Dinner:** Sorghum Risotto, Gluten-Free Pizza, Glazed Root Vegetables
- **Dessert:** Chocolate Chip Cookies, Hummingbird Cake, Banana Bread
- **Beverage:** Sorghum Sweetened Tea, Sorghum Old Fashioned, Toasted Whole Grain Sorghum Green Tea

How Do I Cook It?

Here are a couple of universal recipes to keep for all of your future sorghum cooking and baking:

Gluten-Free Sorghum All Purpose Flour Blend

Ingredients:

- 2 cups pearly sorghum flour
- 1 cup corn starch
- ½ teaspoon xanthan gum

Prep Time: 5 minutes

Make Time: 2 minutes

Servings: Approx. 16- ½ cup servings

Tips & Tricks: This is a perfect home all purpose flour blend for anyone looking to use a flexible and functional sorghum-based flour blend. Substitute this 1 for 1 with traditional all purpose flour in your favorite recipes and baked goods.

Make a big batch and have it in your pantry for all your gluten-free baking needs.

Instructions:

1. Combine the pearly sorghum flour, corn starch, and xanthan gum in a medium-sized bowl and whisk together.
2. After it has all been combined, sift the mixture into an airtight container.

Stovetop Pearled Grain Sorghum

Ingredients:

- 1 cup pearly grain sorghum
- 3 cups water or stock

Prep Time: 5 minutes

Make Time: 45 minutes

Servings: 4 servings (¾ cup per serving)

1. Rinse and drain the pearly grain sorghum.
2. Bring 3 cups of water or stock to a boil in a small saucepan.
3. Add 1 cup of pearly grain sorghum. Cover with a tight-fitting lid and bring to a boil. Reduce heat to medium and let simmer for 30 minutes or until tender. Stir occasionally. Add more water or stock if necessary.
4. When the grain has absorbed all of the water, fluff with a fork. Add your favorite ingredients or add the grain to your favorite recipe.

Cajun Kettle Sorghum Mix



Ingredients:

- 4 cups popped sorghum
- 1 ½ cups bacon, cooked until crispy, chopped
- 1 ½ cups pecans, wholes or halves, toasted
- 8 tablespoons unsalted butter
- 1 cup light brown sugar
- ¼ cup sorghum syrup
- ½ teaspoon baking powder
- 2 tablespoons Creole seasoning, optional

Sorghum Form: Popped Sorghum, Sorghum Syrup

Prep Time: 25 minutes

Make Time: 1 hour 15 minutes

Servings: Approx. 16- ½ cup servings

Tips & Tricks: A perfect party mix for game day, movie night, or just a delicious snack! This recipe is versatile and can be tweaked to match whatever flavor profile you're looking for. Add your favorite seasonings and inclusions to show off your creativity. Or remove the seasonings, nuts, and bacon for perfect caramel-popped sorghum!

Instructions:

1. Preheat oven to 250°F.
2. In a large bowl, combine the popped sorghum, chopped bacon, and pecans. Set aside.
3. In a large saucepan, melt the butter over medium heat, add the brown sugar and sorghum syrup. Bring to a boil and let boil for about 3 minutes then turn off the heat.
4. Add the baking powder, incorporating thoroughly and carefully as the mixture will bubble and rise.
5. Once combined, pour the caramel mixture over the popped sorghum mix. Stir well to thoroughly coat the dry mix.
6. Spread the mixture in an even layer onto a baking tray lined with parchment paper and lightly sprayed with cooking spray.
7. Put the tray in the oven for approximately 1 hour, stirring it every 10-15 minutes. When done the mix should be crisp and the caramel should be set and crystallized onto the dry mix, it will get crunchier as it cools.
8. Sprinkle the Creole seasoning across the mix and toss to coat. Serve with your favorite snacks, drinks, and family fun!

The ultimate gameday snack!

Perfect for football, tailgating, and cheering your team to victory, this spicy, crunchy mix keeps the excitement going from kickoff to the final whistle. Taste the win!



Sorghum Biscuits with Sorghum Sausage Gravy



Sorghum Biscuits with Sorghum Sausage Gravy

Sorghum Biscuit Ingredients:

2 ½ cups Sorghum All Purpose Flour Blend, plus extra for folding (see page 9)

1 tablespoon baking powder

½ teaspoon baking soda

1 ½ teaspoons salt

1 stick unsalted butter, cold

3 tablespoons sour cream

1 ¼ cups buttermilk

Milk, for brushing, as needed

Sorghum Sausage Gravy Ingredients:

1 pound breakfast sausage

1 tablespoon unsalted butter

4 tablespoons whole grain sorghum flour

¼ teaspoon salt

¼ teaspoon black pepper, ground

2 tablespoons corn starch

3 ½ cups milk

Sorghum Form: Pearled Sorghum Flour, Whole Grain Sorghum Flour

Prep Time: 15 minutes

Make Time: 1 hour

Servings: Approx. 4-6 biscuits

Tips & Tricks: These biscuits are a perfect gluten-free baked good for breakfast, lunch, or dinner. Since there is no gluten, you can roll these fairly thick to create nice large biscuits as they will have less rise than traditional biscuits.

Since there is no gluten in this dough, you can work and rework the dough to create as many biscuits as you'd like without overworking it. But be quick, keeping the butter intact and cold is the key to any good biscuit!

This sausage gravy is functional and delicious. We like to use whole grain sorghum flour for the toasty, nuttiness it brings to the gravy, but you can use pearled sorghum flour for an equally delicious gravy.

Sorghum Biscuit Instructions:

1. Preheat the oven to 425°F.

2. Whisk together the Sorghum All Purpose Flour Blend, baking powder, baking soda, and salt in a large bowl.

3. Cut the butter into small cubes, then using a fork or dough cutter/blender, cut the butter into the flour mixture until the butter is about the size of a pea. Place the mixture into the freezer for 15 minutes.

4. Once cooled, fold the sour cream into the flour mixture until combined. Add the buttermilk, stirring until a dough is formed.

5. Turn the dough out onto a lightly floured surface, gently press out and fold the dough a couple times to create layers.

6. Roll the dough out to 1 1/2- 2 inch thickness.

7. Cut out biscuits with a floured 2-inch round cutter and place them on a baking sheet lined with parchment paper.

8. Fold and form the remaining dough together to create more biscuits.

9. Brush the top of the biscuits with milk. Bake for 15 minutes, or until golden browned and fluffy, rotating the pan halfway through baking and brushing once more, if desired.

10. Serve warm with gluten-free sorghum sausage gravy, butter, jam, or your favorite filling.

Gluten-Free Sorghum Sausage Gravy Instructions:

1. In a large skillet over medium-high heat cook the sausage until browned and fat has rendered, about 8 minutes.

2. Add the butter to the cooked sausage and stir until the butter is melted.

3. Combine the flour, salt, and pepper in a small bowl and pour over the sausage mixture, stirring constantly to combine. Reduce heat to medium-low.

4. Whisk the cornstarch into the milk, add the milk in 4 increments, while stirring constantly.

5. Continue cooking, stirring constantly until the mixture is thickened to your desired texture. If the mixture gets too thick, add milk to thin to your preferred consistency, if the mixture is too thin, thicken with additional cornstarch slurry as needed by adding 1 tablespoon of cornstarch to ½ cup of milk and adding to the simmering gravy in small increments to thicken to desired texture.

6. Remove from heat, taste, and season to your preference.

7. Cover, and hold warm or refrigerate and hold for up to a week.

Sorghum All Purpose Flour Blend Recipe

See page 9 for a Gluten-Free Sorghum All Purpose Flour Blend recipe for all your future sorghum cooking and baking.



Sorghum Pizza Crust

Ingredients:

- 1 cup water, warmed to 110°F
- 1/4 ounce packet instant yeast
- 1 tablespoon sugar
- 3 cups Sorghum All Purpose Flour Blend (see page 9)
- 1 teaspoon salt
- 1 teaspoon baking powder
- 2 tablespoons olive oil, more as needed
- Your favorite pizza toppings, as needed

Sorghum Form: Pearled Sorghum Flour

Prep Time: 25 minutes

Make Time: 1 hour 45 minutes

Servings: 2 10-inch pizzas

Tips & Tricks: This is a perfect gluten-free pizza crust recipe that you can top with any of your favorite toppings.

The dough being gluten-free makes it very easy to roll out and shape to any size crust from personal to family-sized making it a fun and interactive recipe for the whole family.

You can even make these doughs in advance and par-bake them to use as needed. Just pull out of the freezer, top, and bake for a simple and delicious dinner.

Instructions:

1. Combine the warm water with yeast and sugar in the bowl of a stand mixer fitted with a dough hook, let sit for 5 minutes, until the mixture is frothy.
2. Whisk the flour, salt, and baking powder together in a medium-sized bowl.
3. Add the olive oil to the yeast mixture and incorporate.
4. Add the flour mixture into the yeast mixture, and mix on medium speed until combined, scraping the sides of the bowl down as needed until everything is incorporated and a homogenous dough is achieved.
5. Put dough into a lightly oiled bowl and cover with a damp towel, let the dough rest for 45 minutes.
6. Place a pizza stone into the oven and preheat to 425°F.
7. Spray a piece of parchment paper lightly with cooking spray to roll your dough onto.
8. Cut the dough in half and place half onto the parchment. The dough should be fairly moist and tacky and have the feel of playdough, more water can be incorporated and worked into the dough if it seems to dry.
9. Gently press or roll the dough out into a 10-inch circle about ¼ inch thick. This dough can be rolled thinner or thicker depending on your preference and style of pizza.
10. Lightly spray the top of the dough with cooking spray, transfer the parchment onto the pizza stone in the oven, carefully cover it with a sheet of aluminum foil, and bake for 10 minutes.
11. Remove from oven, pull off aluminum foil, and top with your preferred sauce and toppings, then place back in the oven and finish baking uncovered for 12-15 minutes.



Simple Sorghum Risotto

Ingredients:

6 cups chicken stock, more as needed	1 cup grated Parmesan cheese
4 tablespoons unsalted butter, divided into tablespoon measures	¼ cup heavy cream
½ cup yellow onion, finely diced	2 teaspoons lemon zest
1 ½ teaspoons garlic, minced	1 ½ tablespoons fresh lemon Juice
1 cup pearled sorghum	Black pepper, to taste
½ cup white wine	Salt, to taste

Instructions:

1. Preheat the oven to 450°F.
2. Rinse the sorghum in cool water and spread evenly onto a sheet pan lined with parchment paper.
3. Place the sheet tray into the oven and toast until the sorghum is lightly toasted and smells nutty, about 7-10 minutes.
4. Bring stock to a simmer in a large saucepan, reduce heat to low to keep warm while preparing risotto.
5. Heat 2 tablespoons of the butter in a large saucepan over medium heat. Add onion and cook, stirring constantly, until translucent, about 4 minutes.
6. Add garlic and cook, stirring constantly for about 1 minute.
7. Stir in sorghum and remaining butter, and cook for about 1 minute, stirring constantly until all of the sorghum is coated with the butter.
8. Add the white wine and cook, stirring constantly, until the wine is mostly evaporated.
9. Using a ladle, add about ½ of the warm stock to the sorghum mixture. Bring to a boil, reduce heat, and simmer, stirring regularly, until liquid is mostly absorbed about 20-30 minutes.
10. Add the remaining stock and cook until it is mostly absorbed, about 20-30 minutes.
11. Taste the sorghum and make sure it is cooked to your desired texture, adding more stock and cooking longer if needed.
12. Once the sorghum is cooked to your preferred doneness, remove the pan from heat, and stir in Parmesan, heavy cream, lemon zest, and lemon juice. Season with salt and pepper to taste.
13. Serve as is or alongside your favorite vegetables and proteins.

Sorghum Form: Pearled Sorghum

Prep Time: 30 minutes

Make Time: 1 hour 30 minutes

Servings: Approx. 4 -¾ cup servings

Tips & Tricks: This is a perfect and simple risotto recipe that you can use as the base for other risotto recipes. Just add your favorite vegetables, proteins, cheeses, and toppings to make it your own!

For those busy weeknights where you need a faster and less traditional risotto, soak the sorghum overnight in water the day before and skip steps 1-3.

This recipe also reheats perfectly without losing its texture and flavor for perfect leftovers.

Double Chocolate Sorghum Brownies

with Sorghum Caramel Sauce and Sorghum Whipped Cream



Double Chocolate Sorghum Brownies

with Sorghum Caramel Sauce and Sorghum Whipped Cream

Brownie Ingredients:

1 cup Sorghum All Purpose Flour Blend (see page 9)
1 teaspoon baking powder
1 ½ cups granulated sugar
½ cup unsalted butter
1 teaspoon kosher salt
1 ½ teaspoons vanilla extract
¾ cup cocoa powder
3 eggs
1/2 cup chocolate chips

Sorghum Caramel Sauce Ingredients:

½ cup granulated white sugar
½ cup light brown sugar
½ cup sorghum syrup
3 tablespoons unsalted butter, cut into cubes
1 teaspoon salt
¾ cup heavy cream

Sorghum Whipped Cream Ingredients:

1 cup heavy cream
2 tablespoons sorghum syrup

Brownie Instructions:

1. Preheat oven to 350°F.
2. Grease an 8-inch square pan with baking spray.
3. Combine Sorghum All Purpose Flour Blend and baking powder in a small bowl and reserve for later.

Sorghum Form: Pearled Sorghum Flour, Sorghum Syrup

Prep Time: 25 minutes

Make Time: About 40 minutes

Servings: about 9 3-inch squares

Tips & Tricks: This recipe is 3 incredible stand-alone recipes that come together to form the perfect dessert! Use the whipped cream or caramel sauce recipes in your day-to-day sweets or make a big batch of brownies and keep them in the freezer for the perfect heat-and-eat treat!

These brownies are ooey-goopy and difficult to overbake, so if you're testing with a toothpick and you're not sure if they're done yet, feel free to let them go a little longer, they'll still be delicious!

4. Place the sugar, butter, and salt into a 4-quart saucepan over medium heat.
5. Heat the butter mixture, stirring until the butter is melted and the mixture is homogenous.
6. Transfer the mixture to a large mixing bowl, add in the vanilla and cocoa powder, then add the eggs one at a time and mix until combined.
7. Whisk in the flour mixture until a batter forms.
8. Add in the chocolate chips and mix until fully incorporated.
9. Pour the batter into the prepared pan, spreading it into an even layer.
10. Bake the brownies for 30-40 minutes, until a toothpick inserted in the center comes out clean.
11. Remove from the oven and allow to cool completely so that the brownies can set.
12. Cut into 3-inch squares and hold for up to 3 days at room temperature or 3 months in the freezer.

Sorghum Caramel Sauce Instructions:

1. Place the sugar, sorghum syrup, butter, and salt in a large saucepan with high sides over medium-high heat.
2. Stir constantly until butter is melted and sugar is incorporated.
3. Bring to a low boil and continue stirring constantly for 5 minutes.
4. Turn the heat to low, and whisk in the cream, stirring constantly. Be careful as the caramel mixture will bubble and rise.
5. Remove from heat and hold warm for later use.
6. The caramel can be stored in an air-tight container in the refrigerator and heated as needed for up to 1 week.

Sorghum Whipped Cream Instructions:

1. Place the heavy cream into a large mixing bowl.
2. Using a stand or hand mixer, whip on high speed until the cream begins to hold some structure and forms soft peaks.
3. Stream in the sorghum syrup, whipping on medium speed until the syrup is completely incorporated.
4. Whip until stiff and fluffy.
5. Hold chilled in refrigerator for up to 1 day.

Serving Suggestion:

1. Place 1 brownie onto a plate or into a bowl, top with a dollop of sorghum whipped cream, and drizzle with sorghum caramel sauce.

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Any Questions?

If you have questions about sorghum, how to cook with it or its sustainability story please visit SorghumCheckoff.com or contact culinary@sorghumcheckoff.com



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