

A close-up photograph of a basket filled with golden-brown, crispy fried chicken pieces. The basket is lined with red and white checkered paper. In the bottom left corner, a small white bowl contains a thick red dipping sauce. A green rectangular logo with a white border is positioned in the upper left area of the image.

**SORGHUM**  
Nature's Super Grain 

Discover <sup>THE</sup>  
Delightful  
Versatility  
OF Sorghum

SORGHUM IN FOODSERVICE

## What is sorghum?

- Sorghum is a delicious and nutrient-rich grain that is as good for the planet as it is for your customers.
- Whole grain sorghum is an excellent source of 12 essential nutrients, including protein and fiber, making it a great choice for operations looking for flavor and a nutrient boost.
- As a U.S.-grown grain, by using sorghum in your operation, you're not just creating delicious and nutritious meals, you're supporting American farmers and growers.
- Sorghum is The Resource Conserving Crop®, requiring 36% less water to grow than comparable grains. Sorghum also captures carbon in the atmosphere actively combating climate change.
- Sorghum is the most versatile grain on the market! In cooking, it can replace applications of quinoa, rice or any other grain.



## What types of operations can benefit from the use of sorghum in-house?

- All operators can find delicious and nutritious applications for sorghum!
- 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 operators to use it anywhere they currently use other grains and flours.
- Perfect for breadings, baked goods, whole grain applications, as a sweetener or even popped; sorghum is sure to have a form and function to enhance the flavor and nutrient profile of your menus.
- Adding sorghum flour can instantly increase crispiness and extend the holding time of QSR fried products.
- FSR operations can lean into the variety of forms of sorghum to create new and delicious items for savory, sweet or beverage applications for multiple dayparts.
- Healthcare facilities can trust they are serving an easy-to-cook, consistent grain with a nutrient profile suitable for a variety of dietary patterns and needs.
- K-12 operators can easily adopt whole grain sorghum as a nutrient-rich and simple-to-cook grain that is included in the USDA Food Buying Guide and credits as a whole grain.
- C&U operations can menu sorghum as a global ingredient and meet their students' needs and values, whether they're looking for climate-friendly, non-GMO, U.S.-grown or have specialized dietary needs (vegan, vegetarian, gluten-free, high-protein, etc.).
- For non-commercial operations, sorghum offers an easy-to-cook, nutritious ancient grain that expands menu options and holds well on hot and cold bars.



## Why should we use sorghum?

- From a cooking perspective, sorghum is extremely difficult to overcook. Unlike other grains, sorghum does not become mushy, gummy or sticky, allowing for consistent quality and foolproof preparation for back-of-house operations.
- When compared to other grains, sorghum's nutrient profile stands in a league of its own.
- Sorghum is considered an excellent source of protein, fiber, B-vitamins and 9 other essential vitamins and minerals.
- Sorghum is good for the planet!
  - 91% 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 captures carbon from the atmosphere and stores it in the soil, actively fighting climate change wherever it is grown!
  - Not only is sorghum great on our plates and bowls, but it's great for the health of our country and our planet.
- Ancient grains, like sorghum, are on-trend ingredients that will keep your menu interesting, innovative and adaptable to a wide range of cuisines and applications.



## 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
<b>Protein</b>	✓		✓	✓		✓
<b>Fiber</b>	✓		✓	✓		✓
<b>Phosphorus</b>	✓		✓	✓		✓
<b>Zinc</b>	✓		✓	✓		✓
<b>Thiamin</b>	✓	✓	✓	✓		✓
<b>Riboflavin</b>	✓					✓
<b>Niacin</b>	✓		✓			
<b>Vitamin B6</b>	✓					✓
<b>Selenium</b>	✓		✓	✓	✓	
<b>Copper</b>	✓		✓	✓		✓
<b>Iron</b>	✓		✓	✓		✓
<b>Magnesium</b>	✓		✓	✓		✓
<b>Manganese</b>	✓		✓	✓	✓	✓

✓ Excellent Source    ✓ Good Source

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

# What solution does sorghum provide at scale?

With a wide array of forms and processing options, there is sure to be a sorghum product that can help you improve food quality and consistency, while reducing prep time and labor costs.

## Grain:

- Sorghum grain is available in whole grain or pearled grain formats, each lending themselves seamlessly to different applications.
- Whole Grain Sorghum: A versatile and delicious whole grain perfect for replacing rice, quinoa and other whole grains as a better-for-you alternative. 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 risotto, pilafs and salads.
- Pre-cooked sorghum is available in shelf-stable and IQF forms for simple heat/thaw and serve applications.

## Flour:

- Whole Grain 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 accent 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 in perfectly in any traditional flour application. Think of pearled sorghum flour as your new AP Flour!
- Sorghum flour blends are available for different applications including frying, baking and thickening.

## Popped:

- Tiny but mighty, popped sorghum has all the nutrient benefits of its unpopped counterpart. Its size and nutritional profile make it a fun alternative to popcorn that you can feel good about. Unlike popcorn, popped sorghum will not get stuck in your teeth.
- With simple seasoning, it is a perfect snack or ingredient in trail mixes and snack mixes.

## Syrup:

- Sorghum Syrup: The boiled juice from pressed sweet sorghum stalks 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 limitless potential in beverage application.

## Packaged Goods:

- 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 consumers finding out about the great flavor, versatility and global impact of sorghum, you can look forward to a future with more delicious and nutritious sorghum products available to serve your customers.







## How can I start using sorghum in my operation now?

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:** Molasses Cookies, Hummingbird Cake, Banana Bread
- **Beverage:** Sorghum Sweet Tea, Sorghum Old Fashioned, Roasted Sorghum Green Tea

## Sorghum Food Service Products & Suppliers

Are you looking for a supplier for your bulk sorghum needs? Scan the QR code to get started using sorghum in your kitchen.





# Super Antioxidant Popped Sorghum Trail Mix



## Ingredients:

- 1 cup pistachios, shelled, roasted & salted
- 1 cup roasted pepitas
- 2 cups popped sorghum
- ½ cup dried cherries
- ½ cup dark chocolate chips
- Cooking spray, optional, as needed
- 2 teaspoons sumac, optional

**Sorghum Form:** Popped Sorghum

**Prep Time:** 5 minutes

**Make Time:** 5 minutes

**Servings:** About 16 (¼ cup) servings

**Tips & Tricks:** Jam-packed with antioxidants, this perfect grab-and-go snack mix is ideal for meeting your operation's allergen needs.

For a longer shelf life, keep this sealed in an air-tight container, and to reduce moisture migration, substitute the dried cherries for yogurt-covered cherries or raisins. Make in large batches in advance and serve as needed.

## Instructions:

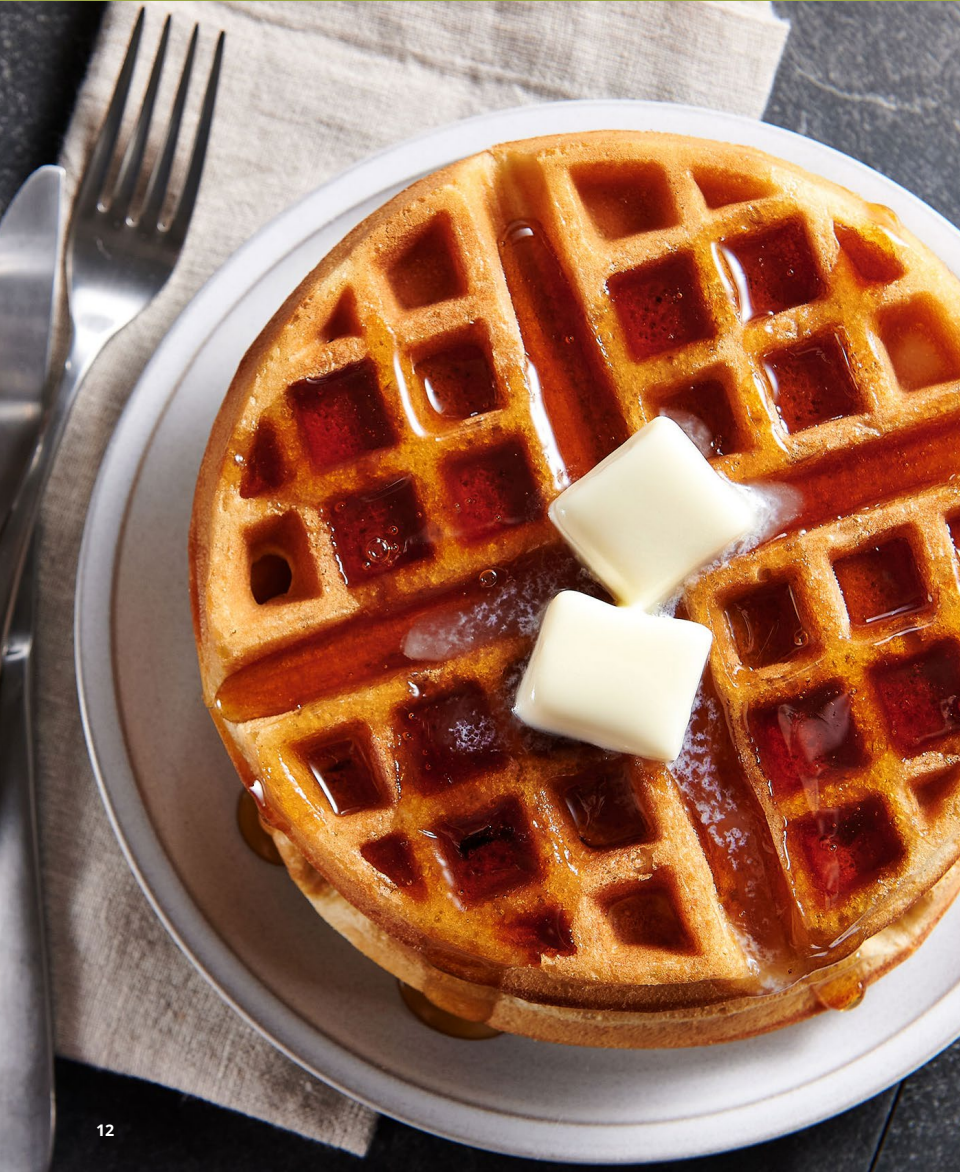
1. Add pistachios, pepitas, popped sorghum, cherries and dark chocolate in a large mixing bowl, stirring briefly to combine.
2. Optionally, lightly spray the mixture with cooking spray and sprinkle on the sumac stirring until the sumac is well incorporated and coats the mixture evenly.
3. Place the mixture in an airtight container to store for up to 1 week.

## Snacking Made Easy

Elevate your snack offerings with our Super Antioxidant Popped Sorghum Trail Mix. Ideal for travelers, it's perfect for both on-the-go snacking and relaxing in the lounge.



# Sorghum Waffles



## Ingredients:

4 cups sorghum AP flour blend  
(see pages 20-21 for recipe)  
6 teaspoons baking powder  
1 teaspoon salt  
 $\frac{2}{3}$  cup sugar  
3 cups milk  
5 eggs  
4 teaspoons vanilla extract  
1 cup butter, melted

**Sorghum Form:** Sorghum Flour

**Prep Time:** 30 minutes

**Make Time:** 10 minutes

**Servings:** 32 waffles/16 servings

**Tips & Tricks:** For a lighter, fluffier waffle, separate the egg white and yolks, and whip the whites until stiff, folding them into the batter at the very end.

This batter holds well and can be made ahead of time without issue. Feel free to add in your favorite inclusions including chocolate chips, nuts or fruit.

## Instructions:

1. Preheat and spray a waffle iron with cooking spray.
2. Sift the flour, baking powder, salt, and sugar in a bowl.
3. In a separate bowl, whisk together milk, eggs and vanilla.
4. Pour the wet mixture over the dry ingredients and mix until just combined. Stir in the melted butter until homogeneous.
5. Scoop the batter into the prepared waffle iron and cook for roughly 5 minutes or until golden brown.

## Breakfast Bar Upgrade

Enhance your hotel breakfast bar with our delicious Sorghum Waffles. These waffles offer a nutritious and satisfying start to the day. Perfect for a quick breakfast or a leisurely morning meal, Sorghum Waffles are a great addition to any hotel menu.





# Coconut Sorghum Pudding

With Sorghum Pineapple Compote



## Pudding Ingredients:

- 1 ½ cups pearly sorghum
- 9 cups coconut milk
- 1 cup sugar
- ¾ teaspoon salt
- 1 ½ teaspoons vanilla extract

## Compote Ingredients:

- 3 cups diced pineapple
- ½ cup pineapple juice
- 1 teaspoon vanilla extract
- ¼ cup sorghum syrup
- ½ teaspoon salt

**Sorghum Form:** Pearled Sorghum, Sorghum Syrup

**Prep Time:** 20 minutes

**Make Time:** 1 hour 25 minutes

**Servings:** 24- 4 ounce servings

**Tips & Tricks:** This is a delicious pudding inspired by classic tapioca pudding with multiple flavorful applications of sorghum. Perfect for hotels, lounges or cafeterias, on cold bars, or as a light dessert option that guests are sure to love. This pudding is perfect for use in parfaits, trifles or topped with your favorite fruit, cake or granola.

For a softer texture and faster cook time, soak the sorghum overnight in water, drain, then just follow the recipe!

The compote can be cooked down as much or as little as desired for the preferred flavor and color. For a more elegant look, use vanilla bean or paste instead of extract.

## Pudding Instructions:

1. Rinse the pearly sorghum in a mesh strainer.
2. In a heavy-bottom stockpot combine all pudding ingredients and bring to a boil over medium-high heat, reduce heat to a simmer, stirring occasionally to avoid scalding or burning.
3. After 1 hour of simmering, the mixture should be very thick, continue simmering, stirring frequently until the mixture resembles a pudding, about 20 minutes.
4. Once the mixture reaches your preferred consistency, remove from heat, transfer to a heatproof container, and refrigerate until completely cooled.

## Compote Instructions:

1. Combine all compote ingredients in a medium saucepan over medium heat. Bring to a boil, then reduce to a simmer.
2. Simmer until most of the liquid has been absorbed, about 10 minutes, stirring occasionally. Once done, store in an airtight container and refrigerate for up to 1 week.

## Assembly Instructions:

To build the pudding, scoop ¼ cup of Coconut Sorghum Pudding into a 4-ounce container and top with 1 tablespoon of Sorghum Pineapple Compote.



# Spanish-Style Sorghum



## Ingredients:

¼ cup olive oil  
2 cups white onion, diced  
¼ cup tomato paste  
¼ cup garlic, minced  
1 teaspoon dried oregano  
2 teaspoons chili powder  
1 28-ounce can diced tomatoes  
2 cups chicken stock  
8 cups white whole grain sorghum, fully cooked  
Salt, to taste  
Black pepper, to taste

**Sorghum Form:** Whole Grain Sorghum

**Prep Time:** 20 minutes

**Make Time:** 1 hour 45 minutes

**Servings:** 20 servings

**Tips & Tricks:** This delicious and trendy application for sorghum can be applied in full-service or limited-service operations, as well as non-commercial dining rooms. Perfect for burritos, bowls or as a side with your favorite Latin-inspired meals.

Whole grain sorghum can be a flexible and functional ingredient for enhancing flavors. We always recommend cooking whole-grain sorghum in advance and folding it into your favorite bases to ensure even cooking and consistency.

Trade out whole grain sorghum for pearled sorghum or a blend of pearled and whole grain sorghum in this application for a bit of variance in texture and bite.

## Instructions:

1. Heat the olive oil on medium heat in a heavy-bottomed stock pot. Add the onion and cook until softened, about 5 minutes.
2. Add the tomato paste, garlic, oregano and chili powder and cook for about 2 minutes longer, stirring constantly to avoid burning.
3. Stir in the tomatoes, stock, salt and black pepper, and bring to a boil.
4. Stir in the sorghum, cover, reduce the heat and simmer for 20 minutes, or until the liquid is mostly absorbed and the flavors have come together.
5. Remove from the heat and let sit, covered, for 10 more minutes. Serve with your favorite proteins and vegetables, or use as the base for a burrito bowl.

## Tips For Cooking

Sorghum grains can be prepared like rice, quinoa or other whole grains. You can cook sorghum using the a pressure cooker, stovetop, tilt skillets, steam jacket kettles and steamers. Whole grain sorghum adds a hearty, nutty flavor to your favorite recipes. Be sure to check out our cooking tips library and get started with exciting, new recipes at [SorghumCheckoff.com](http://SorghumCheckoff.com).





# Sorghum Fried Chicken Tenders

With Sorghum Molasses BBQ Sauce



## Fried Chicken Ingredients:

6 cups buttermilk  
⅔ cup hot sauce, optional  
6 pounds chicken breast tenderloins  
5 cups whole grain sorghum flour  
1 cup corn starch  
2 tablespoons garlic powder  
1 tablespoon onion powder  
2 tablespoons paprika  
1 tablespoon cayenne, optional  
2 tablespoons kosher salt

## Sauce Ingredients:

1 cup ketchup  
½ cup cider vinegar  
⅓ cup sorghum syrup  
1 tablespoon Worcestershire sauce  
1 teaspoon smoked paprika  
1 teaspoon salt  
1 teaspoon black pepper

**Sorghum Form:** Whole Grain Sorghum Flour, Sorghum Syrup

**Prep Time:** 1 hour

**Make Time:** 30 minutes

**Servings:** about 24 servings

**Tips & Tricks:** This is a perfect breading and frying method for chicken, fish and any traditional fried dishes. Whole grain sorghum flour creates a light and crispy texture and nutty flavor that works perfectly for frying applications, while being the perfect gluten-free alternative.

For a milder flavor, remove the hot sauce and cayenne pepper.

The BBQ sauce is a sticky sweet option that is great for kids. Add your favorite spices like cayenne, garlic powder or BBQ rubs to make it your own.

## Chicken Tender Instructions:

1. Preheat a deep fryer to 350°F.
2. Whisk together buttermilk and hot sauce, if using, in a large container. Add the chicken and let rest in buttermilk marinade for at least 1 hour.
3. In a separate bowl, whisk together the sorghum flour, corn starch, garlic powder, onion powder, paprika, salt and cayenne, if using.
4. Working in batches, remove the chicken from the buttermilk marinade, toss it into the dry mixture, and press the flour blend onto the chicken to evenly coat. Shake off any excess.
5. If desired, you can double coat the tenders by repeating step 4 with breaded tenders for a crispier and crunchier exterior.
6. Once fully coated, fry the strips in batches to avoid overcrowding the fryer. Fry the strips until they are golden brown and crispy, roughly 5 minutes or until the internal temperature reaches 165°F.

## Sorghum Molasses BBQ Sauce Instructions:

1. Combine all ingredients in a saucepan over medium heat.
2. Bring the mixture to a simmer and stir constantly for 15 minutes.
3. Taste and adjust the seasoning to your liking.
4. Place the sauce into a heatproof container and hold chilled for up to 1 week.



# Gluten-Free Sorghum All Purpose Flour Blend



## Ingredients:

8 cups pearly sorghum flour  
4 cups corn starch  
2 teaspoons xanthan gum

**Sorghum Form:** Pearly Sorghum Flour

**Prep Time:** 5 minutes

**Make Time:** 5 minutes

**Servings:** 12 cups

**Tips & Tricks:** This is a flexible and functional AP sorghum flour blend that you can use one-to-one in place of your traditional AP flour. For softer doughs and batters, reduce the xanthan gum. For more robust doughs, increase the xanthan gum to provide more structure to your baked goods.

A simple ratio to remember is 2 parts pearly sorghum flour to 1 part starch blend. For xanthan gum, add in teaspoons equal to half the number of cups of starch.

Other starches provide different textures. We recommend experimenting with potato starch, tapioca and arrowroot for desired texture.

## 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.

## Gluten-Free Gem

With the growing need for gluten-free alternatives that deliver on texture, flavor and cost savings, look no further. Sorghum is a cost-effective and functional gluten-free flour that can be easily adapted to any cooking or baking needs in your operation.



## Cooking with Sorghum



## Cooking on the Stovetop

### Ingredients:

1 cup whole grain sorghum

4 cups water or stock

**Sorghum Form:** Whole Grain Sorghum

**Make Time:** 1 hour

**Servings:** 12 cups

### Instructions:

1. Rinse and drain the whole grain sorghum.
2. In a small saucepan, bring 4 cups of water or unsalted stock to a boil.
3. Add 1 cup of whole grain sorghum. Cover with a tight-fitting lid and bring to a boil. Reduce heat to medium and let simmer for 45 minutes or until tender. Stir occasionally. Add more water or stock if necessary.
4. When the grain has absorbed all of the liquid, fluff with a fork. Add your favorite ingredients or add the grain to your favorite recipe.

\*We recommend using salt-free stock or salting your whole-grain sorghum after it's fully cooked. Adding salt too early can toughen the outer hull.



## Cooking with the Pressure Cooker

### Ingredients:

1 cup whole grain sorghum

2 cups water or stock

**Sorghum Form:** Whole Grain Sorghum

**Make Time:** 20 minutes

**Servings:** 3 cups

### Instructions:

1. Rinse and drain the whole grain sorghum.
2. Pour the liquid and sorghum into a pressure cooker. Set the pressure cooker to high pressure for 20 minutes.
3. Once the pressure cooker has finished, remove from heat and release all of the pressure before opening the lid.
4. Drain the sorghum into a colander. Rinse the sorghum and fluff with a fork. Add your favorite ingredients or add the grain to your favorite recipe.





# SORGHUM

Nature's Super Grain 



## Any Questions?

If you have questions about sorghum, how to cook with it or its sustainability story, please visit [SorghumCheckoff.com](http://SorghumCheckoff.com) or contact [culinary@sorghumcheckoff.com](mailto:culinary@sorghumcheckoff.com).



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