

Grains

Instructions

1. Select a grain to cook. Measure 1 cup of the grain and the corresponding amount of liquid.
2. In a medium saucepan, bring the water or stock to a boil over medium-high heat. Stir in 1 cup of the grain and then reduce heat so liquid is a low simmer, cover and cook for time listed.
3. The grain is done cooking when it is soft and slightly chewy to the bite. Fluff with a fork when done cooking.

Note: To speed up the cooking time, you can presoak the grains in water prior to cooking. Drain soaked water before cooking.





Grain Cooking Chart

This grain cooking chart is designed to help you cook grains with ease.

Grain (1 Cup, Uncooked)	Water or Stock	Cook Time	Yield (After Cooking)
Barley, hulled	3 cups	40 minutes	3 cups
Barley, pearl	2 cups	20 minutes	3 cups
Buckwheat	1½ cups	15 minutes	2½ cups
Cornmeal	4 cups	5 minutes	2½ cups
Millet	2½ cups	20 minutes	3½ cups
Oat groats	1¾ cups	20 to 25 minutes	2 cups
Oats, old-fashioned	2 cups	5 minutes	2 cups
Oats, steel-cut	4 cups	15 to 20 minutes	3 cups
Quinoa	1½ cups	12 minutes	2 cups
Rice, brown	2 cups	30 minutes	3 cups
Rice, white	1½ cups	15 to 20 minutes	3 cups
Rice, wild	2½ cups	45 minutes	3 cups
Wheat berries	1½ cups	60 minutes	2 cups
Wheat, bulgur	2 cups	12 minutes	2½ cups
Wheat, farro	2 cups	20 minutes	2⅔ cups
Wheat, freekeh, cracked	2 cups	15 minutes	3 cups
Wheat, Kamut	3 cups	45 to 60 minutes	4 cups
Wheat, spelt	2 cups	30 minutes	2 cups