



GREAT GRAINS: Basic cooking info

General Instructions

Add any dry grain to water* and simmer until the liquid is absorbed and/or grain is the desired texture. See other side for specific grains and cooking info.

**Broth, milk or other liquids may be used in place of water for fuller flavor.*

Save Time

Speed it Up: Reduce cooking time by soaking hearty grains overnight.

Choose Wisely: When on a time crunch, refer to the attached chart for grains that require less cooking time. There are also quick-cooking grains on the market that have been pre-cooked to reduce their cooking time.

Plan ahead: Cook whole grains in large batches and store in the freezer. Simply reheat with a little liquid on the stovetop or microwave for fast prep.

Make the Most of Your Grain



For Pilaf

Sauté ingredients such as onion, garlic, leeks, other veggies, or herbs in oil with grain until browned then add liquid and cook as usual.

For Salad or Soup

Create a satisfying main or side dish mixing grains with other ingredients such as fresh or roasted vegetables, beans, nuts, lean protein and dressings. Or try adding to your favorite homemade or store-bought soup.

For Breakfast

Not only oatmeal, but any grain can be eaten at breakfast! Try adding fresh or dried fruit, nuts, cinnamon, milks, & other sweet breakfast toppings or go savory by mixing in veggies and topping with a poached egg.

For a Side

A great accompaniment to any meal, whole grains can be served plain or dressed up with a few ingredients such as sautéed onions or herbs.



GREAT GRAINS GUIDE

The below is a general guide to cooking specific grains. Water and/or cooking time may be adjusted as needed until desired texture is obtained.

Most grains yield around 4-6 servings once cooked.

ONE CUP GRAIN	WATER (cups)	BOIL THEN SIMMER (in minutes)
Amaranth ^{GF}	2	15-20
Barley, hulled*	3	30-45
Buckwheat ^{GF}	2	20
Bulgur*	2	15 (covered, heat off)
Cornmeal (polenta) ^{GF}	3	15-20
Couscous, whole wheat*	2	5 (covered, heat off)
Farro*	2.5	20-25
Kamut®	4	Soak overnight→ 45
Millet ^{GF}	2	20-30
Oats, steel cut ^{GF-}	4	20
Pasta, whole wheat*	6	8-12, drain
Quinoa ^{GF}	2	10-15
Rice, Brown (various) ^{GF}	2 ½	25-45
Rye Berries*	4	Soak overnight→ 45-60
Sorghum ^{GF}	4	25-40
Spelt Berries*	4	Soak overnight→ 35-45
Teff* ^{GF}	4	15-20
Triticale Berries*	3	Soak overnight→ 40-50
Wheat Berries*	4	Soak overnight→ 45-60
Wild Rice ^{GF}	3	45-60

* Indicates grain contains more than 3g of fiber per ½ cup serving.

^{GF} Indicates grains that are gluten-free.

^{GF-} Oats are technically gluten-free, but often processed in a facility that also processes wheat.