

Cooking Whole Grains

1 cup of Whole Grains	Liquid (Stock, salted water, vegetable or fruit juice)	Cooking Time	Yield
Amaranth	2 ½ cups	20 min.	2 ¼ cups
Barley, hulled	3 ½ cups	2 hours	4 cups
Brown rice	2 ½ cups	40 min.	3 cups
Buckwheat groats	2 cups	10 to 15 min.	2 cups
Bulgur (cracked wheat)	2 cups	10 to 15 min.	2 cups
Cornmeal (polenta)	4 cups	25 to 30 min.	4 cups
Farro	2 ½ cups	30 to 45 min.	2 ½ cups
Kasha	2 cups	11 to 14 min.	3 cups
Millet	3 cups	25 to 30 min.	4 cups
Oats, groats	3 cups	1 hour	3 cups
Oats, rolled	1 ½ cups	8 to 10 min.	1 ½ cups
Oats, steel cut	3 cups	25 min.	2 ¼ cups
Quinoa	2 cups	15 min.	3 cups
Rye, berries	3 ½ cups	1 hour, 15 min.	3 cups
Rye, flakes	1 ¾ cups	15 to 18 min.	2 cups
Sorghum	2 ½ cups	50 to 60 min.	
Spelt	3 cups	1 hour	3 cups
Teff	4 cups	20 min.	3 ¾ cups
Triticale	3 ½ cups	1 hour, 20 min.	3 cups
Wheat, berries	3 ½ cups	1 hour, 30 min.	3 cups
Wheat, cracked	3 cups	25 to 30 min.	2 ¾ cups
Wheat, flakes	2 cups	15 min.	2 cups
Wild Rice	2 ½ cups	45 to 55 min.	3 cups

Directions:

Rinse whole grains in a fine sieve. Add grain and liquid to a sauce pan. Cover. Bring the liquid and grain to a boil. Then reduce the heat to low. Simmer until grain reaches the desired doneness.

Optional: Soak grains for 4 hours will reduce cooking time and remove phytates, making the grain easier to digest.
