

HOW TO COOK WHOLE GRAINS

To 1 cup of this grain:	<i>Add this much water or broth:</i>	<i>Bring to a boil, then simmer for:</i>
1 c. Amaranth	2 cups liquid	15-20 minutes
1 c. Barley, hulled	3 cups liquid	45-60 minutes
1 c. Buckwheat	2 cups liquid	20 minutes
1 c. Bulgur	2 cups liquid	10-12 minutes
1 c. Cornmeal (polenta)	4 cups liquid	25-30 minutes
1 c. Farro	2 ½ cups liquid	25-40 minutes
1 c. Kamut® wheat	4 cups liquid	soak overnight then cook 45-60 minutes
1 c. Millet, hulled	2 ½ cups liquid	25-35 minutes
1 c. Oats, steel cut	4 cups liquid	30 minutes
1 c. Pasta, whole wheat	6 cups or more liquid	8-12 minutes (varies by size)
1 c. Quinoa	2 cups liquid	12-15 minutes
1 c. Rice, brown	2 ½ cups liquid	25-45 minutes (varies)
1 c. Rye	4 cups liquid	soak overnight then cook 45-60 minutes

1 c. Sorghum	4 cups liquid	25-40 minutes
To 1 cup of this grain:	<i>Add this much water or broth:</i>	<i>Bring to a boil, then simmer for:</i>
1 c. Spelt berries	4 cups liquid	soak overnight then cook 45-60 minutes
1 c. Teff	3 cups liquid	20 minutes
1 c. Wheat berries	4 cups liquid	soak overnight then cook 45-60 minutes
1 c. Wild rice	3 cups liquid	45-55 minutes