

Grains Cooking Chart

GRAIN (1 cup dry)	CUPS WATER	COOK TIME	CUPS YIELD
Amaranth	2 1/2	20 - 25 min.	2 1/2
Barley, pearled	3	50 - 60 min.	3 1/2
Barley, hulled	3	1 hr. 15 min.	3 1/2
Barley, flakes	2	30 - 40 min.	2 1/2
Buckwheat groats *	2	15 min..	2 1/2
Cornmeal (fine grind)	4 - 4 1/2	8 - 10 min.	2 1/2
Cornmeal (polenta, coarse)	4 - 4 1/2	20 - 25 min.	2 1/2
Millet, hulled	3 - 4	20 - 25 min.	3 1/2
Oat Groats	3	30 - 40 min.	3 1/2
Oat, bran	2 1/2	5 min.	2
Quinoa *	2	15 - 20 min.	2 3/4
Rice, brown basmati	2 1/2	35 - 40 min.	3
Rice, brown, long grain	2 1/2	45 - 55 min.	3
Rice, brown, short grain*	2 - 2 1/2	45 - 55 min.	3
Rice, brown, quick	1 1/4	10 min.	2
Rice, wild	3	50 - 60 min.	4
Rye, berries	3 - 4	1 hr.	3
Rye, flakes	2	10 - 15 min.	3
Spelt	3 - 4	40 - 50 min.	2 1/2
Teff *	3	5 - 20 min.	3 1/2
Triticale	3	1 hr. 45 min.	2 1/2
Wheat, whole berries	3	2 hrs.	2 1/2
Wheat, couscous	1	5 min.	2
Wheat, cracked	2	20 - 25 min.	2 1/4
Wheat, bulgur *	2	15 min.	2 1/2

Basic cooking directions for all grains begins with measuring the grains and water into a saucepan. If you are cooking 1 cup of grains, use a 2-quart (2 liter) saucepan. Add 1/2 to 1 teaspoon salt if desired.

Cover the saucepan and bring to a boil over high heat. Turn the heat down to low, and steam for the recommended cooking time. Lift the lid and test the grains for tenderness. If the grains need more time, cover the saucepan and steam 5 to 10 minutes longer. If the grains need more cooking time and all the water has been absorbed, add up to 1/4 cup (60 ml) of water, cover, and continue steaming.

If tender, turn off the heat and allow the grains to rest 5 to 10 minutes before serving to fluff.

Buckwheat is the exception to the basic directions. Because the grain is so porous and absorbs water quickly, it's best to bring the water to a boil first. Then, add the buckwheat. When the water returns to a boil, cover the saucepan, turn the heat down to low, and time the steaming process.

- *Buckwheat groats are available toasted and untoasted. Cooking times are the same.
- Quinoa should be well rinsed in a fine strainer for 1 to 2 minutes to remove the saponens, a natural, protective coating which will give a bitter flavor if not rinsed off.
- Short grain brown rice is sometimes labeled sweet, glutinous, or sticky brown rice.
- *Teff can be enjoyed raw as well as cooked. Sprinkle it on salads or over cooked cereals to increase fiber and nutrition.
- *Bulgur wheat can be covered with 1-inch of warm water and soaked for 1 hour to soften. It is then ready to use in raw salads such as tabbouli.

Information from *Vegetarians in Paradise*
<http://www.vegparadise.com/charts.html>
 Provided by University Dining Services