



GRAIN COOKING CHART



Cooking Instructions: Place washed grains and water or broth in a pot. Bring to a boil. Reduce heat, cover, and simmer until tender.

GRAIN	GLUTEN FREE	CUPS WATER	CUPS GRAIN	SIMMER APPROXIMATELY	YIELD (in Cups)
Amaranth	Yes	2 - 3	1	15 - 20 minutes	2½ - 3½
Barley Hulled		2½ - 3½	1	1 - 1½ hours	3 - 3½
Pearled		2½ - 3	1	45 - 60 minutes	3 - 3½
Buckwheat	Yes	2	1	15 - 20 minutes	4
Corn Hominy	Yes	4 - 5	1	5 - 6 hours	3
Meal	Yes	3 - 4	1	15 - 20 minutes	2½
Einkorn		2 - 3	1	20 - 25 minutes	2 - 3
Farro (Emmer)		2 - 3	1	20 - 25 minutes	2 - 3
Kamut		3 - 4	1	45 - 90 minutes	4
Millet	Yes	3 - 4	1	25 - 35 minutes, plus	3 - 3½
Oats Rolled		2½	1	10 - 20 minutes	3 - 3½
Steel-Cut		2 - 3	1	20 - 30 minutes	1½ - 2
Whole Groats		2 - 3	1	35 - 45 minutes	2½ - 3½
Quinoa (keen-wa)	Yes	2	1	15 - 20 minutes	3+
Rice Brown	Yes	2 - 2½	1	45 - 50 minutes	3 - 3½
White	Yes	1½ - 2	1	20 - 25 minutes	1½ - 2
Wild	Yes	2¼ - 3	1	50 - 60 minutes	3 - 3½
Rye, Whole		2	1	1 - 1½ hours	2½ - 3
Sorghum	Yes	4	1	25 - 40 minutes	3
Spelt		2	1	50 - 60 minutes	1½ - 2
Teff	Yes	3	1	10 - 20 minutes	3½
Wheat Bulgur		2	1	15 - 25 minutes	2½ - 3
Couscous		2	1	5 - 10 minutes	2½ - 3
Whole Hard		3 - 3½	1	1 - 1½ hours	2½ - 3
Whole Soft		2½ - 3	1	25 - 50 minutes	2½ - 3

Tips: Cooking times and amounts vary according to desired taste and consistency. In general, cracked or steel cut grains cook in half the time of whole. Rolled and flaked grains cook in a quarter to a third of the time. Soaking grains and rinsing well will remove enzyme inhibitors, increase digestibility, reduce cooking time and amount of liquid needed.