



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

* Buckwheat groats are available toasted and untoasted. Cooking times are the same.

** Quinoa should be well rinsed in a fine strainer for 2 - 3 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 soaked in warm water to cover by 1" for 1 hour and used in raw salads.