



BULK GRAINS

Cooking Chart and Recommendations

Grain <i>1 Cup dry measure</i>	Water <i>Cups</i>	Cooking Time <i>(approx)</i>	Yield (approx) <i>Cups</i>
Amaranth	3	20-30 minutes	2-1/2
Barley (pearled)	2-3	30-60 minutes	3
Buckwheat (Kasha)	2-5	15 minutes	2-1/2
Bulgar Wheat	2	10-20 minutes	2-1/2
Coarse Cornmeal (Polenta)	4	25 minutes	3
Corn Grits	3-4	20-30 minutes	
Couscous (3/4 Cup)	1	Add to boiling water, stand covered 5 minutes	2
Cracked Wheat	2	25 minutes	2-1/3
Kamut (soak overnight)	3	30-60 minutes	
Millet	3	30-45 minutes	3-1/2
Oats:			
Bran (2/3 Cup)	2	1-2 minutes, stand 5 minutes	
Groats	2-3	Boil, stand 45 minutes	2-1/2
Rolled	2-3	5-10 minutes	1-3/4
Steel Cut	3	20-25 minutes	3
Quinoa (rinse very well)	2	15-25 minutes	2-1/2
Rice:			
Basmati, Brown	2	45 minutes, stand 10 minutes	
Basmati, White	1-3/4	20 minutes, stand 10 minutes	
Brown, Med & Long	2	50 minutes, stand 10 minutes	3
Brown, Short	2	45-60 minutes	3
Brown, Sweet	1-1/2	30 minutes	
Wild Blend	3	50-60 minutes	4
Rye	3-1/2	60-75	3
Rye Flakes	3	30 minutes	
Spelt (soak 6-8 hours)	3	30-60 minutes	
Soy Grits	2	15 minutes	2
Trticle (soak 6-8 hours)	3-1/3	60-75 minutes	3
Wheat	3	60 minutes	
Wheat, Whole Berries	3	2 hours	2-2/3

Preparation Recommendations

- Store whole grains in a cool, dry place, protected from bugs and mice, and they will keep for years.
- To cook grain, use a heavy pot with a tight lid. Bring the water to a boil; stir in the grain (and optional salt). Bring to a boil again, then cover the pot and turn the heat as low as you can, simmering very gently until the water is absorbed and the grain is tender.
- Too much stirring makes the grain gummy, so stir only as suggested, and use a fork.
- Oats and Buckwheat groats spoil quickly. Use within 1 month or store in refrigerator or freezer

Sources: Good Food, New Laurels Kitchen, The Kitchen Companion, From Pantry to Table, Rodale's basic Natural Foods Cookbook.



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BULK BEANS/LEGUMES

Cooking Chart and Recommendations

Bean <i>1 Cup dry measure</i>	Pre-Soaking <i>Time</i>	Water <i>Cups</i>	Simmering Time <i>(approx)</i>	Yield (approx) <i>Cups</i>
Adzuki	Not Required	4	50 - 90 minutes	2-1/2
Black (Turtle)	6-8 hours	4	50 - 90 minutes	2
Black Soybeans*	10-12 hours	4-5	2-4 hours	
Black-eyed Peas	Not Required	4	60 minutes	2
Garbanzo (Chickpeas)	Overnight	4	2- 3-1/2 hours	2
Great Northern Beans	6-8 hours	4	1-2 hours	2
Kidney Beans	4-8 hours	3	1-1/2 hours	2
Lentils, Red & Green	Not Required	3	25-60 minutes	2
Lima Beans	6-8 hours	2-1/2	45-75 minutes	1-1/4
Pinto Beans	6-8 hours	3	1-1/2 - 2-1/2 hours	2
Small White Beans (navy, etc.)	6-8 hours	3	45-90 minutes	2
Soybeans	Overnight	4	3-4 hours	2

* Refrigerate during pre-soaking time to prevent fermentation

Preparation Recommendations

- Rinse beans to remove dirt & dust
- Beans can be sprouted prior to cooking for better assimilation
- Overnight pre-soaking will cut down the cooking time on any legume by a good half hour or so. Remove any beans that float to the top.
- Quick Soak Method: Bring beans and cold water to boil, simmer two minutes, remove from heat, cover & let sit for 1 hr. Drain the soaking water, add fresh water to cover and proceed as if they had soaked overnight. This method also helps to de-gas your beans.
- Do not use soaking water for cooking. Add 1/2 strip Kombu (4") or 1 Bay Leaf per cup of beans if desired.
- Cooking method: cover beans w/water, bring to a boil, let simmer until beans are tender. Keep pot partially covered at all times.
- Add 1/2 tsp. Sea Salt, Tamari, miso or oil, only after beans are tender, if desired.
- Stir only occasionally, so as not to break the skins.
- Beans can be stored for up to a year before they will begin to lose their taste and take longer to cook.

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