



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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