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# Cooking Whole Grains

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Compared to refined or “white” grains, whole grains are usually chewier and have a nuttier, fuller flavor. You may find this unfamiliar at first, but stick with it until your palate adjusts and then reap the health benefits.

## Standard Method

1. Put the dry, uncooked grain in a pan with the appropriate amount of cool water or broth.
2. Place over high heat and bring it to a boil
3. Reduce heat to low. Cover and simmer until the liquid is absorbed.



## Pilaf Method

1. Brown small bits of onion, mushroom, and garlic with a little oil in a saucepan.
2. Add the dry grain and cook until fragrant, about 1-3 minutes.
3. Add the appropriate amount of low-sodium broth.
4. Place over high heat and bring it to a boil
5. Reduce heat to low. Cover and simmer until the liquid is absorbed.

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## **Time Varies when Cooking Grains**

Grains can vary in the time they take to cook. When they are tender, they are done! If the grain is not as tender as you like when "time is up," simply add more water and continue cooking. On the other hand, if everything seems fine before all the liquid is absorbed, simply drain the excess liquid.

## **Whole Grain Cooking Shortcuts**

Let grains sit in the specified amount of water for a few hours. After soaking, add extra water if necessary, then cook (time will be shorter).

- Cook whole grains in big batches. They will keep for 3-5 days in your fridge and take just minutes to warm up. Add a little water or broth if needed. You can also use the leftovers for salads, grain bowls, or soup.

## **Fixing Sticky Bottoms**

If the whole grains are sticking to the bottom of your pan, turn off the heat, add a very small amount of liquid, put a lid on the pan, and let it sit a few minutes. The grain will loosen, for easier serving and cleanup.



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## Types of Grains:

<b>To 1 cup of this whole grain...</b>	<b>Add this much water or broth:</b>	<b>Bring to a boil, then simmer:</b>	<b>Yield (Amount after cooking)</b>
Amaranth*	2 cups	20-25 minutes	3 1/2 cups
Barley, hulled	3 cups	45-60 minutes	3 1/2 cups
Buckwheat*	2 cups	20 minutes	4 cups
Bulgur	2 cups	10-12 minutes	3 cups
Cornmeal, polenta*	4 cups	25-30 minutes	2 1/2 cups
Millet, hulled*	2 1/2 cups	25-35 minutes	4 cups
Oats, steel cut*	4 cups	20 minutes	4 cups
Quinoa*	2 cups	12-20 minutes	3 cups
Rice, brown*	2 1/2 cups	25-45 minutes (varies by variety)	3-4 cups
Spelt or Rye berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Wheat berries	4 cups	45-60 minutes	3 cups
Wild rice*	3 cups	45-55 minutes	3 1/2 cups

\* This whole grain is naturally gluten-free. Note that unless you have Celiac disease or gluten intolerance, it is not necessary to avoid gluten.