

For 2½ cups (1 lb.) Grains: Amount of bouillon Cooking Time

Wheat Berries	6 cups	60 minutes
Kamut	6 cups	60 minutes
Spelt	6 cups	60 minutes
Rye	6 cups	60 minutes
Triticale	6 cups	60 minutes
Oat Groats	6 cups	60 minutes
Barley	6 cups	60 minutes
Brown Rice	5 cups	45 minutes
Wild Rice (½lb.)	6 cups	60 minutes
Job's Tears	6 cups	60 minutes
Millet	5 cups	20 minutes
Quinoa	5 cups	15 minutes
Amaranth	5 cups	20 minutes
Teff	4 cups	30 minutes
Kasha (Buckwheat Groats)	6 cups	15 minutes
Bulgur	5 cups	20-25 minutes

Rinse raw grain in cold water and drain. Using the formula below bring the liquid to a boil. Add grain and stir. Bring liquid back to boil, then cover and reduce heat to lowest setting possible. Cook until soft. (See chart for estimated times.)

Grain	Amount Uncooked	Amount of liquid	Cooking Time	Yield
Amaranth	1 cup	3 cups	25-30 min.	2 1/2 cups
Barley	1 cup	4 cups	30-40 min.	4 cups
Buckwheat	1 cup	2 -5 cups	20 min.	3 cups
Bulgur	1 cup	2 cups	15 min	2 1/2 cups
Cornmeal	1 cup	4 - 5 cups	30-40 min**	4 -5 cups
Kamut	1 cup	3 -4 cups	1 hour	2 1/2 cups
Millet	1 cup	4 cups	25-30 min*	4 cups
Oats	1 cup	3 cups	30-40 min	3 1/2 cups
Oatmeal	1 cup	2 cups	10 min	4 cups
Rice (Brown)	1 cup	2 - 2 1/2 cups	35-40 min	2 1/2 cups
Rye	1 cup	4 cups	1 hour	2 2/3 cups
Triticale	1 cup	4 cups	1 hour	2 1/2 cups
Wheat Berries	1 cup	3 - 4 cups	1 hour	2 1/2 cups
Wheat Cracked	1 cup	2 cups	25 min.	2 1/3 cups
Wild Rice	1 cup	4 cups	40 min	3 - 3 1/2 cups

* These grains may cook better in a double boiler to prevent scorching.

* With cornmeal, mix with 1 cup of cold water before adding to the remaining 4-5 cups of boiling water.

Liquid may be water, meat or vegetable stock, juice or milk. The more flavorful the liquid, the more flavorful the grain.

Another method is to "pilaf" the grain. Sauté the grain with minced onion in oil and then add twice as much liquid as grain; cover and cook over medium-low heat til liquid is absorbed and grain is tender. Cooking time is usually as above. (Brown rice, bulgur, barley, millet and wild rice are great this way.)

With buckwheat, add a raw egg to the dry grain; stir in stock or water (2 cups for "side"; 5 cups for cereal).

To reduce cooking time on "hard" grains such as wheat, rye, triticale, & Kamut. Bring grain and liquid back to boil. Boil 10 min., then let soak 8-12 hours. After soaking, bring back to boil and cook 15 to 20 min.