



Great Grains

For gains to be assimilated well, they should be **cooked with salt** (at least 1/8 tsp. salt to 2 cups of grain) to reduce their slightly acidic properties. With the exceptions of bulger and couscous, which can be cooked simply by soaking them in hot boiled water, most grains may be cooked in the following manner:

Grain Cooking Chart		
Grain (1 cup dry)	Cooking Water (Cups)	Cooking Time (Minutes)
Amaranth	2 ½ - 3	20 – 30
Barley	3 – 3 ½	50 – 55
Buckwheat groats and Kasha	2	15 – 20 (toasting brings out flavour)
Bulger: medium and coarse	2	Soak in boiling water 30 mins.
Cornmeal	3	20
Couscous	1 ½	Soak in boiling water 15 mins.
Cracked wheat	3	35 – 40
Kamut kernels	3 ½ - 4	50 – 60
Millet	3	40 – 45
Oat kernels	3 – 4	45 – 60
Quinoa	2	15 (rinse thoroughly before cooking)
Rice: Long Grain	2 ½	35 – 40
Short Grain	2	35 – 40
Basmati	2 ½	35 – 40
Rye kernels	3 ½ - 4	50 – 60
Spelt kernels	3 ½ - 4	50 – 60
Wild rice	2 ½	50

1. Rinse the grain in fresh water, allow debris to rise to the surface and strain the clean grain.
2. Bring the amount of water needed to a boil in a heavy saucepan or pot.
3. Stir in the grain, return the water to a boil, lower the heat and simmer, covered, until the water is absorbed

- Stirring during cooking makes the grain mushy. Stir only after cooking to make the grain fluffy, if desired.

- Vegetable and meat stocks or fruit juices can be used with or substituted for water in cooking.

- Left-over grains can be refrigerated for several days and reused in salads, soups, stews, or casseroles. Left-over grains do not, however, freeze well.

- Cooked grains generally expand to three times the volume of the uncooked grain, with the exception of quinoa, which expands four times when cooked.

- Toasting any grain can make for an interesting enhancement of flavour. Toast for 4-7 mins. in a dry skillet with one tablespoon of oil per cup of grain, to bring out the grain's rich, nutty flavour and aroma. Then proceed to cook as directed.