

Easy Guide to Cooking Whole Grains

1 CUP GRAIN	WATER	COOK TIME (MINUTES)	FINAL AMOUNT	NOTES
BARLEY (H)	3 CUPS	45-60	3.5 CUPS	H=HULLED
BROWN RICE	2.5 CUPS	45	2.5 CUPS	
BULGUR	2 CUPS	10-12	3-4 CUPS	
COUCOUS (WW)	2 CUPS	10 (HEAT OFF)	3 CUPS	WW=WHOLE WHEAT
KAMUT	4 CUPS	45-60	3 CUPS	
MILLET (H)	2.5 CUPS	20	4 CUPS	SOAK OVERNIGHT
PASTA (WW)	6 CUPS	8-12	VARIES	H= HULLED
POLENTA	4 CUPS	25-30	2.5 CUPS	
QUINOA	2 CUPS	12-15	3 CUPS	WW= WHOLE WHEAT
SORGHUM	4 CUPS	25-40	3 CUPS	
TEFF	3 CUPS	SIMMER 15-20	3 CUPS	
WILD RICE	3 CUPS	45-55	3.5 CUPS	

Cooking times may vary. When your whole grain is nice and tender, it is probably ready. If the water hasn't been fully absorbed, you can drain the excess.