

# COOKING *Whole* GRAINS

~PUTTING GOOD FOOD ON TABLES AND AGENDAS~

## Getty's Grain Cooking Guide

	FOR 1 CUP OF...	LIQUID NEEDED	COOKING TIME	YIELD
GF	<b>AMARANTH</b>	2 cups/500 ml	20 – 25 min	3 ½ cups/875 ml
	<b>BARLEY, HULLED</b>	3 cups/750 ml	45 – 60 min	3 ½ cups/875 ml
GF	<b>BROWN RICE</b>	2 ½ cups/675 ml	35 – 45 min	3 ½ cups/875 ml
GF	<b>BUCKWHEAT</b>	2 cups/500 ml	20 min	4 cups/1l
	<b>BULGUR</b>	2 cups/500 ml	10 – 12 min	3 cups/750 ml
	<b>COUSCOUS, WHOLE WHEAT</b>	2 cups/500 ml	10 min, heat off	3 cups/750 ml
GF	<b>MILLET, HULLED</b>	2 ½ cups/675 ml	25 – 30 min	3 ½ cups/875 ml
GF	<b>OATS, STEEL CUT</b>	3 cups/750 ml	20 min	4 cups/1l
GF	<b>OATS, LARGE FLAKE</b>	2 cups/500 ml	10 min	3 cups/750 ml
GF	<b>OATS, QUICK COOKING</b>	2 cups	4 min	3 cups/750 ml
GF	<b>QUINOA</b>	2 cups/500 ml	12 – 15 min	3 cups/750 ml
	<b>RYE BERRIES</b>	4 cups/1l	Presoak, then 45 – 60 min	3 cups/750 ml
GF	<b>TEFF</b>	4 cups/1l	20 min	3 cups/750 ml
	<b>WHEAT BERRIES, KAMUT, SPELT</b>	4 cups/1l	Presoak, then 45 – 60 min	3 cups/750 ml
GF	<b>WILD RICE</b>	3 cups/750 ml	45 – 55 min	3 ½ cups/875 ml

### Did You Know...

Whole grains provide fiber, antioxidants, vitamins, and minerals shown to reduce the risk of heart disease, stroke, diabetes, and some cancers.

It is recommended adults & kids eat 3-4 servings of whole grain per day.

To ensure you're getting whole grain products, look for the words "whole grain [insert name of grain]" at the top of the ingredient list.

As shown many whole grains are naturally gluten free. Read labels to ensure there is no cross-contamination.

### Tips & Shortcuts

**Cook** by placing dry grains in water or stock, cover with lid, bring to boil, reduce heat and simmer for specific time or until grain is tender. Drain excess liquid from larger grains if necessary.

**Reduce** cooking time, soak whole grains in water for 1 to 2 hours before cooking.

**Double** the amount and freeze extras for quick and easy meals another day.

**Store** cooked grains for up to 1 week in the fridge.

**Freeze** cooked grains for up to 6 months (not recommended for teff or amaranth).