

1 cup Grain	Liquid	Cooking Method*	Cooking Time**	Yield (cups)
Amaranth	3	Simmer	15 min	2-2/3
Barley, grits	2/3	Cereal	3 min + 5 min standing time	2/3
Barley, hulled	4	Simmer	1 hour 45 min	2-1/2
Barley, pearl	3	Simmer	45-55 min	4
Barley, quick	2	Simmer	10-12 min	3
Buckwheat, groats, unroasted	2	Cereal	15 min	3-1/2
Buckwheat, groats, roasted'''	2	Cereal	15 min	3
Corn, meal	4	Cereal	10 min	3-1/2
Corn, hominy, dried	5	Simmer	5-6 hours	3
Millet	3	Simmer	25-30 min, 10 min standing time	5
Oats, quick	2	Cereal or steep	1 min + 3-5 min standing time	2
Oats, old-fashioned	2	Cereal	5 min	2
Oats, steel-cut	4	Cereal	20 min	2
Quinoa	2	Simmer	15 min	4
Rye, berries	3	Simmer	1 hour 55 min	3
Rye, flakes	3	Cereal	1 hour 5 min	2-1/2
Triticale, berries	3	Simmer	1 hour 45 min	2-1/2
Wheat, berries	3	Simmer	1 hour 10 min	2-1/2
Wheat, couscous	1-1/2	Steep	5-10 min	3
Wheat, cracked	2	Cereal	15 min	2
Wheat, flakes	4	Cereal	50-55 min	2
Wheat, bulgur	2	Steep	15 min	3

*Cooking Methods

To Simmer: Bring liquid to a boil. Stir in the grain. Cover and reduce the heat to low. Cook until liquid is absorbed and grain is tender to the bite. Fluff with a fork before serving. Soaking whole grains in the liquid overnight in the refrigerator will reduce the cooking time.

To Steep: Pour boiling liquid over the grain. Cover and let stand until grain is tender to the bite.

For Cereal (using meal, grits, or flakes): Combine cold water and grain. Bring to a boil, stirring constantly, over high heat. Reduce temperature to low, cover, and cook to desired

thickness.

**Cooking times are approximate. Length of time stored since harvest can cause fluctuations in the time needed to cook a grain. Always check for doneness 5 minutes before shortest specified cooking time, and then be prepared to cook it longer than the longest specified time.

***Before cooking roasted buckwheat groats, stir the grain into 1 beaten egg. Then, pour the mixture into a heated skillet and toast it to dry the egg, about 3 minutes. This egg-wash will keep the grains separate and crisp during cooking and prevent the buckwheat from turning to mush.

* DVO welcomes your kitchen hints and cooking or nutrition questions! [Email us](#) and we'll post your hints and Q/A's in upcoming newsletters! *

Cooking Wild Rice Using the Stovetop Method

Wash 1 cup uncooked wild rice thoroughly. Add to 3 cups boiling water, salted to taste, in a heavy saucepan. Return water to boil and stir. Reduce heat and simmer, covered, 50-60 minutes or just until kernels puff open. Uncover and fluff with table fork. Simmer five additional minutes. Drain any excess liquid. For chewier texture cook less time. Yield: 3-4 cups of cooked wild rice. (For additional flavor, try cooking in beef or chicken bro