

Guide to Cooking Grains

FORKS OVER KNIVES ONLINE COOKING COURSE

Here are estimated times for cooking variety of grains at sea level. If you are at an elevated altitude, you may need to adjust cooking times. The suggested cooking method for all grains listed below is the steaming method.

Rice (1 cup)	Water	Cooking Time	Yield
Brown rice, long-grain	2-2 1/2 cups	35-45 min	3 1/2 cups
Brown rice, short-grain	2-2 1/2 cups	35-45 min	3 3/4 cups
Brown basmati rice	2-2 1/2 cups	40-45min	4 cups
Brown jasmine rice	2-2 1/2 cups	40-45 min	4 cups
Black japonica rice	2-2 1/2 cups	45 min	3 1/2 cups
Wehani rice	2-2 1/2 cups	45 min	3 cups
Wild rice	3 cups	45-50 min	3 1/2 cups
Amaranth	2 cups	25 min	2 1/2 cups
Barley, hulled	2 cups	1 1/2 hrs	3 1/2 cups
Barley, pearl	2 cups	45-60 min	4 cups
Buckwheat (kasha)	2 cups	15-20 min	4 cups
Bulgur	1 1/2 cups	10-12 min	4 cups
Cornmeal (polenta)	2 1/2 cups	30-40 min	3 1/2 cups
Kamut (pre-soaked)	3 1/2-4 cups	10-15 min	3 cups
Millet	2 1/2 cups	45-60 min	4 cups
Oat (steel cut)	4 cups	25 min	3 cups
Quinoa	2 cups	30 min	3 cups
Rye berries (pre-soaked)	4 cups	15-20 min	3 cups
Spelt (pre-soaked)	4 cups	45-60 min	3 cups
Teff	3 cups	45-60 min	2 1/2 cups
Sorghum	4 cups	15-20 min	3 cups
Wheat berries (pre-soaked)	2 cups	30-40 min	2 1/2 cups