

Whole Grains Cooking

Rinse grains with intact kernels (e.g., rice, quinoa, buckwheat), put in a heavy pot with a tight lid; add water with a pinch of salt; cover, bring to a boil, then reduce to a simmer; simmer till water absorbed - times here are for guidance. For cracked or rolled grains like couscous or bulgur, don't rinse - put right in boiling water. A cup of dry grain is usually enough as a sidedish for 2-4 people; when multiplying for larger quantities, decrease liquid by 2T/cup dry grain. In general, you can substitute vegetable stock for water. When I make stock, I collect vegetable scraps headed for composting - carrot peelings, onionskins, vegetable stems and seeds, etc. Good vegetables for stock are carrots, celery, onions, and tomatoes, but you can use others. Optionally start by sautéing a little garlic. Put all the scraps in a stockpot, and add some salt, black pepper, fresh herbs, and maybe some bay leaves. Cover with about 5 times as much water as vegetable matter and simmer for 3 hours or so; the longer and the more vegetables / herbs, the stronger the flavor. Strain through a sieve, applying slight pressure with a spoon, to get a brown broth; the remaining vegetable mass can now go in your compost.

Grain (1 Part Dry)	Parts Water	Minutes to Simmer	Parts Yield	Tips
Brown rice (long grain)	2.5	45	3	
Brown rice (short grain)	2-2.5	45	3	Also called glutinous, sticky, or sweet
Brown Basmati rice	2	40-45	3.5	
White Basmati rice	1.5	15-20	3-3.5	Let sit 10m then fluff; it's not a whole grain, but is traditional
Jasmine rice	2-2.5	15	3-3.5	Let sit 5m then fluff
Sushi rice	1.25	20	2.5	Use any short grain rice to make sushi; if you can, first soak rice 30-60m
Wild rice	2.5-3.5	50-60	4	In fact, a grass, not a rice
Arborio rice	2.5	30	2-2.5	Stir continuously; short-grain creamy rice used for risotto
Orzo	4	10-15		Sometimes called barley, actually a rice-shaped pasta; cook till just tender
Amaranth	2.5-3	20-25	2.5-3	Stir occasionally to prevent sticking; in baked goods, nutritious amaranth flour can be substituted for up to ¼ wheat
Buckwheat groats (kasha)	2	15-20	3.5	Same way if groats toasted or not
Couscous	1-1.5	5	2-2.5	Let sit for 5-10m after simmer
Cracked wheat	2	20-25	2.25	
Bulgur wheat	2	15	2.5	Or, to eat raw, cover by 1" with warm water for 1 hour
Millet (hulled)	3	20-25	3.5	Cover, check with fork for water absorption near end of cooking
Steel cut oats	3	45-60		Or cook 15m, stir, remove from heat, leave out overnight, covered
Cornmeal (coarse, polenta)	3-4	10	2	Stir till you get the thickness you want; after, leave covered 10m
Cornmeal (fine)	3-4	8-10	2	
Quinoa	2	15	3	First rinse/rub away soapy saponin; simmer till can see white spiral germ
Teff	3	10-20	3.5	Stir occasionally, let sit 10m
Rolled rye flakes	3	20		
Pearled barley	3-4	50-60	3.5-4.5	
Hulled barley	3	75	3.5	
Barley flakes	3	20	2.5	

Enjoy! People have been relishing grains for at least 14,000 years. One of the great benefits of eating with more whole grains is taste and texture. The American Cancer Society recommends that we eat three servings of whole grains per day; fiber and phytochemical content helps to reduce cancer risk, and grains are a good source of vitamin E, zinc, selenium, copper, iron, manganese, and magnesium. - Dilip Barman, www.dilip.info, Oct. 12, 2002, updated Jan. 11, 2003