

Grain Cooking Chart

Grain	Grain to Liquid Ratio (cups)	Preparation
Amaranth	1:2	Simmer, covered for 25-30 minutes. (No pre-soak)
Barley, hulled	1:4	Simmer, covered for 60-90 minutes. (Must soak)
Barley, pearled	1:3	Simmer, covered for 15 minutes. If not soaked, simmer 40-60 min.
Buckwheat groats/kasha	1:2	Simmer, covered for 10 minutes. Let stand 5-10 minutes.
Bulgar wheat	1: 1 1/2	Pour boiling water over and soak 30-40 minutes, no cooking needed.
Farro/Emmer	1:2	Simmer, covered for 45-60 minutes.
Millet	1: 2 ¼	Simmer, covered for 20-25 minutes. (No pre soak)
Oat groats	1:3	Simmer, covered for 50-60 minutes. (Must soak)
Polenta/yellow corn grits	1:4 1/2	Whisk into boiling liquid, stir constantly 5-10 minutes. Cover and let stand. (No pre soak)
Quinoa	1:1 3/4	Simmer, covered for 15 minutes. Let stand 10 minutes. (No pre soak)
Rice	1:2	Add to boiling water. Simmer, covered, 30-50 minutes.
Wild Rice	1:3	Simmer, covered for 45-70 minutes.
Rye, whole	1:4	Simmer. Covered for 50-60 minutes, or 90 minutes if not soaked.
Spelt, whole	1:2 1/2	Simmer, covered for 50-60 minutes. (Must soak)
Steel Cut Oats	1:3	Simmer, coverer 20 min, or 5 min if soaked.
Teff	1:3 1/2	Simmer, covered for 15-20 minutes. (No pre soak)
Wheat berries	1:3	Simmer, covered 50-60 minutes. (Must soak)
FLAKES: Rye, spelt, barley, kamut	1:3	Add to boiling water, simmer, covered for 30 minutes. (No pre soak)

**Note that cooking time and liquids are approximate. Your stove and the age of the grain can cause variations in cooking time. Always check for doneness at least 5 minutes before the shortest cooking time listed. Allow more cooking time if needed.*