

# How To Cook Whole Grains and psuedo-grains

The information noted here was retrieved from the Oldways Whole Grains Council website. The Whole Grains Council is a non-profit consumer advocacy group working to increase consumption of whole grains for better health. [wholegrainscouncil.org]

| GRAIN                   | LIQUID   | COOKING TIME           | YIELD    |
|-------------------------|----------|------------------------|----------|
| 1 c. Rice, brown        | 2 ½ cups | 25-45 minutes (varies) | 3 cups   |
| 1 c. Quinoa             | 2 cups   | 12-15 minutes          | 3 cups   |
| 1 c. Oats,<br>steel cut | 4 cups   | 30 minutes             | 3 cups   |
| 1 c. Buckwheat          | 2 cups   | 20 minutes             | 4 cups   |
| 1 c. Sorghum            | 4 cups   | 25-40 minutes          | 3 cups   |
| 1 c. Barley,<br>hulled  | 3 cups   | 45-60 minutes          | 3 ½ cups |
| 1 c. Bulgur             | 2 cups   | 10-12 minutes          | 3 cups   |
| 1 c. Farro              | 2 ½ cups | 25-40 minutes          | 3 cups   |

Cooking time may vary depending on the type of liquid used.