

# How to Cook Whole Grains Perfectly

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## **BASICS:**

- 1 cup grain
- 2 cups water
- pinch sea salt
- bring to a boil
- turn down to simmer
- cover with a lid
- don't stir till all liquid is absorbed

## **COOKING TIMES:**

- 10 min (or less): Rolled oats, other rolled grains, kasha (toasted buckwheat)
- 20 min: Buckwheat (untoasted), millet
- 30 min: Quinoa/Amaranth
- 40 min: Steel-cut oats
- 50 min: Brown rice (long and short grain), barley (pearl)
- 60 min: Barley (pot), whole oats

## **SET & FORGET:**

Cook any grain in a rice cooker to set the time & let it cook on its own

Cook in a pressure cooker to speed cooking times to 5-10 minutes, set & forget

## **OTHER COOKING TECHNIQUES:**

Soak rolled oats or other rolled grains with room temperature water overnight, or with boiling water for 5 minutes in the morning

You could pre-soak whole grains like brown rice overnight to make them easier to digest, though cooking does a great job anyway

Clean and rinse whole grains that seem dirty or may have bits of twig or rocks in them

You may want to rinse quinoa if it tastes bitter, but it does make it not quite as fluffy when you cook

Whole grains can be sprouted, by soaking for 8 hours then keeping in a container with drainage and airflow, being rinsed twice daily, until they sprout little tails. Cook within two days.

To make a pilaf, or toast grains, put them in a pot on medium-high heat, with or without oil. Stir frequently to avoid burning them, especially when dry-toasting. If adding spices, be sure you stir or shake the pot frequently to keep them from burning. Ground spices only need a minute to toast.

## **TIME SAVER**

To help things go faster, boil the water you'll use to cook your grains in a kettle (either electric or on the stove). Because kettles are thin, they're designed to boil water really quickly. A thick-bottomed pot, the best kind for cooking grains, doesn't boil water nearly as quickly.