# **How to Cook Whole Grains**

These are the most basic cooking instructions for a variety of whole grains. After trying this a time or two, you will need only the table "Cooking Chart for 1 Cup of Dry, Whole Grains" below as a cooking aide.



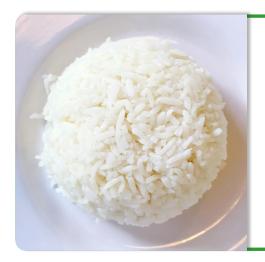
### **Basic Method for Whole Grains**

- 1. Rinse grains in a strainer under cold running water or by swishing in a bowl of water, then draining, and repeating one to two times until water is mostly clear.
- 2. Transfer grains to a large saucepan (for up to 2 cups of dry grain) or stock pot (for more than 2 cups of dry grain). If you would like to make pilaf instead of basic whole grains, do the following:
  - **Pilaf variation:** Omit the rinsing step or rinse but drain for a longer period of time until very dry. Then, any grain can be toasted in a dry pan, or with a bit of oil, over medium heat, stirring frequently, until it gives off a toasted aroma. After toasting, add the appropriate amount of liquid and follow the remaining cooking instructions.
- 3. Add water and cook. Add appropriate amount of water or other liquid as indicated on the Cooking Chart below, place covered over high heat, stirring occasionally until liquid comes to a boil. Add other seasonings or salt, if desired. Then stir once more, reduce heat to lowest setting, cover, and simmer for the length of time indicated on the Cooking Chart for 1 Cup of Dry Whole Grains.
  - Other liquids: Liquids can be wholly or partially substituted with broths, vegetable or fruit juices, teas, etc.—creativity and individual tastes are the limit. Be sure to decrease the salt (if using) when substituting salt-containing liquids for the water.
- **4. Let stand.** Once cooking time is up, remove pot from heat without uncovering, and allow to stand for the standing time given in Cooking Chart, or longer.



To see a demonstration of how to cook whole grains, follow the link at the bottom of this handout, navigate to Session 5: Healthy Bowls, and view the "How to Cook Whole Grains" video.

**5. Eat or store.** Your cooked, whole grain is ready to serve or store for later. To store, allow grains to cool to near room temperature. Then, store in a covered container in the refrigerator for up to 4 days (reheat in a covered dish in a microwave to serve) or freeze.



### TRY MAKING GRAIN "CUBES"

Grain cubes can be prepared for freezing by packing cooked grains into a 1-cup measuring cup, inverting onto a dinner plate or sheet pan (or whatever fits in the freezer) and repeating until all of the grains are portioned out. After freezing, remove the plate/pan, let sit for a few minutes so cubes can be easily removed, and tranfer to a storage container for later use.



Red Rice



Wheat Berries



Buckwheat



Rolled Oats/Oldfashioned Oatmeal



Whole Grain Oats/ Unhulled Oats

**Tip:** Frozen, individually portioned servings are great to take for lunch or to use for a busy weeknight dinner—simply microwave each portion in a covered container (or in a bowl with a plate over the top) for 1 to 1½ minutes on high, and voila, instant (and very inexpensive) whole grains. This also helps with portion control, and in a lunch bag, it doubles as the ice pack!

## **Boiling Method for Whole Grains**

An alternate method for whole grains that can keep their shape with cooking—such as rice, quinoa, wheat berries, farro, or barley—is to cook them like pasta. Bring a large pot of water to a boil, boil the grains until done (testing occasionally for taste/texture), then drain in a fine strainer and run cool water over the grains to stop the cooking. This method works well if you want to serve whole grains in a salad rather than as a warm side dish.



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To view the video on this topic, a copy of the handout, and all electronic resources associated with the *Culinary Medicine Curriculum*, please see https://bit.ly/culinarymededucation.

# Cooking Chart for 1 Cup\* of Dry, Whole Grains



\*1 cup is equal to 240 milliliters or about 0.25 liters by volume

1 Cup* Dry Whole Grain	Water	Cooking Time (Unsoaked)	Soaked Overnight	Yield	Standing Time
RICE (all gluten-free)					
Brown rice (Long, medium or short grain; Basmati; Jasmine; Texmati; Sweet brown)	134 cups	30 to 40 min		3 cups	10 min
Rice	1% cups	35 to 40 min		3 cups	10 min
Wild rice	2½ to 2¾ cups	50 to 55 min			10 min
Forbidden black rice	1½ to 1¾ cups	30 min		3 cups	10 min
OTHER GRAINS					
Quinoa (gluten-free)	13⁄4 cups	12 to 15 min		3½ cups	(Fluff first) 10 min
Amaranth (gluten-free)	2 to 2½ cups	20 to 25 min		3 to 3½ cups	10 min
Teff (gluten-free)	3½ to 3¾ cups	15 min		3 cups	(Fluff first) 10 min
Millet (gluten-free)	214 to 21/2 cups	25 to 30 min		4 cups	(Fluff first) 10 min
Buckwheat, groats, roasted (gluten-free)	1¾ to 2 cups	20 min		3½ cups	10 min
Barley, hulled	3 to 3½ cups	60 min		3½ to 4 cups	10 min
Barley, pearled	3 to 3½ cups	60 min		3½ to 4 cups	10 min
Kamut	2½ to 3 cups	90 min	30 to 45 min	234 cups	10 min
Oat groats	1½ to 2 cups	1 hour	35 min	2½ cups	10 min
Rye, berries	3 to 3½ cups	1 1/2 hours		3 cups	10 min
Spelt	2½ to 3 cups	1 1/2 to 2 hours	45 min	2½ cups	10 min
Wheat berries, hard (red)	2½ to 3 cups	1 1/2 to 2 hours		3 cups	10 min
Wheat berries, soft (white)	2½ to 3 cups	1 hour		3 cups	10 min
Bulgur (alternate: steep—see below)	134 cups	10 min		3 cups	10 min
Wheat, cracked	2% cups	20 min		3 cups	10 min
GRAINS THAT CAN STEEP (Don't rinse—just stir in boiling water,	—just stir in boiling water,	cover, and rest for time given for "standing.")	n for "standing.")		
Couscous, whole wheat	1¼ to 1½ cups	1 min		2½ cups	10 min
Bulgur	2 cups boiling water			3 cups	1 hour

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