

Jace Wellness Center

COOKING WHOLE GRAINS

1 CUP WHOLE GRAIN	WATER (in cups)	COOKING TIME (in minutes)	YIELD (in cups)
Amaranth	1 ½	20	2
Barley (pearl)	2 ½	40	3 ½
Barley (whole)	3	60	3 ½
Buckwheat	2	12	3 ½
Kamut	2	60	2
Millet	2 ¼	20	4
Oats (whole)	2	45	2 ½
Quinoa	2	15	3
Rice (basmati)	1 ½	20	3
Rice (sweet brown)	1 ½	40	3 ¼
Rice (long brown)	2 ¼	60	3 ½
Rye	2 ¼	60	3 ¼
Spelt	2 ½	60	2
Triticale	2 ½	60	2 ½
Wheat	2 ½	60	2 ½
Wild Rice (cultivated)	2 ½	60	3 ½
Wild Rice (wild)	1 ¾	45	3 ½

Whole grains are always more healthy and nutritious than processed grains. If you do use processed grains try to purchase those that are stone ground. Grains and the oils they contain become stale and rancid over time. Avoid this by purchasing medium or small quantities from a store that refrigerates or freezes their grains. Keep your grains in the freezer. Always try to buy organic grains. Non-organic grains are often contaminated with pesticides and other harmful chemicals.

Before cooking grains, soak them in pure water overnight, and then rinse them thoroughly. To cook the grain, combine it with water in a heavy pot. Do not use aluminum cookware. You may add a pinch of salt, ghee, oil or spices. Bring the grain to a boil, cover the pot, reduce heat, and simmer without stirring until the water is absorbed. Remove from heat and allow the grain to stand, still covered, for ten minutes before serving.

An easy way to make whole grain cereal for breakfast is to place the grain in boiling water in a thermos the night before. The cereal will be ready to eat in the morning with all the nutrients intact.