

Cooking grains (and grain-like foods)

1. Bring liquid to boil. If desired, add about 1/4 teaspoon salt per cup of grain.
2. Add grain, and stir once. Return to boil.
3. Place tight-fitting lid on pan, and reduce heat to lowest setting. Cook for specified time (see table), or until liquid is fully absorbed. **Don't stir while cooking!** To check, lift lid and push aside some of the cooked grain to see whether there's liquid left in the bottom.
4. Let rest off heat 3-4 minutes. Fluff with fork, and serve.

Grain	Quantity of grain*	Quantity of liquid*	Yield*	Preparation notes
Barley , pearled <i>Total prep time: about 50 minutes</i>	1	3	3.5	In step 3, cook about 45 minutes.
Bulgur wheat <i>Total prep time: about 20 minutes</i>	1	2	3	In step 3, cook about 15 minutes OR... Stir bulgur into cool or warm water in a bowl; let soak until liquid is absorbed, about 30 minutes.
Couscous <i>Total prep time: 7-12 minutes</i>	1	1.5	2.5	In step 3, don't boil; simply cover and set off heat. Let sit 5 minutes (10 minutes for whole-wheat couscous).
Oats , old-fashioned (rolled) <i>Total prep time: about 11 minutes</i>	1	2	3	In step 3, cook 5 minutes without lid, stirring occasionally. Then, set pan off heat, cover, and let sit 5 minutes. Stir and serve.
Quinoa <i>Total prep time: about 25 minutes</i>	1	2	3	Before cooking rinse and drain quinoa, and then bring it to boil with the liquid. In step 3, cook about 20 minutes.
Rice , long-grain brown <i>Total prep time: about 50 minutes</i>	1	2.5	3.5	In step 3, cook about 45 minutes.
Rice , long-grain white <i>Total prep time: about 20 minutes</i>	1	2	3	In step 3, cook about 16 minutes.

*No unit of measure is indicated because these quantities are intended as ratios or proportions. Just use the same unit of measure for each item, such as 1 cup rice to 2 cups water to get 3 cups rice.

For more information, see:

<http://www.homecookingrevival.com/2009/05/20/great-grains-form-the-foundation-for-a-fab-meal/>