

HOW TO COOK GRAINS

AMARANTH – Versatile, often used instead of wheat berries or flour – eat as hot or cold cereal, add to cold salads or use instead of rice in stir fry. BEST TO TOAST PRIOR TO COOKING TO BRING OUT NUTTY FLAVOR. SIMMER 1 CUP & 1 ½ CUPS WATER FOR 35 MINUTES.

1 CUP DRY = 2 ½ CUPS COOKED

BARLEY-HULLED – Makes a hearty porridge, try with nuts & raisins – add to soups, stews, pilafs, casseroles or mix with mushrooms, onion & garlic—add a cup of cooked barley to poultry stuffing. RINSE WELL. ADD 1 CUP TO 2 ½ CUPS BOILING WATER. COVER & SIMMER 35-40 MINUTES UNTIL LIQUID IS ABSORBED. FOR A FLUFFIER GRAIN, SOAK IN WATER 5 HOURS THEN SIMMER, COVERED FOR 15 MINUTES.

1 CUP DRY = 3 ½ - 4 CUPS COOKED

BUCKWHEAT GROATS – Nutty, earthy flavor traditionally found in knishes, soba & firoshki – use in pilafs, cold salads or as a breakfast porridge – can be dry-roasted, sautéed, baked, braised, refried or marinated. RINSE 1 CUP GROATS IN COLD WATER (DO NOT SOAK-BOIL GROATS) & 2 CUPS WATER – SIMMER ON LOW FOR 10-15 MINUTES.

1 CUP DRY = 2 CUPS COOKED

BULGHUR – Great base for thick soups & chilis – use in pilaf, as a meat substitute, or instead of rice as a side dish- used baked instead of cracked wheat in any recipe. RINSE – PLACE 1 PART BULGHUR IN 2 PARTS BOILING WATER AND LET STAND 20 MINUTES.

1 CUP DRY = 2 ½ CUPS COOKED

COUSCOUS – Serve with marinated, broiled veggies, flavor with garlic & onions as a side dish to meats & poultry -- cooked & chilled couscous is a super salad ingredient. Use a bed of couscous instead of rice with curries or stir fry. BOIL 1 ¼ CUP WATER, STIR IN 1 CUP COUSCOUS, COVER, REMOVE FROM HEAT & LET STAND 5 – 10 MINUTES. FLUFF WITH FORK.

1 CUP DRY = 2 CUPS COOKED

ISRAELI COUSCOUS – Nutty, light flavor – use same as regular couscous. ADD 1 CUP ISRAELI COUSCOUS TO 4 CUPS BOILING WATER – RETURN TO BOIL, REDUCE HEAT & SIMMER 15 MINUTES UNTIL TENDER BUT STILL AL DENTE – STRAIN WATER.

1 CUP DRY = 3 CUPS COOKED

WHOLE WHEAT COUSCOUS – Rich, nutty flavor – use same as other couscous. POUR 1-1 ¼ CUPS BOILING WATER OVER 1 CUP COUSCOUS, COVER & LET STAND 5 MINUTES.

1 CUP DRY = 2 CUPS COOKED

HARD RED WINTER WHEAT BERRIES – Can be ground & added to bread for a hearty texture- or add whole after soaking. (FOR NUTTIER FLAVOR, TOAST BEFORE SOAKING.) SOAK OVERNIGHT. DRAIN, COVER WITH 3 ½ CUPS LIQUID & BRING TO BOIL. REDUCE HEAT & SIMMER 50 MINUTES. DRAIN, IF NEEDED, FLUFF WITH FORK.

1 CUP DRY = 3 CUPS COOKED

MILLET – Works well when dry roasted, cooked then marinated – good companion with rice, corn or oats – adaptable- absorbs flavors. FOR BEST RESULTS, TOAST PRIOR TO COOKING – ADD 1 CUP MILLET TO 3 CUPS OF LIQUID & SIMMER 40 MINUTES.

1 CUP DRY = 3 CUPS COOKED

STEEL CUT OATS – Great breakfast porridge – add to baked goods for extra chewy, nutty flavor. SOAK OVERNIGHT TO CUT COOKING TIME IN HALF. BOIL 1 CUP OATS WITH 4 CUPS WATER (1/2 TEASPOON SALT, OPTIONAL) – SIMMER 45 MINUTES.

1 CUP DRY = 3 CUPS COOKED

WHOLE RYE – High in amino acids & B vitamins. Use in soups, breads, stews, stuffings, as a breakfast porridge- substitute for rice & add to pilaf & casseroles. RINSE- SOAK OVERNIGHT- BOIL 3 ½ CUPS WATER (1/2 TEASPOON OF SALT, OPTIONAL) – ADD 1 CUP RYE, COVER, REDUCE HEAT AND SIMMER 50-60 MINUTES.

1 CUP DRY = 2 ½ CUPS COOKED

POLENTA – Polenta is coarsely ground cornmeal, used in Italian cooking. Season with herbs, spices, sautéed mushrooms, sun dried tomatoes or garlic to make a delicious side dish or entrée. Can be sliced, baked or fried. Serve hot with maple syrup for breakfast. **BOIL 4 CUPS WATER OR STOCK, VERY SLOWLY WHISK IN 1 CUP OF POLENTA. SIMMER, STIRRING OFTEN FOR 5-10 MINUTES UNTIL VERY THICK. PLACE IN GREASED BREAD PAN. CHILL 2 HOURS. SLICE & PREPARE AS DESIRED.**

1 CUP DRY = 4 CUPS COOKED

QUINOA – Mild flavor – great substitute for couscous or bulghur. Sprouted quinoa has a nutty flavor & is great in salads. Cook in a flavored liquid such as broth, for a side dish. Great in casseroles & baked stuffed veggies. **MUST BE RINSED TO REMOVE BITTER SAPONINS THAT COAT EACH GRAIN. FOR BEST RESULTS, TOAST PRIOR TO COOKING. SIMMER 1 CUP WITH 2 CUPS WATER OVER LOW HEAT, 15 MINUTES. GRAIN WILL POP & OUTSIDE GERM WILL SEPARATE INTO CURLY TAILS.**

1 CUP DRY = 2 CUPS COOKED

TABOULI – Great side dish. **ADD 1 CUP HOT WATER TO 1 CUP OF TABOULI. ADD ¼ CUP OF OLIVE OIL, MIX WELL. SET ASIDE UNTIL REACHING ROOM TEMPERATURE. ADD YOUR FAVORITE VEGGIES, (ONION, GARLIC, TOMATO, CELERY, BELL PEPPER, OLIVES). REFRIGERATE.**

TAPIOCA – Great pudding – thickener for pie fillings – Bubble Teas. **BRING 6 CUPS WATER TO BOIL – GENTLY ADD 1 CUP OF TAPIOCA PEARLS, STIRRING CONSTANTLY. RETURN TO A BOIL – COVER & BOIL 30 MINUTES, STIRRING OCCASIONALLY. TURN OFF HEAT – STIR ONCE MORE- LET SIT 20-25 MINUTES. DRAIN & RINSE WITH COLD WATER, UNTIL WATER RUNS CLEAR & PEARLS ARE COOL. PLACE IN CONTAINER- ADD HONEY OR BROWN SUGAR TO COVER OR COMPLETELY COAT THE PEARLS' SURFACE TO PREVENT STICKING. ALLOW PEARLS TO ABSORB SWEETENER BEFORE SERVING. SERVE WITHIN 8 HOURS. DO NOT REFRIGERATE.**