



Cooking Grain Place Foods Whole Grains

To 1 Cup of this grain...	Add this much water or broth:	Bring to a boil, then simmer for:	Amount after cooking
Barley, hulled	3 cups	45-60 minutes	3 ½ cups
Cornmeal (polenta)	4 cups	25-30 minutes	2 ½ cups
Kamut® Berries	4 cups	Soak overnight; then cook 45-60 minutes	3 cups
Millet, hulled	2 ½ cups	25-35 minutes	4 cups
Quinoa	2 cups	12-15 minutes	3+ cups
Brown Rice	2 ½ cups	30-45 minutes	3-4 cups
Rye Berries	4 cups	Soak overnight; then cook 45-60 minutes	3 cups
Spelt Berries	4 cups	Soak overnight; then cook 45-60 minutes	3 cups
Wheat Berries	4 cups	Soak overnight; then cook 45-60 minutes	3 ½ cups

Source: wholegrainscouncil.org