

Grain Cooking Chart

1 cup grain	cups water	cook time	cups yield
Barley, pearled	3	50-60 min.	3 ½
Buckwheat Groats	2	15 min.	2 ½
Millet	3-4	20-25 min.	3 ½
Quinoa	2	15-20 min.	2

Measure grain into a strainer and rinse thoroughly.

Transfer to cooking pot and add measured water.

Bring to a boil, turn to low and steam for the recommended time. Add a pinch of salt near the end of cooking.

For buckwheat, boil the water first.

These grains can be an addition to oats on the breakfast menu or a substitute for rice on the luncheon menu.