


Ancient Grains Cooking Table

This table provides a quick, handy reference for cooking many different types of grains. The ratios given are for volumetric measuring. Grains are all measured as 1 (one) unit* and the corresponding measure of prepared stock is listed in an equivalent unit size.

For example when cooking “Barley (pearled)”, the measure is listed as 2-½. So for every 1 Cup of barley, 2-½ Cups of prepared stock is needed. If quarts are used, the ratio would be 1 Quart of barley to 2-½ Quarts of stock. This is a handy technique when working in a busy kitchen, as the ratio will hold true no matter what container or measurement is used.

* With volumetric measuring, any unit of measure can be used— including quarts, gallons, 1/6th pan, etc.

 1 Unit Cup / Quart / Gallon	QUICK COOKING GRAINS						
	Grain to Broth Ratio	Yield	Cook Time (minutes)	Cooking Method	Pre-Soak	Gluten Free	Instructions
Amaranth	1 : 1-1/4	1-1/4 units	:15 - :20	Steam or Pilaf	-	Yes	Cook via pilaf or steam method using stock prepared with Minor's Roasted Mirepoix flavor concentrate.
Buckwheat Groats	1 : 2	2 units	:15	Pilaf	-	Yes	Toast grains briefly in oil and sauteed onion. Add hot stock and cover. Cook until all liquid is absorbed.
Bulgur (quick cooking)	1 : 1	2 units	:05	Steam	-	-	With the pot steaming, pour boiling stock over grains until just submerged. Cover and let stand. Fluff if necessary.
Bulgur (medium, coarse)	1 : 1-3/4	2 units	:10 - :20	Pilaf	-	-	Toast grains briefly in oil and sauteed onion. Add hot stock and cover. Cook until all liquid is absorbed.
Couscous (small)**	1 : 1	1-1/2 units	:05 - :10	Steam	-	-	With the pot steaming, pour boiling stock over grains until just submerged. Cover and let stand. Fluff if necessary.
Couscous (large)**	1 : 1-1/4	2-1/2 units	:05 - :10	Pilaf	-	-	Toast grains briefly in oil and sauteed onion. Add hot stock and cover. Cook until all liquid is absorbed.
Farro (semi pearled)	1 : 2	2 units	:20 - :25	Pilaf	-	-	Toast grains briefly in oil and sauteed onion. Add hot stock and cover. Cook until all liquid is absorbed.
Freekeh (greenwheat)	1 : 1-1/2	2 units	:20	Pilaf	-	-	Toast grains briefly in oil and sauteed onion. Add hot stock and cover. Cook until all liquid is absorbed.
Millet	1 : 2	3 units	:15 - :20	Pilaf	-	Yes	Toast grains briefly in oil and sauteed onion. Add hot stock and cover. Cook until all liquid is absorbed.
Quinoa*	1 : 1-3/4	2-1/2 units	:12 - :15	Pilaf	-	Yes	Toast grains briefly in oil and sauteed onion. Add hot stock and cover. Cook until all liquid is absorbed.
Teff	1 : 1	2 units	:15 - :20	Pilaf	-	Yes	Toast grains briefly in oil and sauteed onion. Add hot stock and cover. Cook until all liquid is absorbed.


1 Unit
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SLOW COOKING GRAINS							
	Grain to Broth Ratio	Yield	Cook Time (minutes)	Cooking Method	Pre-Soak	Gluten Free	Instructions
Barley (pearled)	1 : 2-1/2	3 units	:30 - :40	Simmer	Quick Soak (optional)	Yes	Optional pre-soak. Toast grains in oil and sauteed onion. Add 1/2 of hot stock & cover for 2-3 hours. Add remaining 1/2 of hot stock and simmer for :30-:40 minutes until all liquid is absorbed.
Barley (hulled)	1 : 3	3 units	:45 - :60	Simmer	Overnight	Yes	Bring 1/2 of prepared stock to boil and pour over grain. Soak overnight. Add remaining stock and simmer for :45-:60 until all liquid is absorbed.
Einkorn	1 : 1	2 units	:20	Pilaf	Overnight	-	Bring 1/2 of prepared stock to boil and pour over grain. Soak overnight. Add remaining 1/2 of stock and simmer for :45-:60 minutes until all liquid is absorbed. Rinse to remove extra starch.
Farro (whole grain)	1 : 3	2-1/2 units	:45 - :60	Simmer	Overnight	Yes	Bring 1/2 of prepared stock to boil and pour over grain. Soak overnight. Add remaining stock and simmer for :45-:60 until all liquid is absorbed.
Kamut	1 : 4	2 units	:50 - :60	Simmer	Overnight	Yes	Bring 1/2 of prepared stock to boil and pour over grain. Soak overnight. Add remaining stock and simmer for :50-:60 until all liquid is absorbed.
Oat Berries / Groats	1 : 1-3/4	2-1/2 units	:30 - :40	Simmer	Quick Soak (optional)	-	Optional pre-soak. Toast grains in oil and sauteed onion. Add 1/2 of hot stock & cover for 2-3 hours. Add remaining 1/2 of hot stock and simmer for :30-:40 minutes until all liquid is absorbed.
Rye Berries	1 : 3	2 units	:50 - :60	Simmer	Overnight	Yes	Bring 1/2 of prepared stock to boil and pour over grain. Soak overnight. Add remaining stock and simmer for :50-:60 until all liquid is absorbed.
Sorgum	1 : 3	2 units	:60 - :75	Simmer	Quick Soak (optional)	Yes	Optional pre-soak. Toast grains in oil and sauteed onion. Add 1/2 of hot stock & cover for 2-3 hours. Add remaining 1/2 of hot stock and simmer for :60-:75 minutes until all liquid is absorbed.
Spelt Berries	1 : 2	2 units	:45 - :50	Simmer	Overnight	Yes	Bring 1/2 of prepared stock to boil and pour over grain. Soak overnight. Add remaining stock and simmer for :45-:50 until all liquid is absorbed.
Triticale Berries	1 : 3	2 units	:50 - :60	Simmer	Overnight	Yes	Bring 1/2 of prepared stock to boil and pour over grain. Soak overnight. Add remaining stock and simmer for :50-:60 until all liquid is absorbed.
Wheat Berries	1 : 4	2 units	:50 - :60	Simmer	Overnight	-	Bring 1/2 of prepared stock to boil and pour over grain. Soak overnight. Add remaining stock and simmer for :50-:60 until all liquid is absorbed.


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RICE							
	Grain to Broth Ratio	Yield	Cook Time (minutes)	Cooking Method	Pre-Soak	Gluten Free	Instructions
Basmati	1 : 1-3/4	3 units	:20 - :25	Pilaf	-	Yes	Toast grains briefly in oil and sauteed onion. Add hot stock and cover. Cook until all liquid is absorbed.
Black or Purple Rice	1 : 2-1/4	2 units	:35	Pilaf or Pasta	-	Yes	Cook via pilaf or pasta method using stock prepared with Minor's Roasted Mirepoix flavor concentrate.
Brown Rice (long)	1 : 2-1/2	2 units	:40 - :45	Steam or Pilaf	Quick Soak (optional)	Yes	Cook via pilaf or steam method using stock prepared with Minor's Roasted Mirepoix flavor concentrate.
Brown Rice (short)	1 : 2-1/2	3 units	:40 - :50	Steam or Pilaf	Quick Soak (optional)	Yes	Cook via pilaf or steam method using stock prepared with Minor's Roasted Mirepoix flavor concentrate.
Himalayan Red Rice	1 : 2	3 units	:35	Pilaf	-	Yes	Toast grains briefly in oil and sauteed onion. Add hot stock and cover. Cook until all liquid is absorbed.
Sushi Rice	1 : 1-1/2	2-1/2 units	:20 - :25	Steam	-	Yes	With the pot steaming, pour boiling stock over grains until just submerged. Cover and let stand. Fluff if necessary.
Wild Rice	1 : 3	2 units	:45 - :60	Pasta	-	Yes	Bring 1 gallon of stock to boil for every 2 lbs of rice. Simmer until tender, approximately :45-:60 minutes. Drain away extra stock.

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Generally speaking cooking techniques for grains can be similar to cooking rice— and is typically accomplished using one of the following three (3) basic methods:

1. Pilaf / Simmer Method
2. Steam Method
3. Pasta Method

Chef's Tip: For an extra boost of flavor, add Minor's Herb de Provence Flavor Concentrate to the prepared stock (1 Tbsp of concentrate : 1 Gal of prepared stock).

Pilaf / Simmer Method

In a saucepan, sauté diced onion with a little oil. Add grain of choice and toast briefly, coating in oil. Add the recommended amount of hot stock prepared with Minor's Roasted Mirepoix (Gluten Free) or Low Sodium Chicken Base (GF). Cover with lid and cook until all the liquid is absorbed. Remove cover to release excess heat and steam. Fluff if necessary.

Note: Simmering is basically a longer method of the pilaf method. Some grains will need extended simmering time to absorb the stock.

Steam Method

Bring stock prepared with Minor's Roasted Mirepoix (Gluten Free) or Low Sodium Chicken Base (GF) to a simmer and pour over grain. Cover and let stand. Alternatively, you can steam in a pressure steamer. Simply add flavored stock over grain until it is just covered. Cover tightly with plastic wrap and steam (see chart for cooking times). Remove wrap and fluff. Cool or let stand until needed.

Pasta Method

A simple method that yields a clean grain that's not starchy or sticky. Prepare 1 gallon of stock for every 2 pounds of grain/rice using Minor's Roasted Mirepoix (Gluten Free) or Low Sodium Chicken Base (GF). Bring stock to a boil and add grain of choice. Simmer until tender. Drain away the excess stock after cooking.

Note: This method will cause nutrient and flavor loss if done for an extended period of time.

Soaking Shortcut for Longer Cooking Grains

For faster prep times on longer cooking grains, bring half of the recommended amount of Minor's prepared stock to a boil and pour over grain. Let stand for 2-3 hours before cooking. When ready, heat the grains with the remaining stock and cook per the recipe. You'll find the cooking time is much shorter with a little pre-soaking. For tougher grains, pre-soak overnight (see Grain Cooking Table).

Note: Do not pre-soak overnight in unseasoned water. The grains will absorb unflavored water and take on very little flavor later in the cooking process.

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Prepared Stock vs. Plain Water

To achieve robust flavor with any type of grain or cooking method, use stock prepared with Minor's Gluten Free concentrates or low sodium bases. This will gently imbue the grain with flavor during the cooking process and make them tender, tasty, and ready to use in any hot or cold recipe.

It's important use prepared stock, rather than plain water, as the cooking liquid because it is extremely difficult to add sufficient flavor after the grains have been cooked. Grains will swell to 2-3 times their original size and absorb the liquid they are prepared in. Once cooked in plain water, the grain will forever "fight" the addition of more flavor and will result in a bland tasting grain. This is never more evident than in semi- and un-milled grains.

Important: Cooking Times Vary

Grains vary in cooking time depending on a couple of factors: the age of the grain; how long it's been stored; the variety of grain; the pans used; and type of cooking equipment. Recommended cooking times are provided, but ultimately the grains are done when the desired level of flavor and tenderness is reached. Given the factors above, if the grain is not as tender as you like when the "time is up," simply add more prepared stock and continue cooking. Or, if the grains are tender and tasty before all the liquid absorbed, drain the excess liquid.

With respect to equipment, convection ovens will cook quicker than conventional ovens, and modern accelerated ovens such as a combi-oven will cook quicker still (approximately by 25% faster than a convection oven). Combi-ovens have the added benefit of steam, so the amount of cooking stock could be cut by approximately 20%. Be sure to track results in your Cook Table and record for future use.