

# Cooking Grains

Cooking whole grains is one of the easiest tasks in the kitchen. Most are rinsed, soaked and then cooked with very little attention from the chef.

The ratio of liquid to dry grain given below is approximate. Please allow for your own taste, cooking style, stove etc. All grains should be cooked with a pinch of good quality sea salt per cup of water or a 2 ½ cm x 2 ½ cm piece of Kombu seaweed to balance their slightly acidic quality.

\* Key: Liquid:Grain - Time

Grain	Simmer/Boil Key: Liquid:Grain - Time	Pressure Cook	Bake	Breakfast Porridge
Amaranth	2:1 – 30 min	2.5:1 – 30 min	2:1 – 35 min	4:..5 – 30 min
Barley	2.5:1 – 40 min	2:1 – 30 min	3:1 – 60 min	4:1 – 40 min
Brown Rice Basmati	2:1 – 35 min			
Brown Rice Long Grain	2:1 – 45 min	1.5:1 – 45 min	2:1 – 55 min	4:1 – 50 min
Brown Rice Med.Grain	2:1 – 50 min	1.5 – 45 min	2:1 – 60 min	5:1 – 50 min
Brown Rice Short Grain	2:1 – 50 min	1.5:1 – 45 min	2:1 – 60 min	5:1 – 50 min
Brown Rice Sweet	2:1 – 50 min	1:1 – 45 min	2:1 – 60 min	4:1 – 40 min
Buckwheat	2:1 – 15 min		2:1 – 20 min	
Couscous	2:1 – 15 min			
Millet	3.5:1 – 40 min	3:1 – 30 min	3.5:1 – 45 min	4:..5 – 40 min
Polenta	4:1 – 30 min			5:1 – 30 min
Quinoa	2:1 – 25 min	1.5:1 – 10 min	2:1 – 25 min	4:..5 – 15 min
Rye berries	3:1 – 60 min	2.5:1 – 55 min	3:1 – 70 min	
Spelt	3:1 – 40 min	2.5:1 – 30 min	3:1 – 60 min	
Wheat berries	3:1 – 90 min	3:1 – 60 min	3:1 – 60 min	4:..5 – 2 hours

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