



# Cooking Times and proportions for Grains

<u>One Cup Measure</u>	<u>Water Needed</u>	<u>Time (unsoaked, stove-top)</u>
Amaranth	2-3 cups	20-25 minutes
Barley, hulled	2 1/2-3 cups	1 1/2 hour
Barley, pearled	3 cups	30 minutes
Barley, flakes	3 cups	20 minutes
Buckwheat (Kasha)	2-2 1/2 cups	15-20 minutes
Bulgur	2 cups	10-15 minutes for casseroles
Couscous	2 cups	5-10 minutes on simmer
Cracked Wheat	2 cups	25 minutes
Kamut	3 cups	2 hours
Millet, for dinner	2 cups	15-20 minutes
Millet, for porridge	4 cups fruit juice	30-45 minutes
Oat groats	3 cups	2 hours
Oats, quick	2-2 1/2 cups	5 minutes
Oats, regular rolled	2-2 1/2 cups	10-15 minutes
Oats, steel cut	3 cups	30 minutes
Quinoa	2 cups	15 minutes
Rice, flakes	1 1/4 cups	5-8 minutes
Rolled Wheat, Rye or Barley	2 1/2-3 cups	15-30 minutes
Rice:		
White (Short & Long grain)	2 cups	20 minutes
Wild	3 cups	30-40 minutes
Basmati, brown rice	2 1/2 cups	25-30 minutes
Basmati, white rice	2 cups	15-20 minutes
Brown Rice Short Grain	2-2 1/2 cups	45-60 minutes
Brown Rice Long Grain	1 1/2-2 cups	45-60 minutes
Rye Berries	4 cups	1 1/2 hour
Rye, cracked	3 cups	40-50 minutes
Rye, flakes	2 cups	15-20 minutes
7-Grain Cereal	2-3 cups	10-15 minutes
Spelt Berries	3 cups	1 1/2 hour
Spelt Flakes	3 cups	20-25 minutes
Wheat Berries	3 cups	2 hours
Wheat Flakes	4 cups	15-20 minutes
Whole: Oats, Rye, Wheat	2-3 cups	1-2 hour