



This table lists true grains (oats, wheat varieties, rice varieties, and barley, to name a few) and pseudograins (quinoa, millet, amaranth, buckwheat, teff, wild rice). Pseudograins are seeds with a similar nutrient composition to true grains, so they're often classified as grains. Both true grains and pseudograins are important for overall health. Whole grains are generally chewier (in the best way), more flavorful (nutty and satisfying), and much more nutritious (fiber, protein, B vitamins, and more!) than refined grains. Many of these grains work well for both sweet and savory recipes and can be cooked to various textures, making them versatile, easy to use, and delicious to eat. Use this guide as a resource and for inspiration to try new grains and expand your palate!

Grain (1 cup dried grain)	Water	Soak Time	Cook Time	Cooked Amount
Amaranth	Stove Top: 1 ½–2 ½ cups (depending on the consistency desired. Use more water for a porridge like consistency.) Pressure Cooker: 1 ½ cups Rice Cooker: 1 cup	3–5 hours	Soaked: 15 minutes Dry: 25–30 minutes Pressure Cooker: 12 minutes with high pressure Rice Cooker: 20 minutes	3 ½ cups
Barley, hulled	Stove Top: 1 cup (soaked) 3 cups (dry) Pressure Cooker: 1–1 ½ cups Slow Cooker: 2 ½ cups	6–12 hours	Soaked: 30–45 minutes Dry: 45–60 minutes Pressure Cooker: 25–30 minutes with high pressure Rice cooker: 45 minutes	3 ½ cups
Buckwheat	Stove Top: ¼–½ cup (soaked) 2 cups (dry) Pressure Cooker: 1 cup Rice Cooker: 1 ½–2 cups	6–12 hours	Soaked: 3–5 minutes Dry: 20 minutes Pressure Cooker: 5–6 minutes with high pressure Rice cooker: 30–40 minutes minutes	4 cups
Bulgur	Stove Top: 1 cup (soaked) 2 cups (dry) Pressure Cooker: 1 ½–2 cups Rice Cooker: 1 cup	30 minutes –1 hour. The coarser the bulgur grain the longer the soak time.	Soaked: Dry: 10–12 minutes Pressure Cooker: 12 minutes with high pressure Rice Cooker: 45–50 minutes	3 cups

<b>Grain (1 cup dried grain)</b>	<b>Water</b>	<b>Soak Time</b>	<b>Cook Time</b>	<b>Cooked Amount</b>
Cornmeal (polenta)	Stove Top: 4–5 cups (depending on desired firmness) Pressure Cooker: 4 ½ cups Slow Cooker: 6 cups	None	Stove Top Pressure Cooker: 4 minutes (instant polenta) 7 minutes with high pressure Slow Cooker: 3–4 hours on high setting . 6–9 hours on low setting.	2 ½ cups
Couscous, whole wheat	Stove Top: 2 cups (hot water) Pressure Cooker: 2 cups (medium to large size pearls) Rice Cooker: 1 cup	None	Stove Top: cover and steam for 10 minutes (heat off) Pressure Cooker: 2-3 minutes with high pressure. Ricer Cooker: 5 minutes on the keep warm setting.	3 cups
Farro *Cook farro according to the pasta method..	Stove Top: 3 cups (soaked) 8 cups (dry) Pressure Cooker: 2 cups Rice Cooker: 3 cups	8–12 hours	Soaked: 10 minutes Dry: 30 minutes Pressure Cooker: 10–12 minutes with high pressure. Rice Cooker: 30–45 minutes	3 cups
Kamut	Stove Top: 3 cups (soaked) 4 cups (dry) Pressure Cooker: 2 ½ cups Rice Cooker: 3 cups	8–12 hours	Soaked: 30-45minutes Dry: 45–60 minutes Pressure Cooker: 25 minute with high pressure Rice Cooker: 40–60 minutes	3 cups
Millet, hulled	Stove Top: 1 ½ cups- (soaked) 2 cups (dry) Pressure Cooker: 1 ¾ cups Rice Cooker: 1 ½–2 cups	6–12 hours	Soaked: 10–15 minutes Dry: 20 minutes Pressure Cooker: 10 minutes with high pressure Rice Cooker: 20 minutes	4 cups
Oats, steel cut	Stove Top: 2 cups (soaked) 4 cups (dry) Pressure Cooker: 1 ⅓ cups–1 ½ cups (porridge like texture) Rice Cooker: 1 ½–2 cups	8 hours	Soaked: 12–15 minutes Dry: 15–20 minutes Pressure Cooker: 5 minutes with high pressure Rice Cooker: 30–45 minutes	4 cups

<b>Grain (1 cup dried grain)</b>	<b>Water</b>	<b>Soak Time</b>	<b>Cook Time</b>	<b>Cooked Amount</b>
Quinoa	Stove Top: 1 ½ cups (soaked) 2 cups (dry) Pressure Cooker: 1 ¼ cup Rice Cooker: 1 ½ cup–2 cups	3–4 hours	Soaked: 15–20 minutes Dry: 12–15 minutes Pressure Cooker: 1–2 minutes with high pressure Rice Cooker: 26 minutes	3 + cups
Rice, brown	Stove Top: 1 ½–2 cups 2 ½ cups (dry) Pressure Cooker: 1 cup for chewy rice. 1 ¼ cups for soft rice. Rice Cooker: 1 cup for chewy rice 1 ½ cups for soft rice.	6–8 hours	Soaked: 15–25 minutes Dry: 45 minutes Pressure Cooker: 20 minutes with high pressure Rice Cooker: 45–60 minutes	3–4 cups
Rye berries	Stove Top: 2 ½–3 cups water (soaked) 4 cups (dry) Pressure Cooker: 3 cups Rice Cooker: 2 cups	6–8 hours	Soaked: 45–60 minutes Dry: 60 minutes Pressure Cooker: 20–30 with high pressure Rice Cooker: 20–30 minutes	3 cups
Sorghum	Stove Top: 2 ½ cups (soaked) 4 cups (dry) Pressure Cooker: 3 cups Rice Cooker: 2 ¾ cups	6–12 hours	Soaked: 25–40 minutes Dry: 50–60 minutes Pressure Cooker 30 minutes with high pressure Rice Cooker: 45–60 minutes	3 cups
Spelt berries	Stove Top: 3 cups (soaked) 3 cups (dry) Pressure Cooker: 2 ½ cups Rice Cooker: 2 cups	6 hours	Soaked: 40–60 minutes Dry: 60–80 minutes Pressure Cooker: 25–30 minutes Rice Cooker: 30–35 minutes	3 cups
Teff	Stove Top: 1 ½–2 cups 3 cups (dry) Pressure Cooker: 1 ½–2 cups Rice Cooker: 1 cup–1 ½ cups	3–4 hours	Soaked: 8–10 minutes Dry: 15–20 minutes Pressure Cooker: 2–3 minutes with high pressure Rice Cooker: 20 minutes	3 cups

Grain (1 cup dried grain)	Water	Soak Time	Cook Time	Cooked Amount
Wheat berries	Stove Top: 3 cups (soaked) 4 cups (dry) Pressure Cooker: 3 cups Rice Cooker: 2 cups	8–10 hours	Soaked: 40–60 minutes Dry: 60–90 minutes Pressure Cooker: 25–30 minutes Rice Cooker: 30–35 minutes	3 cups
Wild Rice	Stove Top: 3 cups (soaked) 4 cups (dry) Pressure Cooker: 3–4 cups Rice Cooker: 2 cups	12–24 hours	Soaked: 30–35 minutes Dry 40–60 minutes Pressure Cooker: 20–25 minutes with high pressure Rice Cooker: 50 minutes	3 ½ cups

Consider purchasing organic grains whenever possible to minimize exposure to glyphosate.

## General Directions

Always rinse and wash your soaked or dry grains before cooking. Cooking most grains is very similar to cooking rice in that just enough water is added until the grain has completely absorbed the water and becomes tender. Place the soaked or dried grains in a pan with fresh water (do not cook grains in the liquid they were soaked in) or vegetable broth, bring it to a boil, then simmer until the liquid is absorbed. Most grains need to be covered while cooking. Pasta is generally cooked in a larger amount of water, then excess liquid is drained after cooking.

## Timing Your Grains

Grains can vary in cooking time depending on the age of the grain, length of time the grain was soaked, the type of grain variety and the pans that are used for cooking. If the grain is not as tender as you'd like when the suggested cooking time is done, you may add more water and continue cooking until the desired consistency is achieved. Or, if the grains have reached your ideal doneness before the liquid has been absorbed, drain off the excess liquid before serving.

## Pasta Method

Some grains like brown rice, farro, wheat berries, and wild rice, can be cooked using the “pasta method,” where uncooked whole grains are placed in a large pot of boiling water, boiled until tender, then drained of their excess liquid.

## Parboiling Method to Reduce Arsenic Content in Rice

While brown, black, and red rice may be healthier than white rice since they contain more nutrients like fiber, B vitamins, and minerals, they may also be higher in arsenic, a natural element found in the soil. The amount of arsenic in rice can vary, depending on the soil in which the rice is grown. The good news is that you can significantly reduce the arsenic content by practicing the parboil method. Here's how: Add fresh water (4 cups for every cup of raw rice) and rice to a pot. Heat on medium-high heat and boil for 5 minutes. Drain the rice, discarding the water. Add fresh water (1 ¾–2 cups for each cup of parboiled rice) to the rice and simmer, covered, until tender, approximately 25 minutes. and cook the rice with low to medium heat with a lid until the water is absorbed. To learn more about arsenic in rice visit our blog, [Arsenic in Rice: How Concerned Should You Be?](#)

## Batch Cooking

Batch cooking is cooking whole grains in large batches so you have them ready-to-go for the week or freeze them for weeks to come. Batch cooking can save you time in the kitchen. Grains keep 3–4 days in the refrigerator and take a minimal amount of time to reheat. Use the grains in salads, grain bowls, or toss them in your favorite soups or stews. You can also store cooked grains in the freezer for a few months, portioning them in individual containers and using them as you need. After you cook your batched grains, spread them out on a parchment lined baking sheet so that they cool completely before storing and the grains do not clump together. Freeze the cooled grains then move them to an airtight container for proper freezer storage.

## Why pre-soak your grains before cooking?

Many grains can be cooked without soaking. However, grains with a tough outer layer, like whole wheat varieties, can benefit from soaking, which will reduce cooking time and increase digestibility. Soaking grains can also help reduce phytate content, a nutrient that can bind minerals in grains. While phytate can have some health benefits, reducing the phytate content in grains helps to optimize mineral (calcium, iron, zinc) absorption.

If you set out to soak your grains, but do not want to keep up with the length of time suggested, most grains will do well with soaking overnight.

If you are in a pinch, and would like to soak your grains, soaking in hot water reduces soaking time for most grains.

Once your grains have finished soaking, rinse them in a mesh strainer a few times until the water runs clear. Prepare grains in fresh water and your cooking method of choice.

