

# how to cook GRAIN

1 cup grain    water    cooking time    gluten?

## common grains

brown rice	2 cups	45-60 minutes	no
buckwheat	2 cups	20-30 minutes	no
whole oats	3 cups	75-90 minutes	questionable due to content contact or contamination
rolled oats	2 cups	20-30 minutes	questionable due to content contact or contamination

## alternative grains

amaranth	3 cups	30 minutes	no
barley (pearled)	2-3 cups	60 minutes	yes
barley (hulled)	2-3 cups	90 minutes	yes
bulgar (cracked wheat)	2 cups	20 minutes	yes
cornmeal (polenta)	3 cups	20 minutes	no
couscous	1 cup	5 minutes	yes
kamut	3 cups	90 minutes	yes
millet	2 cups	30 minutes	no
quinoa	2 cups	15-20 minutes	no
rye berries	3 cups	2 hours	yes
spelt	3 cups	2 hours	yes
wheat berries	3 cups	60 minutes	yes
wild rice	4 cups	60 minutes	no