

## Cooking Grains

<b>GRAIN (1 cup dry)</b>	<b>CUPS WATER</b>	<b>COOK TIME</b>	<b>CUPS YIELD</b>
Amaranth	2 1/2	20 - 25 min.	2 1/2
Barley, pearled	3	50 - 60 min.	3 1/2
Barley, hulled	3	1 hr. 15 min.	3 1/2
Barley, flakes	2	30 - 40 min.	2 1/2
Buckwheat groats, untoasted	2	15 min.	2 1/2
Buckwheat groats, toasted	2	5 min.	2 1/2
Cornmeal (fine grind)	4 - 4 1/2	8 - 10 min.	2 1/2
Cornmeal (polenta, coarse)	4 - 4 1/2	20 - 25 min.	2 1/2
Kamut grain	1 1/2	1 hr. 15 min.	2 1/2
Kamut flakes	2	15-18 min.	2
Millet	3 - 4	20 - 25 min.	3 1/2
Oat Groats	3	30 - 40 min.	3 1/2
Oats, rolled	2	5 min.	2
Oats, steelcut	3	15 min.	3 1/2
Quinoa	2	15 - 20 min.	2 3/4
Rice, brown basmati	2 1/2	35 - 40 min.	3
Rice, brown (long,short,sweet)	2 1/2	45 - 55 min.	3
Rice, white	2	20-30 min.	3
Rice, wild	3	50 - 60 min.	4
Rye, berries	3 - 4	1 hr.	3
Rye, flakes	2	10 - 15 min.	3
Spelt	3 - 4	40 - 50 min.	2 1/2
Spelt flakes	3	10 min.	3
Wheat, whole berries	3	2 hrs.	2 1/2
Israeli Couscous	1	8-10 min.	2
WW or French Couscous	1	5 min.	2
Wheat, cracked	2	20 - 25 min.	2 1/4
Wheat, bulgur	2	15 min.	2 1/2

Basic cooking directions for all grains begins with measuring the grains and water into a saucepan. Add 1/2 to 1 teaspoon salt if desired. Cover the saucepan and bring to a boil over high heat. Turn the heat down to low, and steam for the recommended cooking time. Lift the lid and test the grains for tenderness. If the grains need more time, cover the saucepan and steam 5 to 10 minutes longer. If the grains need more cooking time and all the water has been absorbed, add up to 1/4 cup (60 ml) of water, cover, and continue steaming. If tender, turn off the heat and allow the grains to rest 5 to 10 minutes before serving to fluff.

## Cooking Beans

<b>BEAN (1 cup dry)</b>	<b>CUPS WATER</b>	<b>COOK TIME</b>	<b>CUPS YIELD</b>
Adzuki (Aduki)	4	45 - 55 min.	3
Black Turtle Beans	4	1 hr. - 1 1/2 hrs.	2 1/4
Black-eyed Peas	3	1 hr.	2
Cannellini (White Kidney Beans)	3	45 min.	2 1/2
Fava Beans, skins removed	3	40 - 50 min.	1 2/3
Garbanzos (Chick Peas)	4	1 - 3 hrs.	2
Great Northern Beans	3 1/2	1 1/2 hrs.	2 2/3
Green Split Peas	4	45 min.	2
Yellow Split Peas	4	1 - 1 1/2 hrs.	2
Kidney Beans	3	1 hr.	2 1/4
Lentils, French	2 1/4	45 min. - 1 hr.	2 1/4
Lentils, green	2	30-45 min.	2
Lentils, red	3	20 - 30 min.	2-2 1/2
Lima Beans, large	4	45 - 1 hr.	2
Lima Beans, small	4	50 - 60 min.	3
Lima Beans, Christmas	4	1 hr.	2
Mung Beans	2 1/2	1 hr.	2
Navy Beans	3	45-60 min.	2 2/3
Pink Beans	3	50 - 60 min.	2 3/4
Pinto Beans	3	1 - 1/2 hrs.	2 2/3
Soybeans	4	3 - 4 hrs	3

Begin by washing beans and discarding any which are discolored or badly formed. Beans cook more quickly and their digestibility benefits with soaking in water to cover by about 3 inches (7.5 cm) for 8 hours or overnight. Discard the soak water and cook the beans in fresh water.

Some bean cookery aficionados feel that salt and seasonings added during the cooking tends to make beans cook more slowly. We recommend adding salt and seasonings during the last few minutes and find they absorb flavor quite readily.

Many people are concerned with the reputation that beans have for causing flatulence. Starting your bean ventures with small amounts helps to increase your body's enzyme production gradually. Soaking and cooking the beans thoroughly helps to break down the complex sugars (oligosaccharides) which challenge our digestive systems.