

Cooking Grains

Bring water to boil

Cover don't stir.

GRAIN 1 cup dry	Water Amount	Cooking Time	Yield
Barley	3 cups	1 ¼ hour	3 ½ cups
Brown Rice	2 cups	1 hour	3 cups
Buckwheat	2 cups	15-20 minutes	2 ½ cups
Bulgur Wheat	2 cups	15-20 minutes	2 ½ cups
Cracked Wheat	2 cups	25 minutes	2 1/3 cups
Millet(pudding)	4 cups	1 hour	4 cups
Millet (rice texture)	2 cups	1 hour	3 cups
Cornmeal	4 cups	25 minutes	3 cups
Wild rice	3 cups	1 hour	4 cups
Wheat Berries	3 cups	2 hours	2 2/3 cups
Rye Berries	3 cups	2 hours	2 2/3 cups