

The Sobeys Guide to Cooking Grains

There's a shelf full of tasty grains to discover, and most are remarkably easy to prepare: Rinse, bring to a boil in water or broth, and then turn down the heat and let simmer until they absorb all the cooking liquid.

Once cooked, use the grain in a recipe or refrigerate for later.



Amaranth

1 : 2 cups

Cooking time: 15-20 minutes



Brown rice

1 : 2½ cups

Cooking time: 25-45 minutes



Buckwheat

1 : 2 cups

Cooking time: 20 minutes



Bulgur

1 : 2 cups

Cooking time: 10-12 minutes



Couscous³

1 : 1½ cups

Resting time: 5-10 minutes



Farro

1 : 2½ cups

Cooking time: 25-40 minutes



Millet (hulled)

1 : 2½ cups

Cooking time: 25-35 minutes

Pot barley

1 : 3 cups

Cooking time: 45-60 minutes



Quinoa¹

1 : 2 cups

Cooking time: 12-15 minutes



Spelt/wheat berries²

1 : 4 cups

Cooking time: 45-60 minutes



Steel-cut oats (a.k.a., Irish oatmeal)

1 : 4 cups

Cooking time: 30 minutes



Teff

1 : 3 cups

Cooking time: 20 minutes



White rice⁴

1 : 1½ cups

Cooking time: 16-18 minutes



Wild rice

1 : 3 cups

Cooking time: 45-55 minutes



Special instructions: ¹Pre-rinse in a fine-mesh sieve to prevent bitterness. ²Soak overnight before cooking. ³Bring liquid to a boil, turn off heat and pour couscous into pot, stirring evenly to moisten. Cover pot and let rest for 5–10 minutes before fluffing couscous with a fork. ⁴When rice is cooked, turn off heat and let stand, covered, for 10 minutes before fluffing with a fork.

Notes

1 For extra flavour in savoury dishes, substitute broth for water.

2 Cooking times can vary depending on grain variety, age, storage, presoaking time and cookware, so follow package instructions and taste-test for doneness. A grain is ready when it's tender yet chewy.

3 With the exception of couscous, all grains can be presoaked for two to three hours to save on cooking time. Time savings will vary.