



THE 5 GRAINS YOU DON'T COOK RIGHT!

Hopefully this will help you to make your next grain dish a huge success with your family.

TIPS AND TRICKS

Cooking Grains

1. Lentils

For lentils and other dried beans that don't require pre-soaking, 1 cup (about 7 to 8 ounces) will make about 2.5 to 3 cups of cooked. Properly cooked lentils make a great addition to any stew, salad and soup. Always cook the lentil separate and add them to the desired dish.

2. Brown Rice

Brown rice takes about 30 to 45 minutes to cook. The most effective rice cooking method is to stir 1 cup of rice (about 7 ounces) into 8 cups of boiling water or stock. When done, drain like pasta to make about 3 cups of cooked rice. Brown rice should be washed before cooking to remove and foreign objects. Brown rice makes a great Chinese style rice and can be used in stews and soups.

3. Farro

Farro, also known as spelt, emmer and Einkorn takes about 30 to 60 minutes to cook, depending on the variety. Pour 1 cup of uncooked farro into 8 cups of boiling water and cook and drain like pasta. If you use it for later date make sure to rinse it well with cold water. When storing add an ice cube to the container. This will make about 3 cups of cooked farro. Farro, is a food composed of the grains of certain wheat species, sold dried, and prepared by cooking in water until soft. People eat it plain, and often use it as an ingredient in salads, soups, and other dishes. Never cook farro in the soup as it will make the broth cloudy and starchy. Farro works great for cold salad and for a delicious Farro Risotto.

4. Quinoa

Rinse and drain dry quinoa before cooking to avoid bitterness. Place 1 cup of quinoa in 1 1/4 cup of water and bring to a boil. Cover and reduce heat to a simmer for about 12 minutes or until almost all water has absorbed. Quinoa can also be cooked in a vegetable or chicken broth for additional layers of flavors. Keep covered on a cool surface for 5 to 10 minutes before serving. This will make about 3 1/2 cups of cooked quinoa. Dry all the different varieties of quinoas the next time you prepare it for your friends and family.

5. Wheat Berries

Wheat berries are the primary ingredient in an Eastern European Christmas porridge called kutya . In France, cooked durum wheat berries are commonly eaten as a side dish instead of rice or corn. This side dish is often called ebly , from the name of the first brand of prepared wheat berries. Cook 1 cup of dried wheat berries for 50-60 minutes in 10 cups of water once boiled, and drain like pasta. This will yield about 2 1/2 cups of cooked wheat berries. Wheat Berries can be used in a salad or in a delicious roasted Brussel-sprouts stew.