



**GLUTEN
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How to Cook Whole Grains

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Type of Grain	Water (or broth) per 1 cup grain	Basic Cooking Method
Amaranth	2.5-3 cups	Combine seeds with two and a half cups water and bring to a boil. Reduce heat, cover and simmer for up to 20 minutes, until grains are fluffy and water is absorbed. For a porridge-like consistency, use slightly more water (three cups for one cup of grain) and cook a little longer. You can also “pop” amaranth like corn; simply preheat a pot or skillet over high heat (must be very hot), and add amaranth seeds one or two tablespoons at a time (adding too many seeds at once can cause them to burn). Continuously stir the seeds with a spoon as they pop, and once mostly popped, quickly remove from pan. Repeat with more seeds if desired. Popped amaranth can be enjoyed on its own or served with milk and fruit for a healthy breakfast.
Buckwheat	2 cups	For raw buckwheat groats, toasting is highly recommended to lend a pleasant, nutty taste. (You can also buy buckwheat groats pre-toasted, in which case they will be labeled “kasha.”) To toast: place groats in dry pan over medium heat, stirring for five minutes, until browned. Whether you’re preparing kasha or untoasted buckwheat groats, place in a pot with water and bring to a boil. Reduce heat to low, and simmer until tender. Cook un-toasted buckwheat approximately 20-30 minutes. Cook kasha 15-20 minutes.
Millet	2 cups	Combine millet and water; bring to a boil, reduce heat & simmer. If you leave it alone as it cooks, you’ll get fluffy grains like rice; if you stir frequently and add a little extra liquid during cooking, you’ll get a dish that resembles mashed potatoes. Cooking time: approximately 25 minutes.
Oats	2 cups for flakes 3 cups for steel cut	Bring liquid to boil with a pinch of salt; add oats, reduce to low and cook for about 10 minutes for flakes, and 15-20 minutes for steel cut. Stir occasionally.
Polenta	3 cups	Place water in a large pot. Bring to a boil and add ½ - 1 tsp. salt. Reduce heat to medium low. Sprinkle one third of the polenta into the pot. Use a wooden spoon to stir it into the water. The polenta and water should form a paste after about two minutes. Add the remaining polenta to the pot. Keep stirring for about ten minutes. Polenta is ready when the texture becomes creamy. Don’t overcook the polenta, or it may become too mushy.

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Quinoa	2 cups	While it's best to rinse all grains before cooking, pre-washing is especially advisable for quinoa in order to remove the bitter saponin coating on its outer hull that sometimes remains after processing. To do so, simply run cold water over quinoa in fine-meshed strainer, rubbing the seeds with your fingers. (Avoid soaking quinoa, however, as saponins can leach into the seeds.) After rinsing, place quinoa and water in a pot, bring to a boil and cover. Reduce heat and simmer for about 15 minutes, until the grains become translucent and the germ appears as a thin white ring around each grain. Fluff with a fork.
Sorghum	3 cups	For a great side dish, begin by toasting your sorghum in a dry pan until it's slightly fragrant and golden. This will enhance the complexity of its nutty flavor. Then, cook the grain with water for about 50 minutes, until tender. You can also pop sorghum. (Note that some types of sorghum pop better than others.) Just pour a layer of dried grain in the bottom of a pan with a little oil, cover, turn on the heat and wait until you hear light little pings speed up and then slowdown in the pot.
Teff	3 cups	Combine teff and water in a pot and bring to a boil. Reduce heat to low, cover and simmer for about 20 minutes, until water is absorbed. You may stir occasionally towards the end of cooking.
Wild Rice	3 cups	Place wild rice and water in a pot and bring to a boil. Reduce heat, cover and simmer for 40-50 minutes. Fluff with a fork before serving.
Whole Grain Rice (Brown, Black, Purple, Red)	2 ¼ cups	Bring water to a rolling boil. Add rice. Reduce to a simmer, cover with tightly fitting lid and cook for 40-50 minutes until water is absorbed; turn off heat and let sit 5-10 minutes. Prior to serving, fluff with a fork.

Cooking Tips for Whole Grains:

Rinse before cooking!

Always rinse grains thoroughly under cool running water to remove debris.

For fluffier grains:

Toast the grain first in a dry skillet over a burner for a couple of minutes until the grain starts to give off a nutty aroma or pop.

For stickier grains:

Add the grains directly to cold water before bringing to a boil.