

# COOKING DIRECTIONS FOR GRAINS

GRAIN (1 cup dry measure)	WATER	COOKING TIME	YIELD
<i>AMARANTH</i> (Whole)	2 ½-3 cups	20-25 minutes	2 ½ cups
<i>BARLEY</i>			
◆Grits	4 cups	20-25 minutes	3 cups
◆Pearl*	2 ½-3 cups	40-45 minutes	3 cups
◆Pot or Scotch	3-3 ½ cups	50-55 minutes	3 cups
◆Whole*	3 cups	1 hour 15 min.	3 ½ cups
◆Hulled*	3 cups	1 ½ hour	3 ½ cups
<i>BUCKWHEAT</i>			
◆Groats (Kasha)	2 cups	15-25 minutes	2 ½ cups
<i>CORNMEAL</i> (polenta/grits)	4 cups	25 minutes	3 cups
<i>COUSCOUS</i>	1 ¼ 1 ½ c.	**	1-2 cups
<i>MILLET</i>	3 cups	45 minutes	3 ½ cups
<i>OATS</i>			
◆Rolled	1 ½ cups	10 minutes	2 ½ cups
◆Steel-cut	4 cups	40-45 minutes	3 cups
◆Whole*	3-4 cups	45-60 minutes	3 cups
<i>QUINOA</i>	2 cups	15 minutes	2 ½ cups
<i>RICE</i>			
◆Arborio (for Risotto)***	1 ¾ c.	45 min.-1 hour	2 ½ cups
◆Basmati	2 ½ cups	35-40 minutes	3 cups
◆Brown	2 cups	1 hour	3 cups
◆Black	1 cup	1 hour	2-3 cups
◆Flakes	1 ¼ cups	5-8 minutes	2-2 ¼ cups
◆Long/Medium grain	2 ½ cups	35-40 minutes	3 cups
◆Short-grain	2 cups	35-40 minutes	3 cups
◆Sushi ****	1 ½ cups	20-30 minutes	2 cups
◆Wild	3 cups	1 hour or more	4 cups
<i>RYE</i>			
◆Cracked	3 cups	40-45 minutes	3 cups
◆Flakes	2 cups	15-20 minutes	2 ½ cups
◆Whole*	3 ½-4 cups	50-60 minutes	2 ½-3 cups
<i>WHEAT</i>			
◆Bulgur	2 cups	15-20 minutes	2 ½ cups
◆Cracked	2 cups	25 minutes	2 1/3 cups
◆Flakes	2 cups	15-20 minutes	2 ½ cups
◆Whole wheat berries*	3 cups	2 hours	2 2/3 cups

\* Soaking overnight reduces cooking time

\*\* Boil water; remove from heat. Stir in couscous; let sit 5 minutes

\*\*\* Add more water and stir frequently for silky texture

\*\*\*\* Make a dressing by whisking 3 T. rice vinegar, 1 T. sugar & 1 t. salt. Toss with cooked rice.

## COOKING DIRECTIONS FOR BEANS

<b>BEANS</b> (1 cup dry measure)	<b>WATER</b>	<b>COOKING TIME</b>	<b>YIELD</b>
<b>Adzuki beans</b>	3 ½ cups	2 hours	3 cups
<b>Anasazi beans</b>	3 cups	2 ½ hours	2 cups
<b>Black beans</b> (Black Turtle beans)	4 cups	1 ½ hours	2 cups
<b>Black-eyed peas</b>	3 cups	1 hour	2 cups
<b>Garbanzos</b> (Chickpeas)	4 cups	3 hours	2 cups
<b>Great Northern beans</b> (Cannellini)	3 ½ cups	2 hours	2 cups
<b>Kidney beans</b>	3 cups	1 ½ hours	2 cups
<b>Lentils</b> , French Green Red	3 cups	45 minutes	2 ¼ cups
<b>Limas</b>	2 cups	1 ½ hours	1 1/3 cup
<b>Limas, baby</b> *	2 cups	1 ½ hours	1 ¾ cup
<b>Mung beans</b> (see sprouting)			
<b>Navy beans</b> (Small white beans)	3 cups	2 ½ hours	2 cups
<b>Pinto beans</b>	3 cups	2 ½ hours	2 cups
<b>Red beans</b>	3 cups	3 hours	2 cups
<b>Soybeans</b>	4 cups	3 + hours	2 cups
<b>Soybeans, black</b>	4 cups	3 ½+ hours	2 cups
<b>Soy grits</b>	2 cups	15 minutes	2 cups
<b>Split peas</b> (green & yellow)	3 cups	5 minutes	2 ¼ cups
<b>Textured Veggie Protein</b> (TVP)	2 cups	15 minutes	2 cups

\* Boil uncovered to allow cyanide gas to escape.

## DIRECTIONS FOR SPROUTING SEEDS

### GENERAL SPROUTING DIRECTIONS:

1. Place seeds and water in a jar. Keep jar in a dark place, room temperature—not too cool.
2. Drain and rinse the seeds, cover the lid of the jar with 2-3 layers of cheese cloth and secure with rubber band. Position the jar on its side with open end tilted slightly downward. Keep in the same dark place.
3. Rinse the sprouts through the cheese cloth as specified.
4. After # of days designated, sprouts are ready. Rinse and dry slightly and store in refrigerator. Use within 5 days.

<b>SPROUT</b>	<b>SOAKING</b> <i>(hours)</i>	<b>RINSES</b> <i>(per day)</i>	<b>TIME</b> <i>(days)</i>	<b>YIELD</b> <i>(cups)</i>
<b>Adzuki beans</b> (1/2 C)	12-18	3-4	4-5	2
<b>Alfalfa seeds</b> (3 T)	4-8	2-3	3-5	4
<b>Amaranth</b> (1/4 C)	4-8	2-3	2-3	1 1/4
<b>Barley</b> (1 C)	4-8	2-3	3-4	2
<b>Buckwheat</b> (1/2 C)	4-8	2-3	3-5	1-1 1/2
<b>Lentils</b> (1/2 C)	8-12	3-4	3-4	3-4
<b>Millet</b> (1 C)	4-8	2-3	3-4	2
<b>Mung beans</b> (1/2 C)	8-12	3-4	4-5	2-3
<b>Oats</b> (whole, 1 C)	4-8	2-3	3-4	2
<b>Peas, split</b> (1 C)	8-12	2-3	3-4	2-2 1/2
<b>Rice, brown</b> (1/2 C)	4-8	2-3	3-4	1 1/2-2
<b>Rye, (whole)</b> 1/2C )	4-8	2-3	3-4	1 1/2-2
<b>Soybeans*</b> (1/2 C)	18-24	4-5	4-5	2-2 1/2
<b>Triticale berries</b> (1 C)	8	2-3	2-	1 1/2-2
<b>Wheat berries</b> (1 C)	4-8	2-3	2-3	1 1/2-2

\* Soybean sprouts must be steamed or cooked before eating in order to destroy an anti-nutrient present in them.