



COOKING WITH GALLOWAY'S / *Whole Grains*

GRAINS (1 CUP)	CUPS OF LIQUID	BRING TO BOIL + SIMMER FOR:	YIELD
AMARANTH GRAIN	2 cups	15-20 minutes	2 ½ cups
BARLEY HULLED	3 cups	45-60 minutes	3 ½ cups
BARLEY POT	3 cups	50 minutes	2 cups
BARLEY PEARL	3 cups	35 minutes	2 cups
BUCKWHEAT GROATS	2 cups	20 minutes	4 cups



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BUCKWHEAT KASHA	1 ³ / ₄ cups	18-20 minutes	3 cups
BULGUR WHEAT	2 cups	10-12 minutes	3 cups
WHOLE-WHEAT COUSCOUS	1 ¹ / ₄ cups	Add boiled water and let sit 5 minutes	2 ¹ / ₂ cup
EINKORN GRAIN	2 ¹ / ₂ cup	45-60 minutes	3 cups
EMMER WHEAT	2 ¹ / ₂ cup	25-40 minutes	3 cups



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KAMUT KERNELS	4 cups	18-20 minutes	3 cups
MILLET HULLED	2 ½ cups	25-35 minutes	4 cups
OATS HULLED	4 cups	30 minutes	3 cups
QUINOA	2 cups	12-15 minutes	3 cups
RYE GRAIN	2 ½ cup	Soak overnight then cook for 45-60 minutes	3 cups



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SORGHUM	4 cups	25-40 minutes	3 cups
SPELT KERNELS	4 cups	Soak overnight then cook 45-60 minutes	3 cups
STEEL CUT OATS	4 cups	30 minutes	3 cups
WHEAT KERNELS	4 cups	Soak overnight then cook 45-60 minutes	2 ½ cups



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- Remember to use a heavy saucepan with a tight fitting lid.
- Rinse the grains
- Bring broth or water to boil, add grains and bring to boil again and then simmer according to the time on the chart.
- Fluff with fork once the water has evaporated, remove from heat and let stand for 15 minutes.
- If using grains for salads, reduce cooking times slightly for a chewy texture.