



WHOLE GRAINS



ratios & cooking chart

RICE

1 c. rice = 1 3/4 c. water
bring rice & water to boil
simmer for 20 mins.

BROWN RICE

1 c. rice = 2 c. water
bring rice & water to boil
simmer for 45 mins.

QUINOA

1 c. quinoa = 1 1/2-2 c. water
bring quinoa & water to boil
simmer for 20 mins.

COUSCOUS

1 c. couscous = 1 1/4 c. water
bring water to boil, add couscous
turn off heat, let stand 5-10 mins.

PEARL COUSCOUS

1 c. couscous = 1 1/4 c. water
bring water to boil, add couscous
simmer for 6 mins, let stand for 10.

ROLLED OATS

1 c. oats = 2 c. water
bring oats & water to boil
simmer for 25 mins.

STEEL-CUT OATS

1 c. oats = 3 c. water
bring oats & water to boil
simmer for 35 mins.

MILLET

1 c. millet = 1 1/2 c. water
bring millet & water to boil
simmer for 35 mins.

WHEAT BERRIES

1 c. wheat berries = 3 c. water
bring wheat & water to boil
simmer for 60-90 mins.

FARRO

1 c. farro = 2 1/2 c. water
bring farro & water to boil
simmer for 45-60 mins.

Skill It

a handmade, home-cooked life

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