

Grain Cooking Chart

1 cup dry grain	water	cooking method	cooking time	yield
Amaranth	2-3 cups	simmer	15-30 minutes	2-2 1/2 cups
Barley, hulled	3 cups	simmer	90 minutes	3 1/2-4 cups
Barley, pearled	3 cups	simmer	45 minutes	3 1/2-4 cups
Buckwheat, groats, unroasted	2 cups	sauté, then cook	20 minutes	3 1/2 cups
Bulgur	2 cups	steep	15 minutes	2 1/2-3 cups
Corn grits	3 cups	cook	20 minutes	3 1/2-4 cups
Cornmeal (polenta)	2 1/2 cups	cook	10 minutes	3 1/2 cups
Corn, hominy, dried	5 cups	simmer	5-6 hours	3 cups
Couscous	1 1/4 cups	steep	5-10 minutes	2 1/4 cups
Kamut	3 cups	cook	2 hours	2 3/4 cups
Kasha	2 1/2 cups	cook	10-15 minutes	3 1/2 cups
Millet	3 cups	simmer	20-30 minutes	5 cups
Oat groats (soak overnight)	2 1/2 cups	simmer	35-40 minutes (unsoaked 1-2 hours)	2 1/2 cups
Oats, quick	2 cups	cook	1 minute	2 cups
Oats, old-fashioned	2 cups	cook	5-10 minutes	2 cups
Oats, steel-cut	4 cups	cook	10-20 minutes	2 cups
Quinoa	2 cups	simmer	15-20 minutes	4 cups
Rye, berries	3 cups	simmer	1 hour, 55 minutes	3 cups
Rye, flakes	3 cups	cook	1 hour, 5 minutes	2 1/2 cups
Spelt (soak overnight)	3 1/2 cups	cook	45-60 minutes (unsoaked 1 1/2-2 hours)	2 1/2 cups
Wheat berries, hard (red)	2 1/2 cups	simmer	1-2 hours	3 cups
Wheat berries, soft (white)	2 1/2 cups	simmer	60-90 minutes	3 cups
Wheat, cracked	2 cups	cook	15 minutes	2 cups
Wheat, flakes	4 cups	cook	50-55 minutes	2 cups

Rice Cooking Chart

1 cup dry grain	water	cooking method	cooking time	yield
Arborio rice	2 1/2 cups	stir continually	30 minutes	2-2 1/2 cups
Basmati, brown	2 cups	simmer	25-45 minutes	3 1/2 cups
Basmati, white	1 3/4 cups	simmer	15-35 minutes	3 1/2 cups
Brown rice, long grain	2 cups	simmer	35-45 minutes	3 1/2 cups
Brown rice, short grain	2 cups	simmer	35-45 minutes	3 3/4 cups
Jasmine rice	1 1/2 cups	simmer	15 minutes	2 cups
Sushi rice	2 cups	simmer	15-35 minutes	2 cups
Sweet rice	2 cups	simmer	25-40 minutes	2 cups
White rice	2 cups	simmer	15-35 minutes	2 1/2 cups

Legume Cooking Chart

1 cup dried legume	pre-soaking	water (pot)	cooking time (pot)	water (pressure cooker)	cooking time (pressure cooker)
Adzuki	not required	3 1/2 cups	90 minutes	1 1/2 cups	45 minutes
Black turtle beans	6-8 hours	4 cups	90 minutes	not recommended	n/a
Black-eyed peas	not required	4 cups	60 minutes	2 1/2 cups	45 minutes
Cannelli beans	overnight	4 cups	60-90 minutes	2 1/2 cups	20-40 minutes
Fava	overnight	3 cups	45-60 minutes	not recommended	n/a
Garbanzo	overnight	4 cups	3-4 hours	2 1/2 cups	60 minutes
Great Northern	6-8 hours	4 cups	2 hours	2 1/2 cups	45 minutes
Lentils (red)	not required	2 cups	20-30 minutes	not recommended	n/a
Lentils (brown/green)	not required	3 cups	30-45 minutes	2 cups	20 minutes
Mung	not required	2 1/2 cups	45 minutes	2 cups	30 minutes
Navy	6-8 hours	3 cups	90 minutes	2 1/2 cups	30 minutes
Pintos	6-8 hours	3 cups	2 hours	2 1/2 cups	45-60 minutes
Red kidneys	4-8 hours	4 cups	90 minutes	2 1/2 cups	45 minutes
Red beans	4-8 hours	4 cups	90 minutes	2 1/2 cups	45 minutes
Soybeans	overnight	3 1/2 cups	4 hours	not recommended	n/a
Split peas	not required	3 cups	45 minutes	not recommended	n/a