

Cooking information

Most grains may be cooked as follows:

1. Rinse the grain in a colander or fine sieve.
2. Bring the amount of water needed to a boil in a saucepan.
3. Stir in the grain, return water to a boil, then cover, lower heat and simmer for time indicated below.

A note for people with gluten sensitivity

All forms of wheat, barley, kamut, rye, spelt and triticale contain gluten. All other grains and flours are gluten-free as long as they are handled in a gluten-free environment from the mill to the manufacturer to the store.

For more information on gluten sensitivity, refer to our Food Allergy Solutions pamphlet.



ALL ABOUT Grains

StrongerTogether.coop is a consumer website developed by National Cooperative Grocers Association (NCGA) for our “virtual chain” of over 120 retail food co-ops, operating more than 160 store fronts, nationwide.

StrongerTogether.coop is a place for people to gather on their food journeys. It’s a place to find out more about what’s in your food, where it comes from, where to find great food, how to prepare it, and a whole lot more. It’s also a place to talk with others about food topics you’re exploring, are passionate about, and even want to get involved in.

Learn more about co-ops, and find food co-ops all across the U.S. at www.strongertogether.coop. Follow @strongertogether on Twitter and like us on Facebook; we’re at www.facebook.com/coop.strongertogether.



COOKING TIMES & YIELDS				NUTRITIONAL INFORMATION				
Name of grain (one cup dry)	Water needed (cups)	Cooking time (minutes)	Approx. yield (cups)	Calories	Carbs	Fat	Fiber	Protein
Amaranth	2 ½–3	20–25	2 ½	125	23	2.0	2.5	4.7
Whole Barley**	2 ½–3	55	2 ½–3	96	22	0.5	3.0	2.0
Buckwheat Groats*	2	15–25	2 ½	77	16.5	0.5	2.5	3.0
Millet	2 ½–3	35–40	3 ½	103	20.5	1.0	1.0	3.0
Oat Groats**	2	45–60	3	160	24	4.0	4.0	6.0
Steel-cut Oats**	4	40–45	3	170	30	3.0	5.0	7.0
Rolled Oats	1 ½	10	2 ½	78	13.4	1.3	1.3	3.2
Quinoa	2	15	3	111	19	2.0	2.5	4.0
Rye Berries**	3 ½–4	50–60	2 ½–3	160	31.8	1.0	6.0	6.0
Rolled Rye	2	15–20	2 ½	71	15.7	0.4	2.6	2.6
Spelt	3–4	40	2	123	25.5	1.0	4.0	5.5
Teff	3	20	4	127	25	1.0	2.0	5.0
Bulgar Wheat	2	15–20	2 ½	75	17	0.0	4.0	3.0
Cracked Wheat	2 ¼	35–40	2 ½	150	33	0.5	4.0	5.0
Couscous	2 ½	15	3	88	18	0.0	1.0	3.0
Rolled Wheat	2 ½	15–20	2 ½	75	12.6	1.3	1.3	3.2
Wheat Berries**	3 ½–4	50–55	2 ½	160	31.8	1.0	7.0	6.0

* Flavor is improved by toasting.

** Soak overnight to reduce cooking time.

Information for one half-cup of cooked grains.

Carbohydrates, fat, fiber and protein measured in grams.

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Grains

are a staple food around the world. From familiar oats to exotic quinoa, they appear in one form or another at almost every meal and provide the bulk of the world's food supply. Nutritionally, whole grains are an excellent source of protein, carbohydrate, fiber, B vitamins, iron, zinc and other essential minerals.

Amaranth is technically not a grain, but this ancient Aztec food supplies an impressive amount of nutrients, especially protein, calcium, iron and zinc. Amaranth seeds add a slightly nutty taste to homebaked muffins, cookies and bread. Cooked amaranth makes a nice breakfast porridge.

Barley is an excellent source of soluble fiber, which helps lower blood cholesterol. Look for whole barley; pearly barley lacks the nutrient-rich germ and fiber-rich bran. Enjoy barley's chewy little buds in soups, stews, pilafs, casseroles and salads.

Buckwheat isn't a form of wheat or even a grain, but a member of the rhubarb family. Buckwheat groats are high in protein, hearty and distinctively flavored. Toasted buckwheat groats are called kasha and have a mellower flavor.

Corn is ground into coarse, medium and fine meals as well as flour. Yellow corn is the only grain that is a significant source of vitamin A. Blue corn contains more protein than yellow or white corn and is a richer source of manganese and potassium.

Kamut is a highly nutritious ancient wheat with greater nutritional value than modern, hybridized wheat. Kamut may be less allergenic than common wheat. Use kamut in baked goods, cereals or trail mixes.

Millet is higher in iron and protein than most other grains. It is easily digestible and considered one of the least allergenic of grains. Millet makes a tasty addition to casseroles, breads, stews or salads. Try it as a cooked breakfast cereal with maple syrup drizzled on top.

Oats are a good source of soluble fiber, which helps lower blood cholesterol. Hulled whole oats are known as oat groats; add cooked groats to soups or stews. Steel cut oats make a delicious chewy hot cereal.

Quinoa (keen-wa) originates from the mountains of Peru and has the highest protein content of all the grains. It cooks quickly and expands to three times its original volume. Quinoa's nutty flavor is delicious in stews with small red beans. Most quinoa available now is pre-washed, and doesn't have the bitter coat removed before cooking.

Rye is an especially good source of the mineral manganese. Rye berries are slow cooking but are a nice chewy base for a winter vegetable stir-fry. Soak them overnight to reduce cooking time. Cracked or rolled rye makes a hearty hot cereal.

Spelt is another non-hybridized wheat that is higher in protein and fiber than common wheat. Some people who are allergic to wheat may not react to spelt. Use an equal amount of spelt as a substitute for wheat in recipes.

Triticale is the first man-made grain. It is a cross between rye and wheat and is nutritionally superior to both. In texture and taste, triticale is a blend of wheat's nuttiness and rye's chewiness with a hint of rye's distinct taste. It is most often used as a flour but is sometimes available as flakes or berries. Use as a substitute for wheat or rye in any recipe.

Couscous, sometimes called Moroccan pasta, is made from semolina, the ground endosperm of hard durum wheat, and is not actually a grain, despite appearances. The tiny pellets are popular in North Africa, where they are served as part of a spicy stew. Available in regular or whole wheat versions.

Wheat is nutritious, easy to transport, store and process so it is not surprising that it is the world's major cereal grain. Also, it is a hardy plant—growing well with little water and in extreme temperatures. The unprocessed seeds are called whole wheat berries. They are slow to cook but very flavorful in pilafs, stuffings, or porridge. When sprouted, they make a nice addition to breads or salads.

Bulgar is made from whole wheat berries that have been steamed, dried and cracked. Use it in salads (Middle Eastern tabouli is a classic), stuffings, casseroles, or add to burgers or loaves.

Cracked wheat is wheat berries that have been coarsely milled into smaller pieces. This quick cooking grain has a nutty flavor and slightly crunchy texture. Enjoy it as a breakfast cereal, or use it in stuffings, pilafs and breads.

STORAGE TIPS

Whole and cracked kernels of grain still contain the oil-rich germ and are susceptible to rancidity.

To ensure freshness, buy these forms of grain in small quantities and store in an airtight container in a cool, dry, dark place for up to six months.

