

# Whole Grain Cooking Times

- Gluten-Free
- Grain:Water Ratios
- Approximate Cook Time

Below we give you the cooking times of 10 whole grains (and remember, we're using a broader definition of whole grains).



## Hulled Barley

This nutty and versatile grain is also one of the oldest. If you're in a hurry, you can use pearled barley but will lose some of the nutritional benefits

**✗ GF** Cook like pasta 45 to 60 min



## Bulgur

Bulgur is wheat kernels that have been boiled, dried and then cracked. Because they've been parcooked, they're incredibly quick cooking for a whole grain

**✗ GF** Cook like pasta 10 to 15 min



## Buckwheat\* groats (aka kasha)

Buckwheat is actually a pseudocereal with a hoppy, malty taste. You'll often see it labeled kasha, which is toasted buckwheat

**✓ GF** Cook like pasta 15 to 30 min



## Semi-Pearled Farro (aka emmer)

Pearled and semi-pearled farro are not true whole grains since some (or all) of its bran have been removed but they still have a considerable amount of nutrients

**✗ GF** Cook like pasta 20 to 35 min



## Millet

In the US, millet is often used for bird seed but this ancient grain is a widely consumed grain in many parts of the world. Use this as a gluten-free substitute for barley, farro or couscous

**✓ GF** 1:2 15 to 20 min



## Rolled Oats

Rolled oats are made when whole grain oats are softened by steam and then flattened. Aside from oatmeal, they're great for baked goods

✓GF

1:2

10 to 20 min



## Steel Cut Oats (aka oat groats)

Steel cut oats are whole oats that have been cracked. They make an oatmeal with a more al dente texture. They're also known as Irish or Scottish oats

✓GF

1:3

20 to 30 min



## Quinoa\*

Quinoa is a pseudocereal that many people treat as a grain. It's light, fluffy and cooks quickly, making it a great weeknight choice

✓GF

1:1.5

12 to 15 min



## Brown rice

This easy-to-find whole grain contains much more fiber than its more refined version - white rice. Don't be afraid to enjoy it beyond Asian meals

✓GF

1:2

45 to 55 min



## Wild rice

This whole grain has a chewy texture and a nutty taste. While it mostly appears on Thanksgiving tables, it can be used all year long in soups, salads, and pilafs

✓GF

Cook like a pasta

45 to 55 min

\*Technically not a whole grain but a pseudocereal