

# Bulk Grains Preparation

## **Barley, Pearled**

### **Codes 1300**

To Prepare: Use 2½–3 cups liquid to 1 cup barley. Bring water or broth to a boil. Add barley and stir. Cover and reduce heat. Cook 35–40 minutes.

Alternate Method: Presoak overnight in 2 to 1 ratio of liquid and barley and cook 15 minutes.

## **Buckwheat Groats (Kasha)**

### **Code 1303**

Combine 2 parts water or stock to 1 part kasha. Bring to a boil, then reduce heat and simmer for 15–25 minutes.

## **Buckwheat Groats (raw)**

### **Code 1302**

Combine 2 parts water or stock to 1 part buckwheat. Bring to a boil, reduce heat, cover and simmer for 15–20 minutes.

## **Bulgar Wheat**

### **Code 1334**

Bring 2½ cups water to boil. Add 1 cup bulgar, cover and simmer 25–30 minutes or until liquid is absorbed.

## **Couscous (whole wheat and regular)**

### **Codes 1306, 1307**

Bring 1¼ cups water to boil. Add 1 cup couscous. Stir, and bring to boil again. Remove pot from heat, let stand for 5 minutes.

## **Couscous, Israeli**

### **Code 1342**

Bring 2 cups water to a boil. Add 1½ cups couscous. Add salt to taste. Cover pot and simmer for 8–10 minutes, stirring occasionally.

Recipe: Add one medium diced onion to ¼ cup of oil in a large sauce pan over medium heat. Sauté onion until transparent. Add 1½ lbs. (approximately 3½ cups) of Israeli Couscous and sauté until it has a light toasted color. Add 4½ cups of light chicken stock and

bring to a boil, then reduce to a simmer. Cover and let simmer for 8–10 minutes. Add fresh herbs or sautéed vegetables for added flavor and appearance. Yields approximately 9 cups.

## **Farro, Pearled**

### **Code 1308**

Add 2 cups water and 1 cup farro to pot with tight fitting lid. Add desired seasoning and bring pot to boil. Cover, reduce heat to low and simmer for 25–30 minutes.

## **KAMUT® Khorasan Wheat Berries**

### **Code 1309**

Soak 1 cup wheat overnight in 3½ cups water. Boil in soaking water for 15 minutes for parboiled wheat. Boil 50–60 minutes for fully cooked berries.

## **Millet**

### **Code 1311**

Combine ½ cup millet with 1¼ cup water or stock. Heat to a boil, then cover and simmer until millet is tender. Start checking at 20 minutes. When liquid is absorbed, remove from heat and let stand in a covered pot for 10 minutes.

## **Oat Groats**

### **Code 1340**

Add 1 cup oats to 3 cups water. Bring to boil, then reduce heat and simmer 50–60 minutes stirring occasionally.

## **Oats, Steel Cut**

### **Code 1341**

Add 1 cup steel cut oats to 4 cups water. Bring to a boil, then reduce heat and simmer 40–50 minutes, stirring occasionally.

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## **Polenta**

### **Code 1304**

Bring 3 cups of water or broth to a simmer in a saucepan. Add ¼ teaspoon salt. Add 1 cup polenta. Return to a boil. Cover, reduce heat and simmer 25 minutes.

## **Popcorn (yellow, white, or multicolor)**

### **Codes 1313, 1317, 1338**

Use 3–4 quart pan with loose lid. Use enough popcorn to cover the bottom of pan. Pour the popcorn into a measuring cup. For every cup of kernels, add ⅓ cup of oil. Heat oil to 400–460°F. Put a few kernels in the pan to test the temperature. If they pop, add the rest. Shake the pan to spread oil while the corn is popping. Remove pan from heat when popping slows.

## **Quinoa (white, red, or tricolor)**

### **Codes 1314, 1315, 1337**

Thoroughly rinse ¼ cup quinoa. Combine with ½ cup water and bring to a boil. Reduce heat and simmer 10–15 minutes, until liquid is absorbed. Quinoa will look transparent when done. Toss with a fork.

## **Rye Berries**

### **Code 1329**

Rinse grain. Use 4 parts water to one part rye berries. Bring water to a boil, reduce heat and simmer for approximately 1½ hours.

## **Spelt Berries**

### **Code 1330**

Rinse grain. Use 3 parts water to one part spelt. Bring water to a boil, reduce heat and simmer for approximately 1½ hours.

## **Wheat Berries (hard or soft, red or white)**

### **Codes 1331, 1332, 1333**

Soak 1 cup wheat overnight in 3½ cups water. Boil wheat in soaking water for 15 minutes for parboiled wheat. Boil for 50–60 minutes for fully cooked wheat.