

# How to Prepare Bulk Grains

Cooking instructions for the grains found in  
the Good Food Store bulk department.  
(Updated 15-March-2017)



**GOOD  
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## **Barley, Pearled**

Code 1300

Bring 2 1/2 to 3 cups water to boil. Add 1 cup barley, stir. Cover, reduce heat. Cook 35 to 40 minutes.

Alternate method: Presoak overnight in 2 to 1 ratio and cook 15 minutes.

## **Buckwheat Groats (Kasha)**

Code 1303

Bring 1/2 cup water to boil. Add 1/4 cup buckwheat. Reduce heat, cover and simmer 15 to 20 minutes.

## **Buckwheat Groats (raw)**

Code 1302

Bring 1/2 cup water to boil. Add 1/4 cup buckwheat. Reduce heat, cover and simmer 15 to 20 minutes.

## **Bulgar**

Codes 1334

Bring 2 1/2 cups water to boil. Add 1 cup bulgar, cover and simmer 25 to 30 minutes or until liquid is absorbed.

## **Corn**

Code 1337

Soak 1 cup corn overnight in 3 1/2 cups water. Boil corn in soaking water for 50 to 60 minutes.

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

Codes 1306, 1307

Bring 1 1/4 cups water to boil.

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

## **Cous Cous, Israeli**

Code 1342

Bring 2 cups water to a boil. Add 1 1/2 cups couscous. Add salt to taste. Cover pot and simmer for 8-10 minutes, stirring occasionally.

Recipe: Add one medium diced onion to 1/4 cup of oil in a large sauce pan over medium heat. Sauté onion until transparent. Add 1-1/2 lbs. (approximately 3 1/2 cups) of Israeli Couscous and sauté until it has a light toasted color. Add 4 1/2 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 3 1/2 cups water. Boil in soaking water for 15 minutes for parboiled wheat. Boil 50 to 60 minutes for fully cooked berries.

## **Millet**

Code 1311

Add 1/2 cup millet to 1 1/4 cups water. Bring to a boil, cover and simmer until millet is tender. Start checking at 20 minutes.

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**Oat Groats**

Code 1340

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

**Polenta**

Code 1304

Bring 3 cups of water or broth to a simmer in a saucepan. Add 1/4 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 to 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 1/3 cup of oil. Heat oil to 400° to 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 or red)

Codes 1314, 1315

Rinse 1/4 cup quinoa. Add rinsed quinoa to 1/2 cup water. Bring to a boil, then reduce heat and simmer 10 to 15 minutes, until liquid is absorbed. Quinoa will look transparent when done. Toss with fork, add butter if desired.

**Rye Berries**

Code 1329

Rinse 1/3 cup rye then add to 1 1/3 cups water. Bring to boil, reduce heat and simmer 1 1/2 hours.

**Spelt Berries**

Code 1330

Rinse 1 cup spelt then add to 3 cups boiling water or broth. Cover. Simmer for 1 1/2 hours.

**Wheat, Hard Red**

Code 1331

Soak 1 cup wheat berries overnight.

Boil wheat in soaking water for 15 minutes for parboiled wheat. Boil for 50 to 60 minutes for fully cooked wheat.

**Wheat, Hard White**

Code 1333

Soak 1 cup wheat overnight in 3 1/2 cups water.

Boil wheat in soaking water 15 minutes for parboiled wheat. Boil 50 to 60 minutes for fully cooked wheat.

**Wheat, Soft White**

Code 1332

Soak 1 cup wheat overnight in 3 1/2 cups water.

Boil wheat in soaking water 15 minutes for parboiled wheat. Boil 50 to 60 minutes for fully cooked wheat.