



Beans, Grains & Rice Cooking Guide

Good Food, Naturally



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BASIC COOKING AND STORAGE INSTRUCTIONS

Note: All grains and legumes should ideally be soaked prior to cooking to reduce the phytic acid content and make them more digestible. (Phytic acid is an anti-nutrient that blocks mineral absorption.) Our ancestors' traditional cooking methods of grains and legumes involved soaking, sprouting, fermenting, and making sourdough. Soak your grains and beans at least 8 hours or overnight, then proceed following the directions below. Reduce the cooking time of soaked grains by about 10 minutes.

Grains

1. Rinse grains thoroughly in cold water before cooking. Grains that have been partially milled, steamed, sprouted, or toasted generally do not need to be rinsed.
2. Bring required amount of water and a pinch of salt to boil in a saucepan. The salt brings out the sweetness of the grain and actually helps the grain to open up during the cooking process.
3. Stir in grain and return to boil. Then reduce heat, cover and simmer for the time indicated on chart.
4. Allow grains to sit for 5-10 minutes once removed from heat then fluff with a fork
5. For a richer flavor try cooking grains in vegetable or meat broths.
6. For best freshness, store grains in the refrigerator. Otherwise, store them in a cool, dark place and use within 6 months.

Rice:

1. Remove any foreign material.
2. Rinse with cool water.
3. Combine water and rice, cover and bring to boil.
4. Reduce heat, simmer and cook. When done, remove from heat and leave covered for 10 more minutes.
5. A rice cooker may be used for brown, white, or sushi rice with the same rice to water ratio.
6. Store uncooked rice in an airtight container in cool, dark, and dry place for up to 6 months.

Beans:

1. Sort beans removing any stones, dirt or shriveled beans.
2. Soak overnight using 3-4 cups of water per cup of dry beans. Drain and use fresh water for cooking.
3. Salt lengthens cooking time and can toughen beans so add it at the end with other spices.
4. Using a pressure cooker for beans reduces the cooking time and provides a creamier texture and deeper flavor.
5. Adding a strip of Kombu (a sea vegetable) or a small piece of ginger root to beans while cooking helps to tenderize them and decrease gas.
6. Bean cooking times vary widely due to the age and quality of beans. Begin checking for doneness ½ hour before minimum recommended time.
7. Store beans in a cool, dark place in an airtight container for up to 1 year.

GRAINS:	Dry (cups)	Water (cups)	Cook Time (min)	Yield (cups)	Notes
Amaranth	1/2c.	1c.	20 to 25	1c.	
Barley Flakes	1c.	3c.	15	3c.	
Barley, hulled	1c.	3c.	60 to 90	3c.	
Barley, pearled	1c.	2-3c	35 to 40	2 1/2c.	Pressure cooking time 15-20 min.
Buckwheat Groats	1c.	2c.	15 to 20	3c.	
Bulgur	1c.	1 1/2c.	10 to 15	2 1/2c.	Don't rinse before cooking.
Cornmeal	1c.	4c.	30	3c.	
Couscous - whole wheat	1c.	1 3/4c.	see notes	3c.	Cover, remove from heat and let stand 5 min.
Couscous - Middle Eastern	1c.	4c.	15min.	3c.	
Farro, pearled	1c	3c	20-25	3c	
Kasha (Toasted Buckwheat Groats)	1c	2c	15 to 20	3c	
Kashi	1c.	2c.	20 to 25	4c.	
Millet	1c.	2c.	20 to 30	3c.	
Oat Bran	1/3c.	1c.	5	1c.	Simmer stirring constantly. Let stand 5 min.
Oat Groats	1c.	2 1/2.-3c	60 to 90	2c.	Pressure cooking time 10-12 min.
Oats, quick	1 c	2 c	5 min	2c	
Pancake Mix	1c.	1c.		8 pancakes	
Polenta	1c.	3c.	10 to 20	4c.	Gradually stir polenta in boiling water, stirring until thick.
Quinoa (red, white or black)	1c.	2c.	15	2c.	Rinse before cooking unless pre-washed.
Quinoa, sprouted	1c	1 3/4c	15	2c	Cover, remove from heat and let stand 5 min.
Quinoa Flakes	1/3c.	1c.	1 1/2	1c.	Add flakes to boiling water.
Rolled Oats	1/2c.	1c.	5	1c.	
Rolled Oats, thick	½ c	1 c	15-20	1c	
Rye Berries	1c.	3-4c.	60	3c.	Pressure cooking time 15 min.
Rye Flakes	1/3c.	1c.	15	1c.	
Seven Grain Hot Cereal	1 1/4c.	3c.	10 to 15	4c.	
Soy Flakes	1c.	1-2c.	10 to 15	2c.	
Spelt Berries	1c.	3c.	45 to 60	3c.	
Steel Cut Oats	1c.	3c.	50 to 60	3c.	Pressure Cooking Time 8 - 11 minutes

Wheat Berries, hard	1c.	3c.	60 to 120	2 ¼ c.	Pressure Cooking Time 15 minutes
Wheat Berries, soft	1c.	3c.	120	2 ¼ c.	
Wheat Bran	1c.	2 - 3c.	5 to 10	2c.	Stir Continuously
Wheat, cracked	1c.	2 - 2 1/2c.	30	2c.	
Wheat flakes	1c.	2c.	20	2c.	
RICE:	Dry (cups)	Water (cups)	Cook Time (min)	Yield (cups)	Notes
Arborio Rice	1c.	2c.	20 to 30	3c.	For all rice varieties: Add rice to water then bring to boil, cover, reduce heat and simmer. Remove from heat, let stand covered for 10 minutes, then fluff. To pressure cook: soak rice (except for white rice.) Pressure cooking time for all white varieties is 5-7 min., 12 min. for brown rice varieties and 20-25 min. for wild rice.
Basmati, brown	1c.	2c.	50	4c.	
Basmati, white	1c.	1 1/2c.	20	4c.	
Brown, long grain, short grain, sweet	1c.	2c.	50	4c.	
Brown rice, germinated	1c.	2c.	25	2c.	
Jasmine	1c.	1 1/2c.	20	4c.	
Sushi Rice	1c.	2c.	15	3c.	
Wild	1c.	3 1/2c.	50 to 60	3-4c.	
Wild, blend	1c.	2c.	50	3c.	
BEANS:	Dry (cups)	Water (cups)	Stovetop (min)	Pressure Cooker (min)	Yields (cups)
Adzuki	1c.	3c.	60 to 90	5 to 10	2c.
Black-eyed Peas	1c.	3c.	30 to 45	9 to 12	2c.
Black Turtle	1c.	3 to 4c.	60 to 90	8 to 12	2c.
Cannellini	1c.	3 to 4c.	45 to 60	10 to 12	2 1/2c.
Cranberry Beans	1c.	4c.	60 to 120	10 to 12	3c.
French Lentils	1c.	3c.	30 to 45	8 to 10	2c.
Garbanzos	1c.	4c.	90 to 120	10 to 12	2c.
Great Northern	1c.	3 to 4c.	60 to 90	8 to 12	2c.
Green Lentils	1c.	3c.	15 to 20	8 to 10	2 1/4c.
Green Split Peas	1c.	3c.	15 to 20	8 to 10	2 1/4c.
Kidney	1c.	3c.	60 to 120	10 to 12	2c.
Lentils, sprouted	1c.	2c.	15	5-8	2c.
Lima	1c.	6c.	60	5 to 8	2c.
Navy	1c.	3c.	60 to 90	6 to 8	2c.
Mung Beans	1c.	3c.	45 to 60	9 to 12	2c.
Mung Dahl, split	1c.	3c.	20-30	8-10	2 1/4c.
Pinto	1c.	3c.	75 to 90	4 to 6	2c.
Red Lentils	1c.	3c.	15 to 30	8 to 10	2 1/4c.
Small Red	1c.	3c.	60 to 90	9 to 12	2c.
Soybeans	1c.	3c.	180 to 240	9 to 12	2c.
Yellow Split Peas	1c.	3 to 4c.	30	8 to 10	2 1/4c.
MISC:	Dry (cups)	Liquids	Yields (cups)	Instructions	
Black Bean Mix	1c.	1 1/2c.	2c.	Add boiling water to mix, stir well, cover, and let stand 5 min.	
Falafel	1c.	2/3c.	2c.	Mix with warm water let stand 15 min. form into balls and pan fry.	
Hummus Mix	3/4c.	1c.	1c.	Mix with warm water, add 4 tsp olive oil, stir to blend and wait 5 min.	
Non-Instant Dry Milk	9 oz.	5c.	5c.	Mix in blender.	
Popcorn	1c.	1/3 c. oil		Heat oil to 400-460 degrees. Test oil by dropping a kernel into the hot oil; if it pops put the remainder of the popcorn in, cover and shake the pan to distribute the oil. When popping stops, remove from heat.	
Refried Pinto Bean Mix	1/3c.	1/3c.	1/3c.	Mix with boiling water and let stand 5 minutes.	
Sweet Corn Chowder	1/2c.	3/4c.	1c.	Bring water to boil, add soup, simmer 5 min.	
Tabouli	1c. Mix	1 1/4 c. warm water	2/3c.	Add 2 TBLS olive oil, 2 finely chopped tomatoes mix well and let stand 1 hour. Stir and serve.	
Textured Soy Protein Chunks	1c.	7/8c.		Mix with boiling liquid and let stand 5 minutes.	

Notes on Pressure Cooking

Read carefully and Follow your Pressure Cooker Directions

Beans MUST be pre-soaked for 8 - 12 hours and all loose hulls removed. Grains should also be presoaked

Basic formula for beans in a 15# pressure cooker: 1 cup soaked beans to 4 cups water plus 1 TBLS oil (2 TBLS for large beans). Do not add any salt, sugar, vinegar, tomato or any other acid substance during pressure cooking. When cooking time is up, quickly release the cooker under cold water to avoid foaming or sputtering at vent.

Basic formula for grain in a 15# pressure cooker: 1 cup grain to 4 cups water plus 1 TBLS oil. Do not add any salt, sugar, vinegar, tomato or any other acid substance during pressure cooking. When cooking time is up, quickly release the cooker under cold water to avoid foaming or sputtering at vent.

SAFETY TIPS: Always clean the lid and vent of the pressure cooker before and after cooking. Always stay within earshot of the cooker. Do not fill the cooker more than 2/3 full (includes both beans/grain and water.) If the cooker becomes clogged, remove it from the heat immediately and run cold water over it to bring down the pressure. Do not re-pressurize a batch that has clogged; finish cooking with the pressure off and the lid unlocked.