

## Cooking Whole Grains

Rinse and measure whole grains, cold water, and salt and place together in a heavy-bottomed pot. Bring to a boil and stir, then cover tightly and reduce heat to its lowest setting. Start the cooking time from the moment the water boils. Resist the urge to lift the cover! Let the steam do its work and only stir when the grains are done (whole grains are slightly chewy when cooked). See table below for cooking times.

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Grain (1 cup dry)	Water	Cook Time
Amaranth	3 cups	25-30 min
Barley (hulled)	2½-3 cups	45-60 min
Barley (pearled)	2½-3 cups	30-45 min
Buckwheat/ Kasha	2 cups	15-20 min
Bulgur (all)	2 cups	15 min
Couscous (all)	1½ cups	5-10 min
Cracked wheat	2 cups	20 min
Farro*	4-5 cups	30-45 min
Millet	2½ cups	30 min
Oat groats	3-4 cups	30-40 min
Polenta/Grits	4 cups	5-10 min
Quinoa	1¾ cups	12-15 min
Rye berries	4-5 cups	45-60 min
Spelt berries	4-5 cups	45-60 min
Wheat berries	4-5 cups	50-60 min

*\*Generally quick-cooking; try cooking without soaking overnight, too.*

## Nutty Quinoa Salad

### Ingredients:

1 cup quinoa, rinsed  
 1 Tbsp oil (plus more for drizzle)  
 ½ cup hazelnuts, toasted and chopped  
 ½ cup onion, peeled and diced  
 ½ cup celery, diced  
 ½ cup green onion, chopped  
 1 apple, cored and diced  
 ¼ cup cranberries, dried  
 lemon juice to taste  
 salt and pepper to taste

### Instructions:

Bring a pot with 2 cups of water to a boil and add ¾ to 1 cup of dry quinoa. Cook covered for about 15 minutes. Uncover and fluff quinoa with a fork. Cook until all water is absorbed. Remove and set aside to cool.

Heat skillet over medium heat and add the oil, onion, and celery. Cook until just tender, without browning. Season with salt and pepper to taste.

In a large bowl, toss the cooked quinoa, onion, celery, toasted hazelnuts, green onions, apple, and cranberries. Squeeze lemon juice on top, drizzle with a touch of oil, and season with salt and pepper. Mix well. Allow flavors to meld for 20 minutes and enjoy.

# Whole Grains



**City Market**  
 Onion River Co-op

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# About Whole Grains

Grains are a staple food throughout the world. Whole grains have a nutty taste and come in a variety of colors and textures. They are equally good as a side dish, in a salad, or topped with a savory stew or curry.

Explore our Bulk Department for options like quinoa, polenta, barley, couscous, and more. You'll be amazed at the variety!

## Stages of Processing

From whole grain to most finely milled:

**Whole Grains/Berries/Groats** - unprocessed whole grains separated from the hull.

**Pearled Grains/Polished Grains** - slightly processed grains that have had the outer bran removed.

**Grits/Cracked Grains/Steel-cut Grains** - whole grains cut into smaller pieces so they cook faster.

**Flakes/Rolled Grains** - whole grains that have been steamed and rolled into flakes.

**Meal** - whole grains ground to a slightly gritty consistency.

**Bran** - the outer husk of the grain that is high in fiber.

**Germ** - the nutritious interior of the grain that is rich in vitamins and healthy oils; refrigerate to preserve freshness.

**Flour** - whole or refined grain that has been ground to the consistency of powder; in general, darker flour indicates whole grain.

## Grains for Soaking & Grinding

These whole grains should be soaked overnight in enough water to cover them in order to reduce cooking time the next day. Or, with the exception of oat groats, you can soak and then sprout them in a jar on the windowsill. People who have grain grinders at home may also grind these grains into flour.

**Oat Groats** - mild-tasting, often soaked and then cooked for hot cereal.

**Hard Wheat Berries** - best for grinding into flour for bread dough.

**Soft Wheat Berries** - best for grain salads & side dishes.

**Rye Berries** - typically ground into flour for dense, moist bread.

**Spelt Berries/Farro/Kamut** - ancient relatives of wheat said to be more nutritious and digestible.

## Quick Ways to Cook Whole Wheat

**Bulgur** - made from either red or white wheat berries that have been steamed, dried, and then cracked; particularly popular in the Middle East where it is used as tabouli—a quick-cooking and digestible form of whole wheat

**Cracked Wheat** - whole wheat berries that have been coarsely milled to speed up the cooking time; used in grain salads and pilaf.

**Couscous** - sometimes called “Moroccan pasta” these are tiny granules made from durum semolina wheat, the type of wheat used in pasta.

**Whole Wheat Couscous** - retains all of the nutritious parts of the wheat berry.

## Gluten-Free Grains

People who are gluten sensitive have trouble digesting the proteins found in gluten. We offer several kinds of grains that do not contain gluten in the Bulk section, however, these grains may have come into contact with gluten-containing grains in the filling or scooping processes. Packaged gluten-free grains are available in our grocery department.

**Millet** - a mild-tasting grain native to North Africa that is one of the least allergenic of all the grains; used in bread and porridge.

**Polenta** - coarsely ground corn that makes a creamy side dish; also called corn grits.

**Quinoa** - a small, quick-cooking South American grain that is higher in protein than any other grain; rinse several times before cooking to remove a bitter-tasting substance called saponin.



## Gluten-Free Signage

Note: You can find gluten-free products throughout the store indicated by this symbol.