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2 Soak overnight (except red lentils), drain and rinse in fresh water.

3 Add salt when thoroughly cooked (salt slows down the cooking process).

4 Remove pot lid or transfer grains to a bowl to cool. Letting grains sit with the lid on while still hot will turn them to mush.

LEGUME	GLUTEN-FREE	PREPARATION NOTES	SUGGESTED USES	COOKING TIME (1 CUP UNCOOKED)
Amaranth	Yes	Best to soak overnight. Offers a sticky texture. Cooks same way as rice.	Great for hot breakfast cooked with a bit of apple juice or fruits.	1.75 c. water 20 min. low heat
Barley (Hulled)	No	Best to soak overnight. Chewy, hearty texture. Store dry grain in freezer.	Great if you're craving pasta! Generally easy to digest. Add to soups, stews or grain salads.	3 c. water 1 hr. boil & simmer
Buckwheat	Yes	Toast in dry pan before cooking. Rinse before cooking. When most water absorbed remove from heat and let sit.	Great as porridge or in soups or casseroles. Use instead of rice or potato dishes. Flour great for pancakes and baked goodies.	3 c. water 10-12 min. boil & simmer
Brown Rice	Yes	Best to soak overnight. Heartier and more dense than white rice. After pre-soaked rice has boiled remove from heat and let sit covered.	With nut milk & cinnamon. Excellent in veggie sushi rolls or pilafs. Served with steamed veggies and dressing.	1.5-2.25 c. water 10 min. soaked boil 45 min. unsoaked boil & simmer
Couscous (not instant)	No	Made from semolina. Traditional grain variety can be soaked 1-3 hrs. and steamed through extra-fine steamer basket.	Serve with broth, chickpeas, root veggies and Moroccan spices. Use in grain salads.	3 c. water 10 min. soaked steam until tender
Kamut	No	Soak overnight before cooking and rinse well.	Large kernels are chewy and excellent in soups and veggie baked casseroles. Good bread make with kamut flour.	2 c. water : 0.5 c. kamut 30-40 min. boil & simmer

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Millet	Yes	Toast before cooking for nuttier flavor. Refrigerate grains for freshness. Cook with extra water for creamy consistency.	Works well in pilaf and casserole dishes, as stuffing base, and to breads for extra texture.	2.5 c. water 
				25 min.  boil & simmer; fluff with fork to finish
Oat Groats	Yes	Keep refrigerated or frozen for freshness. Soak several hours before cooking.	Excellent hot breakfast cereal.	2.5-3 c. water 
				30 min.  boil & simmer
Quinoa	Yes	Soak overnight for increased protein and enzyme content. Always rinse thoroughly before cooking to avoid bitterness.	As a base in veggie burritos, in place of couscous, and in grain salads.	1.5-2 c. water 
				10-15 min.  boil & simmer; let stand for 5 min., fluff with fork to finish
Rolled Oats	Yes	Keep refrigerated or frozen for freshness.	Excellent for cereal, homemade muesli and granolas, and in baked goods. Can add scoop of raw oats to smoothies for thickness.	2 c. water 
				15 min. rolled  boil & simmer; fluff with fork to finish
				30 min. steel-cut  boil & simmer; fluff with fork to finish
Rye	No	Rinse thoroughly before cooking. Can soak overnight for increased digestibility. Store grain in airtight container or store in freezer.	Ideal in slow-cooker recipes like stews or traditional Jewish "cholent" dish.	3 c. water 
				1.5-2 hr.  boil & simmer
Spelt	No	Store grain in freezer. Soak overnight before cooking and rinse well.	Spelt flour is excellent in baked goods. Use grain in Italian-themed dishes with aromatic herbs.	3 c. water 
				1.5-2 hr.  boil & simmer

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Teff	Yes	Store grain in cool, dry place. Toast lightly before cooking. Add a pinch of sea salt to water when cooking.	Sprouted grain excellent addition to salads, sandwiches. Add to veggie burger patties. Can blend with other flour for baking.	3 c. water 
				15-20 min.  boil & simmer; let stand for 5 min. covered
Wild Rice	Yes	Rinse well before cooking. Plumps up considerably after cooking.	Best cooked in combination with brown rice or millet for Spanish paellas or savory side dishes.	6 c. water 
				45 min.   boil & simmer uncovered for 35 min.; covered 10 min.

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