HOW TO COOK Grains

Ready in:
20 minutes (can be longer for some grains)

What you need:

- Grains: White rice, brown rice, quinoa, couscous
- Medium and large pot

Directions

1 Measure out grains and rinse in fine mesh sieve or colander lined with coffee filter before cooking. Heat small amount of oil in saucepan over medium-high heat.

2 Stir in grains for about 3 to 5 minutes until toasted.

3 Stir in water or broth. Add salt to taste. Turn heat down to medium-low, and simmer (bubble), covered, until grains are tender, and liquid is gone. For white rice and quinoa, that is about 16 to 20 minutes. For brown rice, it's 40 to 45 minutes. (Times are for regular, not instant types).

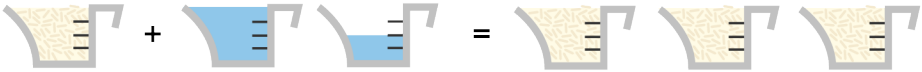
4 Let sit, covered, for 5 minutes. Using a fork, fluff grain before serving.

Couscous:

1. Bring broth or water to boil in pot. Stir in couscous. Add salt to taste.
2. Take off the heat, cover, and let steam for 5 minutes.

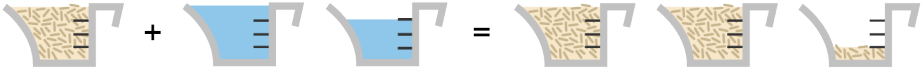
Water to Grain Ratio:

White Rice



1 cup rice + 1 1/2 cups liquid = 3 cups cooked rice

Brown Rice

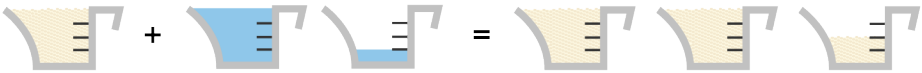


1 cup rice + 1 3/4 cups liquid = 2 1/4 cups cooked rice

Quinoa

1 cup quinoa + 1 3/4 cups liquid = 3 cups cooked quinoa

Couscous



1 cup couscous + 1 1/4 cups liquid = 2 1/2 cups cooked couscous

Tips

- If cooking liquid evaporates before rice is fully cooked, add 1 tablespoon at a time of liquid until grain is fully cooked.
- Leftover rice can be used for stir fry the next day.
- Add quinoa or couscous cold to salad.

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