

NON-GLUTEN GRAINS & SEEDS

Comprehensive Culinary & Nutritional Reference
Reference Template

GRAIN / SEED	FLAVOR PROFILE	BEST USED FOR	COOKING RATIO (GRAIN:WATER)
Quinoa	Nutty, slightly earthy	Salads, protein bowls, breakfast porridge	1 : 2 (15 minutes)
Buckwheat	Toasty, intense, robust	Soba noodles, kasha, pancakes (flour)	1 : 2 (20 minutes)
Millet	Mild, corn-like, sweet	Fluffy side dish, creamy polenta style	1 : 2.5 (25 minutes)
Amaranth	Peppery, herbal, crunchy	Thickening soups, porridge, popped snacks	1 : 3 (20 minutes)
Sorghum	Sweet, neutral	Grain salads, "popcorn" alternative	1 : 3 (50-60 minutes)
Teff	Molasses-like, hazelnut	Injera bread, puddings, baking binder	1 : 3 (15-20 minutes)
Wild Rice	Smoky, chewy, vegetal	Pilafs, stuffings, cold salads	1 : 3 (45 minutes)
Brown Rice	Mild, nutty	Daily staple, stir-fry, sushi (short grain)	1 : 2.25 (40 minutes)

Preparation Tip: Always rinse grains thoroughly under cold water before cooking to remove saponins or debris.
Storage: Keep in airtight containers in a cool, dark place. Whole grains last 6 months; flours 3 months.