

GLUTEN-FREE GRAINS

Essential Cooking Ratios & Timings
Kitchen Reference No. 01

GRAIN TYPE	GRAIN : WATER	TIME (MINS)	YIELD (CUPS)
Amaranth	1 : 2.5	15 - 20	2.5
Buckwheat (Kasha)	1 : 2	10 - 12	3.0
Millet	1 : 2.5	20 - 25	3.5
Quinoa	1 : 2	12 - 15	3.0
Rice (Brown, Long)	1 : 2.5	40 - 45	3.0
Rice (White, Long)	1 : 1.5	15 - 18	3.0
Sorghum	1 : 3	50 - 60	3.0
Teff	1 : 3	15 - 20	2.8
Wild Rice	1 : 3	45 - 50	3.5

** Standard Method: Bring water to boil, add grain, cover, reduce to simmer.*

** Let stand covered for 5-10 minutes after cooking for best texture.*