

GLUTEN-FREE GRAINS PREPARATION

Cooking Ratios & Times Reference Guide

GRAIN (1 CUP)	LIQUID	COOK TIME	YIELD
Amaranth	2 Cups	15-20 Min	2.5 Cups
Buckwheat (Kasha)	2 Cups	10-12 Min	3 Cups
Millet	2.5 Cups	20-25 Min	3.5 Cups
Quinoa	2 Cups	15 Min	3 Cups
Rice (Brown)	2.5 Cups	45 Min	3 Cups
Rice (White)	1.5 Cups	15-18 Min	3 Cups
Sorghum	3 Cups	50-60 Min	3 Cups
Teff	3 Cups	15-20 Min	3 Cups
Wild Rice	3 Cups	45-50 Min	3.5 Cups

** Standard preparation: Bring liquid to a boil, add grain, reduce to simmer, and cover. Let stand for 5 minutes after cooking.*