

# GLUTEN-FREE WHOLE GRAINS

## REFERENCE

Kitchen Guide

<b>GRAIN</b>	<b>RATIO (GRAIN:WATER)</b>	<b>TIME</b>	<b>KEY CHARACTERISTICS</b>
<b>Amaranth</b>	1 : 2.5	20 min	Small, peppery, slightly gelatinous texture.
<b>Buckwheat (Kasha)</b>	1 : 2	12 min	Nutty, earthy flavor; toast before boiling.
<b>Millet</b>	1 : 2.5	25 min	Mild, corn-like flavor; fluffy or creamy.
<b>Quinoa</b>	1 : 2	15 min	Rinse well; light, fluffy, and high protein.
<b>Rice (Brown)</b>	1 : 2.25	45 min	Chewy texture; rich in fiber and bran.
<b>Sorghum</b>	1 : 3	50 min	Round, chewy, holds shape well in salads.
<b>Teff</b>	1 : 3	20 min	Tiny grains, porridge-like, cocoa undertones.

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<b>Wild Rice</b>	1 : 3	45 min	Actually a grass; smoky and firm.

*\* Cooking times may vary based on desired tenderness. Always let grains rest covered for 5-10 minutes after cooking to improve texture.*