



**GOOD
FOOD**

S T O R E

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How to Prepare Bulk Grains

Cooking instructions for the grains found in
the Good Food Store bulk department.
(Updated 12/14/2011)

Barley, Pearled

Code 1300

Bring 2 1/2 to 3 cups water to boil. Add
1 cup barley, stir. Cover, reduce heat.
Cook 35 to 40 minutes.

Alternate method: Presoak overnight in
2 to 1 ratio and cook 15 minutes.

Barley, Hulled

Code 1301

Bring 2 1/2 to 3 cups water to boil. Add
1 cup barley, stir. Cover, reduce heat.
Cook 35 to 40 minutes.

Alternate method: Presoak overnight in
2 to 1 ratio and cook 15 minutes.

Buckwheat Groats (Kasha)

Code 1303

Bring 1/2 cup water to boil. Add 1/4 cup
buckwheat. Reduce heat, cover and
simmer 15 to 20 minutes.

Buckwheat Groats (raw)

Code 1302

Bring 1/2 cup water to boil. Add 1/4 cup
buckwheat. Reduce heat, cover and
simmer 15 to 20 minutes.

Bulgar

Codes 1334

Bring 2 1/2 cups water to boil. Add 1 cup
bulgar, cover and simmer 25 to 30 minutes
or until liquid is absorbed.

Corn

Code 1337

Soak 1 cup corn overnight in 3 1/2
cups water. Boil corn in soaking
water for 50 to 60 minutes.

Couscous (whole wheat and regular)

Codes 1306, 1307

Bring 1 1/4 cups water to boil. Add 1 cup
couscous. Stir, and bring to boil again.
Remove pot from heat, let stand for
5 minutes.

Greenwheat Freekeh

Codes 1316

Place 5 cups cold water, 2 cups Freekeh,
1 teaspoon salt and 1 tablespoon olive oil
(optional) in large saucepan. Bring to boil,
stirring occasionally. Cover with tight-
fitting lid. Lower heat and simmer for
10-15 minutes. Ensure all water is absorbed
and grains are tender before serving.

Israeli Cous Cous

Code 1342

Add 2 cups boiling water to 1 1/2 cup
couscous. Add salt to taste. Cover pot
and simmer for 8-10 minutes, stirring
occasionally.

Recipe: Add one medium diced onion
to 1/4 cup of oil in a large sauce pan
over medium heat. Sauté onion until
transparent. Add 1-1/2 lbs. (approximately
3 1/2 cups) of Israeli Couscous and sauté
until it has a light toasted color. Add
4 1/2 cups of light chicken stock and
bring to a boil, then reduce to a simmer.
Cover and let simmer for 8-10 minutes.
Add fresh herbs or sautéed vegetables
for added flavor and appearance. Yields
approximately 9 cups.



(continued on back)

KAMUT® Khorasan Wheat Berries

Code 1309

Soak 1 cup wheat overnight in 3 1/2 cups water. Boil in soaking water for 15 minutes for parboiled wheat. Boil 50 to 60 minutes for fully cooked berries.

Millet

Code 1311

Add 1/2 cup millet to 1 1/4 cups water. Bring to a boil, cover and simmer until millet is tender. Start checking at 20 minutes.

Oat Groats

Code 1340

Add 1 cup oats to 3 cups water. Bring to boil, then reduce heat and simmer 50 to 60 minutes stirring occasionally.

Oats, Steel Cut

Code 1341

Add 1 cup steel cut oats to 4 cups water. Bring to a boil, then reduce heat and simmer 40 to 50 minutes, stirring occasionally.

Pearled Farro

Code 1308

Add 2 cups water and 1 cup farro to pot with tight fitting lid. Add desired seasoning and bring pot to boil. Cover, reduce heat to low and simmer for 25-30 minutes.

Polenta

Code 1304

Bring 3 cups of water or broth to a simmer in a saucepan. Add 1/4 teaspoon salt. Add 1 cup polenta. Return to a boil. Cover, reduce heat and simmer 25 minutes.

Fine White Polenta (white corn grits)

Code 1312

Bring 4 cups of water or stock to a boil. Very slowly whisk in 1 cup polenta. Simmer and stir frequently for 5-10 minutes, until very thick. Season to taste and serve, or place in greased bread pan, chill 2 hours, slice and prepare as desired.

Popcorn (yellow, white or multicolor)

Codes 1313, 1317, 1338

Use 3 to 4 quart pan with loose lid. Use enough popcorn to cover the bottom of pan. Pour the popcorn into a measuring cup. For every cup of kernels, add 1/3 cup of oil. Heat oil to 400° to 460° F. Put a few kernels in the pan to test the temperature. If they pop, add the rest. Shake the pan to spread oil while the corn is popping. Remove pan from heat when popping slows.

Quinoa (black, white or red)

Codes 1310, 1314, 1315

Rinse 1/4 cup quinoa. Add rinsed quinoa to 1/2 cup water. Bring to a boil, then reduce heat and simmer 10 to 15 minutes, until liquid is absorbed. Quinoa will look transparent when done. Toss with fork, add butter if desired.

Rye Berries

Code 1329

Rinse 1/3 cup rye then add to 1 1/3 cups water. Bring to boil, reduce heat and simmer 1 1/2 hours.

Spelt Berries

Code 1330

Rinse 1/3 cup spelt then add to 1 1/3 cups water. Bring to boil, reduce heat and simmer 1 1/2 hours.

Wheat, Hard Red

Code 1331

Soak 1 cup wheat berries overnight. Boil wheat in soaking water for 15 minutes for parboiled wheat. Boil for 50 to 60 minutes for fully cooked wheat.

Wheat, Hard White

Code 1333

Soak 1 cup wheat overnight in 3 1/2 cups water. Boil wheat in soaking water 15 minutes for parboiled wheat. Boil 50 to 60 minutes for fully cooked wheat.

Wheat, Soft White

Code 1332

Soak 1 cup wheat overnight in 3 1/2 cups water. Boil wheat in soaking water 15 minutes for parboiled wheat. Boil 50 to 60 minutes for fully cooked wheat.