



Cooking Guide for Rice & Grains



Amounts & Cooking Times

Cooking Grains

Rinse whole grains in cold water before cooking. For most grains, bring water (or broth or stock) to a boil, add grains and a pinch of salt and return to a boil. Cover tightly and reduce heat to a simmer for recommended time (leave lid in place the entire time). Check that the grains are done – most will be slightly chewy when fully cooked. When done, remove from heat and fluff with a fork. Cover again and allow to sit for about 5 minutes before serving.

GRAIN (1 cup)	WATER	TIME
Amaranth	2 cups	25-30 min.
Barley, Pearl	2.5 cups	40 min.
Barley, Hulled	3 cups	60-75 min.
Buckwheat, Raw Groats	2 cups	15-20 min.
Buckwheat, Roasted (Kasha)	2 cups	15-20 min.
Bulgur	2 cups	15 min.
Couscous	1 cup	0 min.*
Couscous, Whole Wheat	1 cup	5 min.
Couscous, Israeli	4 cups	8-10 min., drain
Farro	5 cups	50-60 min., drain
Freekeh	2 cups	30-40 min.
Kamut	3 cups	40 min.
Millet	2.5 cups	20-25 min.
Oats, Regular	2.5 cups	5-10 min.
Oats, Thick	2.5 cups	15-20 min.
Oats, Steel Cut	3 cups	45-60 min.
Oats, Groats	3 cups	60 min.
Polenta, Medium Grind	3 cups	20 min. stirring often
Quinoa	2 cups	15-20 min.
Rye Berries	2.5 cups	60 min.
Spelt	3 cups	60 min.

* Add to boiling water, cover and remove from heat. Let sit 5 minutes.

Cooking Rice

Add rice and water (or broth) to a pot with a tight-fitting lid. Add 1 tablespoon butter or olive oil, and salt, if desired. Bring to a boil, cover and simmer for the recommended time. Remove from heat and allow to sit covered for 5-10 minutes. Fluff with a fork.

RICE (1 cup)	WATER	TIME
Short Grain Brown	2 cups	50 min.
Long Grain Brown	2 cups	50 min.
Brown Basmati*	2 cups	50 min.
Brown Jasmine*	2 cups	45 min.
Sweet Brown	2 cups	50 min.
Wehani*	2 cups	45 min.
Black Japonica*	2 cups	45 min.
Red Bhutanese*	1.5 cups	20 min.
Forbidden Black*	1.75 cups	30 min.
Long Grain White*	1.5 cups	15 min.
White Basmati*	1.5 cups	20 min.
Jasmine*	1.5 cups	20 min.
Wild Rice*	4 cups	45-50 min.
Sushi Rice	1.5 cups	15 min.
Saffron Rice	1.75 cups	20 min.
Bamboo Rice	2 cups	20 min.

* Rinse rice before cooking.

Selection varies in each store, and some of our Markets may offer a wider variety of rices and grains than shown here.

Search specific grains and rices on the recipe page of our website for our own recipes.





Rice Varieties

SHORT GRAIN BROWN RICE

One of the most full-flavored rices, the grains are soft and cling together after cooking. Suitable where a creamy texture is desired, such as puddings, rice balls, croquettes, paella and risotto.

LONG GRAIN BROWN RICE

The grains of this popular rice remain fluffy and separate, making it especially suitable in stuffings, pilafs, salads, casseroles and stir-fry dishes.

BROWN BASMATI RICE

This much-loved rice is aromatic with a nutty flavor. An exotic choice when a fluffy, drier texture is desired, as with stir-fry, salads, pilaf and stuffing.

BROWN JASMINE RICE

A whole grain, aromatic long grain rice. The grains cook up moist and tender with a soft texture and delicious flavor. Use as a side dish and in pilafs.

SWEET BROWN RICE

Offering a natural sweet taste, the grains of this rice cling together due to the sticky texture. It is ideal for use in Asian recipes and rice puddings.

WEHANI

Enjoy a distinctive aroma and nutty flavor. The honey-red grains remain separate after cooking; use in pilafs and as a side dish.

BLACK JAPONICA

Juicy with a nutty, mushroom-like flavor and a sweet spiciness. This whole grain rice is a blend of short grain black rice and medium grain mahogany rice.

BHUTANESE RED RICE

An ancient colored-bran short-grain rice grown 8,000 feet in the Himalayan Kingdom of Bhutan. This exotic rice has a nutty, earthy flavor, soft texture and beautiful red russet color.

FORBIDDEN RICE (CHINA BLACK)

This medium-size Chinese black rice is prized for its delicious nutty taste, soft texture, beautiful deep purple color, and nutritional and medicinal value. Unlike other black rices from Asia, it is not glutinous or rough.

LONG GRAIN WHITE RICE

After cooking, the grains of long grain white rice remain fluffy and separate, making it very popular in stir-fry dishes, pilafs, salads and casseroles.

WHITE BASMATI RICE

This long grain aromatic rice is an exotic choice when a fluffy, drier texture is desired, as with stir-fry, salads, pilaf and stuffing.

WHITE JASMINE RICE

While cooking, this exotic rice fills your kitchen with a delicate scent. The grains cook up moist and tender with a soft texture and delicious flavor. Use as a side dish or in pilafs and desserts.

BAMBOO RICE

Short grain white rice infused with pure fresh bamboo juice. When cooked, it is pale green and the grains stick together. Great for sushi.

SUSHI RICE

Akitakomachi is a classic Japanese short grain rice grown especially for making sushi. It is typically cooked with rice vinegar and sugar to achieve the desired texture for sushi rolls and other Asian dishes.

To Make Sushi Rice:

Cook 2 cups rice in 3 cups water for 15 minutes. Heat 2 tablespoons rice vinegar, 1 tablespoon sugar and 1 teaspoon salt in a small pan until salt and sugar are dissolved. Toss (don't stir) with hot, cooked rice in a glass (not metal) bowl using a plastic spoon.





Rice Varieties *continued*

WILD RICE

Not really a rice, wild rice is a long-grain marsh grass. It cooks up beautifully with a savory, nutty flavor and wonderful texture. Ideal in pilafs and soups.

SAFFRON RICE

White rice seasoned with paprika, turmeric and saffron powder. Great side dish to serve with lamb, pork or fish, and works well in paella.

ARBORIO RICE

The high-starch kernels of this Italian grain are shorter and fatter than any other short-grain rice. It is traditionally used for making risotto, because its increased starch lends this classic dish its creamy texture.



Grain Varieties

AMARANTH

Smaller than a mustard seed, this ancient food is very versatile as a substitute for wheat-sensitive diets. It is commonly served as a hot cereal, cold in salads or as any rice dish. Stir occasionally while cooking to prevent sticking.

BARLEY

Barley is most often used in soups and stews, where it serves as both a puffy grain and a thickener, but it also makes a nice side dish or salad. Hulled, or hulless, barley is the most nutritious, since only the tough outer hulls are polished off. Pearl barley, the most common form, is further polished to remove the outer bran layer, making it less nutritious, but faster cooking and less chewy.

BUCKWHEAT

Nutritious buckwheat has a nutty, earthy flavor. It's most commonly ground into a gritty flour and used to make pancakes and soba noodles.

RAW BUCKWHEAT GROATS

These are buckwheat kernels that are stripped of their inedible outer coating and then crushed into smaller pieces. Unprocessed white groats are slightly bitter; toast them in oil for several minutes until they're rust-colored before cooking to remove bitterness and bring out a pleasant, nutty flavor.

To Make Risotto:

1 cup ARBORIO rice
1 tablespoon olive oil
1 large onion, chopped
4-5 cups hot stock or water
¼ cup grated Parmesan cheese

Heat oil in a heavy 2-quart pot. Sauté onion until translucent. Add rice and stir until grains are coated with oil. Add 1 cup hot stock; stir until liquid is absorbed. Continue cooking for about 20 minutes, adding the remaining liquid 1 cup at a time. Add additional liquid if creamier texture is desired. Remove from heat, stir in cheese and serve immediately.

KASHA

A common meal in Eastern Europe, kasha refers to toasted buckwheat groats. They are enjoyed as a breakfast cereal but can also be used for a savory side dish.

BULGUR

Bulgur is whole wheat that's been partially hulled, steamed, cracked and dried. It is quick cooking, has a nutty flavor and is rather fluffy. It's widely used in the Middle East for tabbouleh and pilafs. Bulgur comes either whole, or cracked into fine, medium, or coarse grains. Do not confuse with cracked wheat.

COUSCOUS

A staple of North African cuisine, couscous is tiny, precooked pasta made from semolina durum wheat flour. While traditionally served under a meat or vegetable stew, it's infinitely versatile. Whole wheat couscous is made with whole wheat flour.

ISRAELI (MIDDLE EASTERN) COUSCOUS

This small, round semolina pasta can be cooked in plenty of water and drained, or in less water or broth until all is absorbed. Israeli couscous is great with any sauce, as a side dish and in pasta salads.



Grain Varieties

continued

FARRO

Also called emmer, farro is an heirloom cereal grain in the wheat family. It has a dense, chewy texture and a rich, nutty flavor. It is low gluten, high protein and nutritionally dense. Farro is wonderful hot or cold, in salads, pilafs, soups and risottos.

FREEKEH

Gaining in popularity, tasty freekeh is green wheat that has been roasted. It is available whole or cracked, and can be used in soups, pilafs, salads and more.

KAMUT

This ancient grain, related to durum wheat, is high in protein and has a sweet, buttery flavor. Though it contains gluten, it's tolerated by many people with gluten allergies. Delicious as a cold salad or hot pilaf.

MILLET

This small, yellow gluten-free grain is mild and sweet. It is nutritious and easy to digest. Toast before cooking to enhance flavor. Another great grain for pilafs and salads.

OATS

Oats are highly nutritious, filled with cholesterol-fighting soluble fiber, and promote good digestion. They have a pleasant, nutty flavor, and are available in many forms for a wide range of uses.

ROLLED OATS

Oat groats that are steamed and rolled between steel rollers so they cook quickly. The most common uses are as a breakfast cereal, in granola or muesli mixes, and in cookies.

WHOLE OATS

Minimally processed as only the outer hull is removed, leaving the germ and bran intact. Very nutritious, but are chewy and need to be soaked and cooked a long time.

STEEL CUT OATS

Also known as Irish oats, these are groats that have been coarsely chopped into small pieces. They're chewier than rolled oats, and grain aficionados often prefer them for hot oatmeal cereals and muesli.

POLENTA

A cornmeal that is boiled to create a smooth, creamy texture, polenta has been a staple food of Northern Italy for centuries. Enjoy hot with butter or Parmesan cheese, or cool until firm, slice into squares and fry.

QUINOA

This ancient seed was a staple of the Incas and is appreciated today as a superfood. It is a complete, quality protein and is high in vitamins and minerals. Colors of quinoa include pale yellow, red and black. Rinse well before cooking to remove its bitter natural coating.

RYE BERRIES

Rye is widely used by Northern Europeans, who use it to make breads, crackers and whiskey. It has a distinctive, hearty flavor that's best when combined with other assertive ingredients. Soak overnight before cooking.

SPELT BERRIES

Spelt is believed to be a relative of wheat, with a sweet and nutty flavor and firm texture. Though it contains gluten, it's tolerated by many people who are allergic to gluten. Spelt flour can replace white flour in a recipe.

WHEAT

Wheat has a pleasant, nutty flavor and lots of nutrients, but is prized most for being rich in gluten, the protein that makes baked goods rise. Most wheat is ground into flour, but whole or cracked grains are used in pilafs and salads, and wheat flakes are made into hot cereals or granolas.

