

# GRAINS

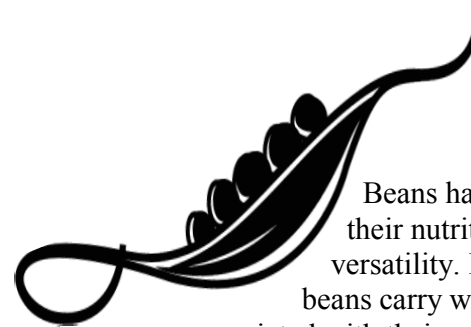
Grains are the most widely consumed food group in the world, cultivated for upwards of 10,000 years. They provide us with endless variety and versatility, and are , nutritionally speaking, the most valuable of all foods, containing vitamins, minerals, complex carbohydrates, & protein.

Storage of grains should be in a cool, dry, and shaded spot, in containers as airtight as possible. Grains are adversely affected when exposed for any length of time to air, light, and moisture, but stored in the above manner should last for several months.

Cooking of grains varies according to the variety, but the following are general rules of thumb: Use a heavy pot with a good, tight fitting lid. Boil the water, stir in the grain and salt if desired. Bring the water to a boil again, for just a minute or so, then cover the pot and turn the heat down very low. Simmer gently until the water is absorbed. Suggested/approx. cooking times are listed below. For rice leave lid on after turning off burner and let sit for approx. 10 min. then fluff with fork.

## *Approximate Cooking Times & Proportions for Grains*

Grain (1 cup dry)	Water	Cooking Time	Yield (approx.)
Barley (Pearled)	2 C.	45 min.	2 C.
Bulgur Wheat (kasha)	2 C.	15 min	2 1/2 C.
Couscous	1 1/2 C	15 min (let stand off heat)	2 C.
Couscous (Middle East)	2 C.	8-10 min (cook like pasta)	2 C.
Cracked Wheat	2 C.	15-25 min	2 1/3 C.
Millet	3 C.	45 min.	3 1/2 C.
Regular Rolled Oats	2 C.	15 min.	2 C.
Thick Cut Oats	2 C.	5 min.	2 C.
Steel Cut Oats	3 C.	20-25 mins	2 C
Buckwheat Groats	2 C.	15 min.	3 1/2 C.
Farro	2 1/2 C	20-25 min	2 C.
Wheat Berries	2 C.	1-2 hrs.	2 1/2 C.
Quinoa (rinse first)	2 C.	15 min.	2 1/2 C.
Basmati Brown Rice	2 C.	30 min.	2 1/2 C.
Basmati White Rice	2 C.	15 min.	2 1/2 C.
Long Grain Brown Rice	2-2 1/2 C.	45 min.-1hr	2 1/2 C.
Long Grain White Rice	2 C.	20 min.	2 1/2 C.
Short Grain Brown Rice	2 1/2 C.	45 min.	2 1/2 C.
Wild Rice	3 C.	1 hr. or more	4 C.
Black Forbidden Rice	2 1/2 C	30-35 min.	3 3/4 C
Orzo	2 C.	8-10 min (cook like pasta)	2 C.
Polenta	4 C	25 minutes	2 C.



# BEANS

Beans have many, many virtues—among them, their nutritional superiority, affordability, and versatility. In spite of these glowing attributes, beans carry with them a certain amount of notoriety

associated with their much maligned gas-producing tendencies. The good news is that the gas-producing effects can be reduced by soaking, pouring off the soaking water, and cooking them thoroughly in fresh water. There are also enzymes available that by adding a few drops to the bean-pot supposedly lessen the undesirable side effects.

We recommend a thorough sorting of any variety of bean before cooking. Since virtually no processing occurs between harvest and store, a good sorting will reveal clumps of dirt, rocks, moldy beans, etc.. Once these are removed, rinse well.

Generally speaking, beans are best cooked slowly and at a constant temperature. Old fashioned bean pots or crock pot work magnificently. The following chart gives you the specifics on approx. cooking times and proportions for the variety of beans available at the Driftless Market.

## *Approximate Cooking Times & Proportions for Beans*

Grain (1 cup dry)	Water	Cooking Time (approx.)	Yield (approx.)
Black Turtle Beans	4 C.	1-1 1/2 hrs	2 C.
Black-Eyed Peas	3 C.	1-1 1/2 hrs	2 C.
Garbanzos (chickpeas)	4 C.	1 1/2 - 2 hours	2 C.
Great Northern Beans	3 1/2 C.	2 hrs.	2 C.
Kidney Beans	3 C.	1 1/2 hrs.	2 C.
Baby Limas	2 C.	1-1 1/2 hrs	1 3/4 C.
Pinto Beans	3 C.	2 1/2 hrs.	2 C.
Brown Lentils	3 C.	45 min.	2 1/4 C.
French Lentils	3 C.	45 min.	2 1/4 C.
Red Lentils	3 C.	25 min.	2 1/4 C.
Mung Split Dahl Beans	3 C.	45 min.	2 1/4 C.
Split Green Peas	3 C.	45 min.	2 1/2 C.

***Driftless Market***

95 W. Main Street Platteville, WI • 608-348-2696

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