

The Range of Grains

These 6 know-hows of grain cooking will take you far. Think outside of the basic boil to make your grains one part of your meal to be savored.

Rinse

To remove debris,
excess starch, toxins
Exceptions: small or
creamed grains, oats

Soak

For shorter cooking
time, sprouting,
removal of phytic
acid & help digestion

Toast

To increase nuttiness,
deepen flavor, & help
digestion

Cook

Simmer, Boil, Bake,
Steam, Risotto
method, Pilaf
method, Seasonings,
Flavored liquids

Fluff

To separate grains
To remove lumps

Store

Airtight containers
Cool & dry place
Monitor
Avoid heat, bugs, air,
& moisture

[illegible]