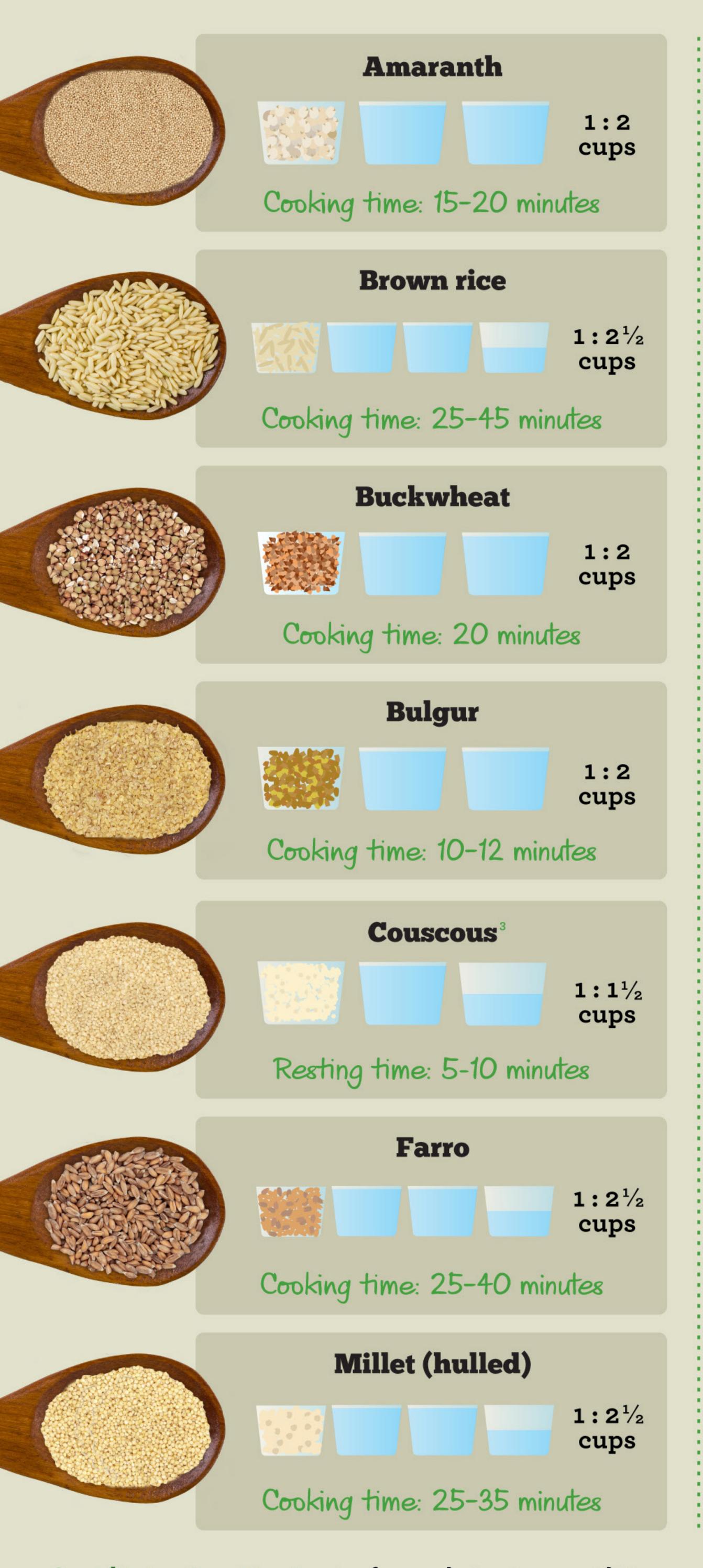
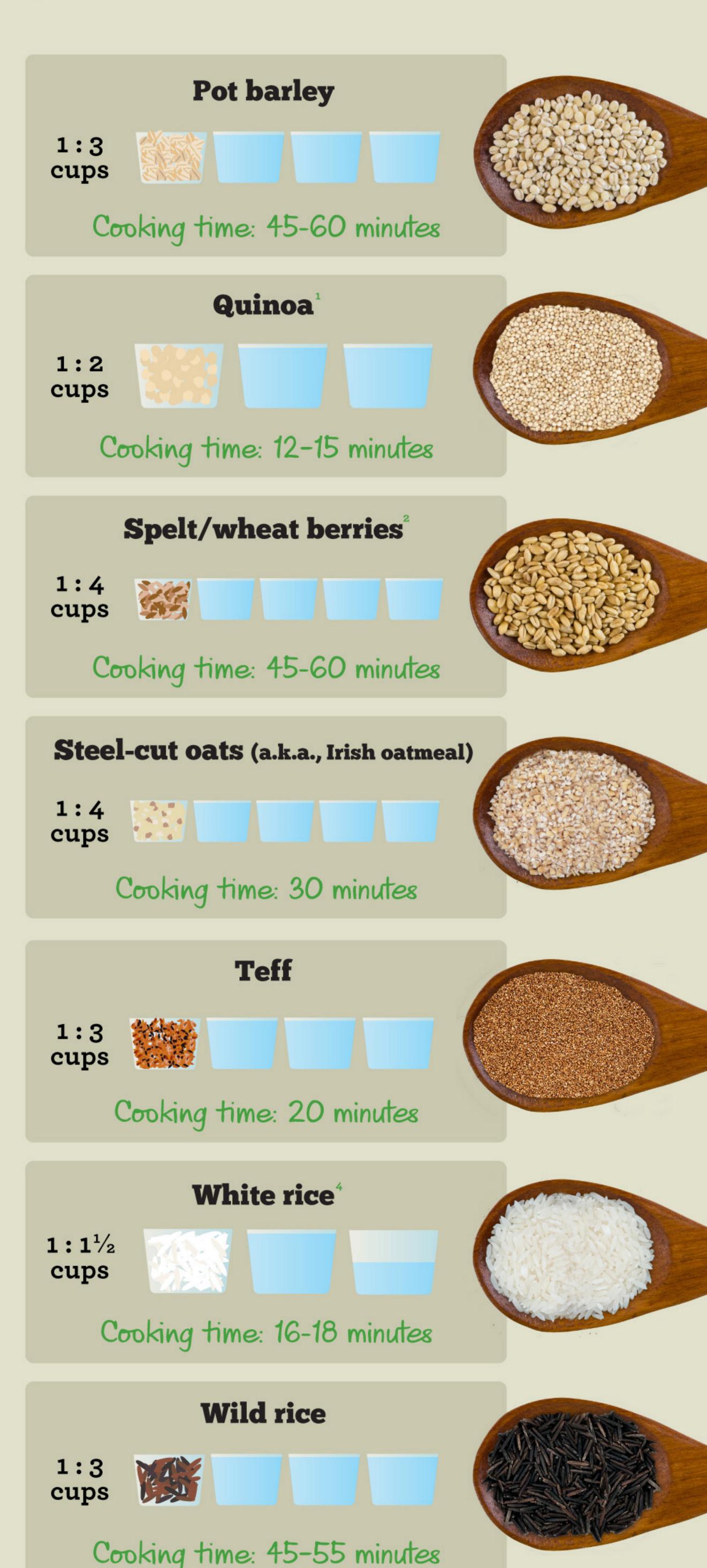


The Sobeys Guide to Cooking Grains

There's a shelf full of tasty grains to discover, and most are remarkably easy to prepare: Rinse, bring to a boil in water or broth, and then turn down the heat and let simmer until they absorb all the cooking liquid.

Once cooked, use the grain in a recipe or refrigerate for later.





Special instructions: ¹Pre-rinse in a fine-mesh sieve to prevent bitterness.²Soak overnight before cooking.³Bring liquid to a boil, turn off heat and pour couscous into pot, stirring evenly to moisten. Cover pot and let rest for 5–10 minutes before fluffing couscous with a fork.⁴When rice is cooked, turn off heat and let stand, covered, for 10 minutes before fluffing with a fork.

Notes



For extra flavour in savoury dishes, substitute broth for water.

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Cooking times can vary depending on grain variety, age, storage, presoaking time and cookware, so follow package instructions and taste-test for doneness. A grain is ready when it's tender yet chewy.



With the exception of couscous, all grains can be presoaked for two to three hours to save on cooking time. Time savings will vary.