

annabel langbein *a free range life* **GRAINS AND PULSES COOKING CHART**

Pulse or grain	Weight of 1 cup dried	Soak time	Quantity of cooking water	Cooking time	Covered or uncovered	Yield
Black beans	200g	6-12 hours	3½ cups	45-50 minutes	Uncovered	2½ cups
Black/wild rice	180g	Rinse before cooking	2 cups	25 minutes	Uncovered	2 cups
Brown lentils	200g	Rinse before cooking	4 cups	35 minutes	Covered	2½ cups
Buckwheat groats	180g	Toast in a dry pot for 5 minutes if desired, then add water and cook	2 cups	20 minutes	Covered	2 cups
Bulgur wheat (medium grain)	200g	10 minutes	1½ cups boiling water	No cooking required	Covered	2½ cups
Brown rice	200g	No soaking required	3 cups	40 minutes	Covered	2½ cups
Cannellini beans	200g	6-12 hours	4 cups	45 minutes	Uncovered	2½-3 cups
Chickpeas	200g	6-12 hours	4 cups	60 minutes	Uncovered	2½ cups
Couscous	180g	3-4 minutes	1 cup boiling water	No cooking required	Covered	2½ cups
Farro	200g	No soaking required	3 cups	20 minutes	Covered	2 cups

Continued on page 2

# annabel langbein *a free range life* GRAINS AND PULSES COOKING CHART

Green lentils	200g	Rinse before cooking	4 cups	30 minutes	Covered	2½ cups
Kidney beans	200g	6-12 hours	4 cups	45 minutes	Uncovered	2½-3 cups
Le puy lentils	200g	Rinse before cooking	2½ cups	30 minutes	Covered	2¼ cups
Millet (hulled)	200g	No soaking required	2½ cups	15 minutes	Uncovered	2½ cups
Pearl barley	220g	No soaking required	3½ cups	30 minutes	Covered	2¼ cups
Quinoa	200g	Toast in a dry pot for 5 minutes if desired, then add water and cook	2 cups	10 minutes	Covered	3 cups
Red lentils	200g	Rinse before cooking	1½ cups	15 minutes	Covered	2½ cups

Note: This chart is a guide only. Factors such as the age of pulses and grains will affect cook times, so test for doneness before draining.