

Pressure Cooking Grains

Posted on Mar 12, 2009 ~ Revisited January 2022

- 4 cups water
- 1 cup of grain
- 1 tablespoon of oil per cup of grain (to subdue the foam)
- 2 tablespoons for barley and oats.

Never fill a pressure cooker more than halfway with grain (this includes the water). Each grain needs a different amount of cooking time.

Cooking time starts when cooker is up to pressure.

- Hulled barley- 18 minutes
- Oat groats- 30 minutes
- Rice- 15 minutes
- Wild rice- 25 minutes
- Wheat berries, spelt and Kamut- 35 minutes

Save the broth for soup.

Cooked Grains make a great side dish ~ add savory herbs & butter!

Cooked Grains can be eaten as a breakfast meal ~ add milk, sweetener, raisins, dried fruit

Cooked Grains can be added to soups or used as a basis for casseroles.