

Grain Cooking Times

Use this grain cooking times chart to calculate how long to cook your favorite grain and how much liquid to use.

Grain	Grain to Water Ratio	Stove Top Minutes	Electric Pressure Cooker Minutes	Stove Top Pressure Cooker Minutes
Amaranth	1 to 3	25	3	4
Barley	1 to 3	90	30	35
Barley Flakes	1 to 3	20	5	6
Barley, Pearled	1 to 3	40	12	14
Buckwheat	1 to 3	32	4	5
Bulgar Wheat	1 to 2	15	3	4
Farro	1 to 3	45	12	14
Kamut	1 to 3	120	20	50
Kamut Flakes	1 to 2	12	3	4
Kamut, Cracked	1 to 2	10	3	3
Kasha	1 to 3	20	6	7
Millet	1 to 3	35	6	7
Oat Groats	1 to 3	90	12	15
Oats, Quick	1 to 3	8	2	2
Oats, Rolled	1 to 3	20	6	7
Oats, Steel Cut	1 to 2	20	6	7
Quinoa, Black, Red, White	1 to 2	20	6	7
Rice, Brown	1 to 2	45	12	14
Rice, White	1 to 2	25	6	7
Rye Berries	1 to 2	90	12	15
Rye Flakes	1 to 3	30	6	7
Spelt	1 to 3	120	20	45
Teff Berries	1 to 4	15	2	3
Wheat Berries	1 to 3	120	12	40
Wheat, Cracked	1 to 2.5	25	6	7