



Basic Cooking Instructions for Grains and Seeds

1. Couscous

Ingredients:

- 1 cup couscous
- 1 cup boiling water or broth
- 1/2 tsp salt (optional)
- 1 tbsp olive oil or butter (optional)

Instructions:

1. Bring water or broth to a boil.
 2. Place couscous in a heatproof bowl.
 3. Pour the boiling water or broth over the couscous. Add salt and olive oil/butter, if using.
 4. Cover the bowl with a lid or plate and let it sit for 5 minutes.
 5. Fluff the couscous with a fork before serving.
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2. Polenta

Ingredients:

- 1 cup polenta (coarse cornmeal)
- 4 cups water or broth
- 1/2 tsp salt
- 1 tbsp butter or olive oil (optional)

Instructions:

1. Bring water or broth to a boil in a large pot. Add salt.
 2. Gradually whisk in the polenta to prevent lumps.
 3. Reduce the heat to low and simmer, stirring frequently, for 30-40 minutes until thick and creamy.
 4. Stir in butter or olive oil for extra richness, if desired.
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3. Quinoa

Ingredients:

- 1 cup quinoa
- 2 cups water or broth
- 1/2 tsp salt (optional)

Instructions:

1. Rinse the quinoa under cold water in a fine-mesh sieve to remove bitterness.
 2. In a pot, combine quinoa, water or broth, and salt.
 3. Bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes.
 4. Remove from heat and let it sit, covered, for 5 minutes.
 5. Fluff with a fork before serving.
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4. Chickpeas

Ingredients:

- 1 cup dried chickpeas
- 3-4 cups water
- 1/2 tsp salt (optional)

Instructions:

1. Rinse the chickpeas and soak them in water for 8-12 hours (or overnight).
 2. Drain and rinse the soaked chickpeas.
 3. Place them in a pot and cover with fresh water.
 4. Bring to a boil, then reduce heat to low and simmer for 1-2 hours until tender.
 5. Add salt during the last 10 minutes of cooking.
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5. Bulgur Wheat

Ingredients:

- 1 cup bulgur wheat
- 2 cups boiling water or broth
- 1/2 tsp salt (optional)
- 1 tbsp olive oil or butter (optional)

Instructions:

1. Place bulgur in a heatproof bowl.
2. Pour boiling water or broth over the bulgur. Add salt and olive oil/butter, if desired.
3. Cover the bowl with a lid or plate and let it sit for 10-15 minutes.
4. Fluff with a fork before serving.

6. Amaranth

Ingredients:

- 1 cup amaranth
- 2 1/2 cups water or broth
- 1/2 tsp salt (optional)

Instructions:

1. In a pot, combine amaranth, water or broth, and salt.
2. Bring to a boil, then reduce heat to low and simmer for 20-25 minutes, stirring occasionally.
3. Cook until the water is absorbed and the texture is porridge-like.
4. Serve as is or mix with sweet or savoury toppings.