

# COOKING GRAINS

## keep things steamy

The 10-minute Natural Release is a pressure cooker opening method that keeps cooking the grains without using any extra energy. Instead of releasing pressure after pressure cooking is complete, the lid stays on and the remaining pressure, heat and steam inside continue cooking.

**TO RELEASE:**  
Turn off the heat  
& wait 10 min  
before removing  
the pressure  
cooker lid.



### BARLEY (PERLATED)

2 cups water per 1 cup barley; pressure cook for 18-20 minutes at high pressure



### FARRO (PERLATED)

2 ½ cups water per 1 cup farro, pressure cook for 10 minutes at high pressure



### KAMUT

3 cups water per 1 cup dry kamut and pressure cook for 35 minutes OR 2 cups water per 1 cup soaked kamut and pressure cook for 15-18 at high pressure



### MILLET

1 ½ cups water per 1 cup millet; pressure cook for 1 minute at high pressure



### OATS (STEEL-CUT)

3 cups water per 1 cup oats, pressure cook for 3 minutes at high pressure



### QUINOA

rinse quinoa well; 1 ½ cups water per 1 cup quinoa; pressure cook for 1 minute at high pressure



### BROWN RICE

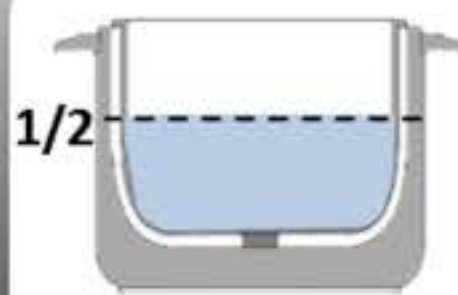
1 ¼ cups water per 1 cup brown rice; pressure cook for 18-20 minutes at high pressure



### WHITE RICE

1 ½ cups water per 1 cup dry rice OR 1 ¼ cup water per 1 cup rinsed rice OR 1 cup water per 1 cup soaked rice; pressure cook for 3 minutes at high pressure

## 3 tips for pressure cooking grains



1/2

Don't fill the pressure cooker more than half with grains and cooking liquid.



Don't release pressure through the valve.



Add a spoon of oil, butter or fat to reduce foaming.

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