Using and Storing Grains
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Issued August 1985
2 pages

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Corn Meal — Rice — Oats — Barley — Rye. Grains, when mixed with legumes or dairy products, help stretch the family food budget by providing a low cost source of protein. Grains also provide fiber, B vitamins and iron.

How to Store Grains
Store all grains in airtight containers. Barley and rice can be stored at room temperature. Cooler temperatures are recommended for corn meal and oats. Rye will keep best with refrigerator storage.

For best quality, use corn meal, rye and oats within 6 months. Rice and barley will keep up to one year.

How to Use Grains
Grains can be used in many ways:
• to make delicious breads and baked goods
• as a hot cereal on a cold morning
• as an addition to soups, salads, casseroles or desserts
• served with beans, dairy products or meat to complement protein.

Cooking Grains
To cook grains, add the grain to cold water. Bring to a boil. Simmer, covered, until all water is absorbed.

### Cooking Times and Yields

<table>
<thead>
<tr>
<th>Grain</th>
<th>Plus this much water</th>
<th>Yields this much cooked grain</th>
<th>Cooking time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barley</td>
<td>3 cups</td>
<td>4 cups</td>
<td>12 min.</td>
</tr>
<tr>
<td>White Rice</td>
<td>2 cups</td>
<td>3 cups</td>
<td>20 min.</td>
</tr>
<tr>
<td>Brown Rice</td>
<td>2 cups</td>
<td>3 cups</td>
<td>40 min.</td>
</tr>
<tr>
<td>Rolled Oats</td>
<td>2 1/2 cups</td>
<td>3 1/2 cups</td>
<td>20 min.</td>
</tr>
</tbody>
</table>

For variety, try these grains too:

- Bulgur: 2 cups 3 cups 20 min.
- Millet: 3 cups 4 cups 45 min.
- Buckwheat Groats (Kasha): 2 cups 3 cups 15 min.

### Spicy Lentils with Tomato Sauce

1 cup dried lentils
3 cups water
1 bay leaf
3 parsley sprigs (optional)
1 onion, chopped
3 tablespoons shortening
1 cup cooked rice
1/4 teaspoon ground mace
salt and pepper
1-1/2 cups well-seasoned tomato sauce


Serves 4.
Barley-Cheddar Casserole

3 cups water
1 cup quick-cook pearl barley
4 tablespoons chopped onion
2 tablespoons margarine
1 cup mushroom stems and pieces (canned)
2 cups stewed tomatoes, drained
1/2 pound sharp cheddar cheese

Bring 3 cups of water to a boil. Stir in barley. Cover; simmer 10 to 12 minutes or until tender, stirring occasionally. Drain. Saute the onion in margarine. Place barley, mushrooms, stewed tomatoes and onion in a small casserole dish. Grate cheese. Mix half of the cheese with the barley mixture and sprinkle the rest of the cheese over the top. Bake at 350°F. until cheese is melted, about 10 to 15 minutes.

Serves 4.

New England Johnny Cake

3/4 cup sugar
2 eggs, beaten
3/4 teaspoon salt
2 cups flour
1 tablespoon baking powder
1 cup yellow cornmeal
1/4 cup melted margarine or oil
1-1/2 cups milk

Mix sugar with beaten eggs. Sift flour, cornmeal, baking powder and salt together. Add melted margarine or oil, egg mixture and milk. Beat. Pour into a well-oiled rectangular pan and bake for 25 minutes in a 375°F. oven.

Makes about 12 servings.

Oatmeal-Apple Muffins

1-1/4 cups milk
2 tablespoons margarine
3/4 cup quick-cooking oats (uncooked)
1 egg, beaten
1-1/2 cups sifted enriched flour
4 tablespoons sugar
1/4 teaspoon salt
4 teaspoons baking powder
1/2 teaspoon cinnamon
1 apple

Scald milk. Add margarine and pour mixture over oats. Combine egg, flour, 2 tablespoons sugar, salt and baking powder. Add to oat mixture, stirring only enough to moisten. Fill 12 greased muffin pans 2/3 full. Combine 2 tablespoons sugar and cinnamon. Peel, core and quarter apple. Cut into thirds and dip each slice in sugar mixture. Press, curved side up, into each muffin. Bake at 400°F. for 20 to 25 minutes.

Makes 12 muffins.