

MSU Extension Publication Archive

Archive copy of publication, do not use for current recommendations. Up-to-date information about many topics can be obtained from your local Extension office.

Using and Storing Grains

Michigan State University Cooperative Extension Service

Mona Ellard, Eaton County Home Economist; Virginia Messina, Foods and Nutrition

Issued August 1985

2 pages

The PDF file was provided courtesy of the Michigan State University Library

Scroll down to view the publication.

USING & STORING

GRAINS



grains

grains

grains

grains

grains

grains

grains

grains

grains

grains

grains

grains

grains

grains

grains

grains

grains

grains

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

1 cup raw	Plus this much water	Yields this much cooked grain	Cooking time
Barley	3 cups	4 cups	12 min.
White Rice	2 cups	3 cups	20 min.
Brown Rice	2 cups	3 cups	40 min.
Rolled Oats	2½ cups	3½ cups	20 min.
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

Wash lentils and **soak** in water overnight; do not drain. **Add** bay leaf and parsley. **Cook** until tender, about 1 hour. **Brown** onion in shortening; **add** lentils, rice, mace, and salt and pepper to taste. **Heat** thoroughly. **Serve** with sauce.

Serves 4.



grains

grains

grains

grains

grains

grains

grains

grains

grains

grains

grains

grains

grains

grains

grains

grains

grains

grains

grains

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.

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.

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.

Prepared by **Mona Ellard**, Eaton County Extension Home Economist, and **Virginia Messina**, Extension Food and Nutrition Specialist, MSU.

O-15744

MSU is an Affirmative Action/Equal Opportunity Institution. Cooperative Extension Service programs are open to all without regard to race, color, national origin, sex, or handicap. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8, and June 30, 1914, in cooperation with the U.S. Department of Agriculture. W. J. Moline, Director, Cooperative Extension Service, Michigan State University, E. Lansing, MI 48824.

This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by the Cooperative Extension Service or bias against those not mentioned. This bulletin becomes public property upon publication and may be reprinted verbatim as a separate or within another publication with credit to MSU. Reprinting cannot be used to endorse or advertise a commercial product or company.

New-8-85-10M-TCM-UP, Price 10c. Single copy free to Michigan residents.