

BULK ITEM COOK TIMES	RATIO	
	item	water
SPLIT LENTILS	1 - 2.0	SIMMER 5 - 10 MINUTES
ROLLED OATS	1 - 2.0	SIMMER FOR 10 - 15 MINUTES
WHOLE LENTILS	1 - 2.0	SIMMER 15 - 20 MINUTES
QUINOA	1 - 2.0	SIMMER 15 - 20 MINUTES
BULGUR	1 - 2.5	SIMMER FOR 20 MINUTES, FLUFF WITH FORK AND LET SIT FOR 10 MINUTES COVERED (OFF HEAT)
BUCKWHEAT(raw) / KASHA (toasted)	1 - 2.0	SIMMER FOR 20 MINUTES.
FARRO	1 - 3.0	SIMMER FOR 30 MINUTES
MILLET	1 - 2.5	SIMMER 30-35 MINUTES. FLUFF WITH FORK AND LET SIT FOR 10 MINUTES UNCOVERED (OFF HEAT)
STEEL CUT OATS	1 - 4.0	SIMMER FOR 30-45 MINUTES
POLENTA	1 - 5.0	COOK ON LOW, WHISKING, 30 - 60 MINUTES
PEAS	COVER	COVER AND SIMMER 30 - 90 MINUTES, STRAIN
KAMUT	1 - 3.0	SOAK OVERNIGHT. SIMMER 45 - 60 MINUTES
BLACK BEANS	SOAKED	SIMMER 45 -120 MINUTES, STRAIN, OR CONTINUE COOKING TO MAKE SOUP
BARLEY	1 - 3.5	SIMMER FOR 60 MINUTES
CHICK PEAS	SOAKED	SIMMER 60 - 90 MINUTES, STRAIN
CHICK PEAS	UNSOAKED	SIMMER 4 - 5 HOURS, STRAIN
BLACK BEANS	UNSOAKED	SIMMER 4 - 5 HOURS, STRAIN

### COOKING TERMS

**BLANCH:** quick boil, only for a few seconds to a few minutes to par-cook, then often submerged in an ice bath.

**STEAM:** in a sealed vessel above steam rising from a poaching or simmering water bath, no liquid in contact with food

**POACH:** submerged in liquid, low temp, with steam just coming off the surface

**SIMMER:** slow moving bubbles, med-low temp, usually fast cooking time

**BOIL:** fully submerged in high temp, rapidly moving bubbles, usually fast cooking time

**BRAISE:** usually seared first, then 1/2 - 3/4 submerged in liquid, usually covered, lower temp and longer cooking time

**BAKE:** in the oven, sometimes covered, usually referred to 400 and below

**ROAST:** in the oven, usually uncovered and in shallow vessel, high temp, usually 400-500

**BROIL:** high heat source coming from the top, like an oven broiler, usually to brown or crisp things

**GRILL:** high temp, heat source is underneath a grate

**SAUTE:** in a pan with a small amount of fat, higher temp, with movement (stirring or shaking)

**SEAR:** in a pan with a small amount of fat, higher temp, moving only to changes sides

**PAN FRY:** in a pan with about half an inch of fat where food is part submerged, and flipped to cook other side

**DEEP FRY:** fully submerged in hot fat, high temp