

Five Grain Recipe



I don't rinse the amaranth along with the other grains because the grains are SO tiny they run right through my relatively fine-gauge strainer. So I stir them in later. Short grain brown rice will give you a stickier rice blend in the end, use medium or long grain if you prefer more separation. The photo up above features short grain.

1 cup short, medium, or long grain brown rice

1 cup red Bhutanese rice

1 cup millet

1/3 cup quinoa (white or red)

1/4 cup amaranth

2 teaspoons salt

Rinse the rices, millet, and quinoa. Drain and put in a large thick-bottomed pot or rice cooker. Stir in the salt and amaranth. Cover with water up to your knuckle - about two inches above the grains. Bring to a boil, then turn down the flame as low as it will go. Cook uncovered (simmering) until all water is gone, about 45 minutes.

If you overshot the amount of water you added and your grains cook before the water absorbs entirely, strain off any extra water.

This makes a big pot of mixed grains. Plenty for multiple meals or feeds 12.