

# HOW TO Cook Hulless Barley

*A super grain, barley is high in fiber, has a low glycemic index, and versatile in any dish.*

*Hulless barley is a whole grain and minimally processed with a nutritional profile desirable for all.*



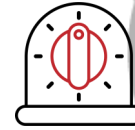
## STOVETOP



1. Bring 3 cups of water to boil



2. Add 1 cup of hulless barley



3. Simmer for 50-55 minutes until tender



## INSTANT POT



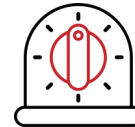
1. Add 3 cups water and 1 cup hulless barley to Instant Pot



2. Close lid, set valve to "sealing", Press [Manual] or [Pressure Cook] and set to high pressure



3. Cook for 30-35 minutes, do a quick valve release when done



For every cup of hulless barley, use 3 cups of water



1 cup dry = 3 cups cooked

## Hulless vs Hulled vs Pot vs Pearled

**Hulless barley** is a whole grain, the most minimally processed and not polished or "pearled".

**Hulled barley** has been lightly processed and polished but is still considered a whole grain.

**Pot barley** has been processed and polished, more so than hulled barley but less than pearled.

**Pearled barley** isn't a whole grain and has been highly polished but is still rich in fiber and cooks quickly.



For more information and recipes, visit

[eatbarley.com](http://eatbarley.com)

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