



Rye Berries
Whole rye kernels are called rye berries. They have a nutty, earthy flavor and stay firm yet tender when cooked. Rye berries can be used in salads, grain bowls, soups, or even a rye-style risotto.

Cracked Rye or Rye Chops
Cracked rye is made by cutting rye berries into smaller pieces, which reduces cooking time. It's commonly used in rye breads or cooked as a hot cereal, similar to steel-cut oats.

Rye Flakes
Rye flakes are steamed, rolled, and dried rye berries—similar to rolled oats. They can be cooked into porridge or used in muesli and granola.

Rye Flour
Rye flour varies depending on how much bran and germ remain after milling. It contains less gluten than wheat flour and behaves differently in baking. Rye breads often improve in flavor and texture after resting 24–36 hours.

Cooking Rye Berries: Rinse 1 cup of rye berries in a fine mesh strainer. Fill a medium saucepan with water and bring to a boil. Add ½ teaspoon of fine salt and the rye berries. Bring back to a boil and then reduce to a simmer. Cook until the rye berries are tender but still firm, about 45–60 minutes. The only way to know that they are done to your liking is to taste them. If you would like them to be softer, keep cooking.

Cooking Rye Chops or Flakes: Bring 3 cups of water to boil. Add 1 cup of flakes or chops. Reduce to a simmer and cook until tender approximately 25–30 minutes for flakes, 35 minutes for chops. Add water as necessary to avoid sticking to the bottom of the pan.

Baking with Rye Flour: As a general rule, you can substitute up to one-third of the all-purpose flour in a recipe with rye flour and not have to make any significant modifications to the recipe or the baking process.



Rye

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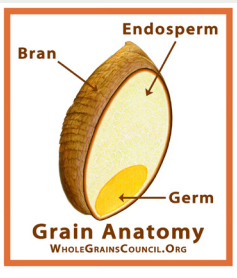
Did You Know

- Rye is a grass that is grown primarily as a cereal grain.
- Rye is a whole grain that contains lots of fiber and nutrients.
- The whole grains harvested from the rye plant are known as rye berries.
- In the United States, a lot of rye is grown as a cover crop. A cover crop is a plant grown to cover the soil, primarily to improve soil health, prevent erosion, suppress weeds, and enhance biodiversity. Cover crops are not harvested and consumed.

Nutrition Information

Rye is high in fiber. If you eat one half cup of rye, it can provide up to 50% of what you need for the whole day! What is especially cool about rye is that it contains an abnormal amount of fiber in the endosperm, not just the bran. Rye is considered an excellent source of protein and is rich in vitamins and minerals.

Rye is low on the glycemic index. The rise of blood glucose after eating rye is less compared to that produced from wheat. Rye is much lower in gluten than wheat, but it is still not recommended for those with a gluten allergy.



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