

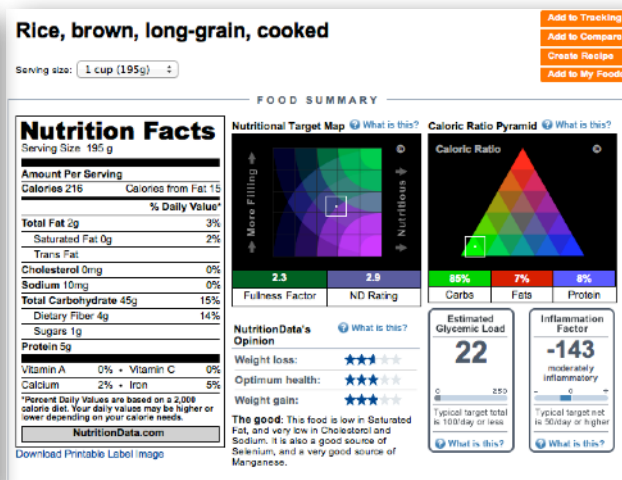
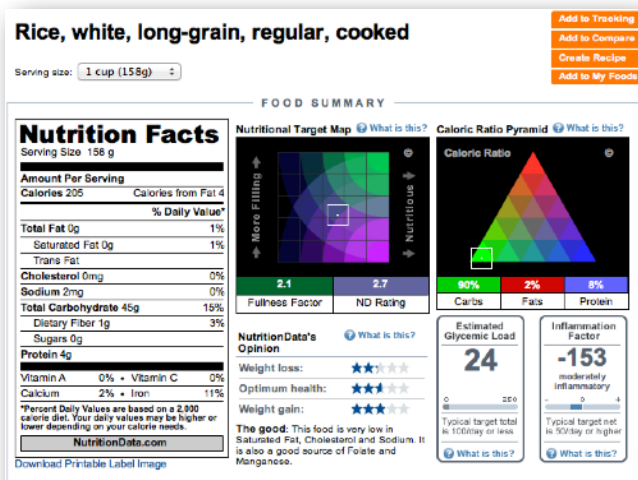
How to Cook Rice



TIPS:

1. **Rice** is one of the world's most popular food and goes well with just about anything. It's easy to make. It's nutritional. It keeps well in the refrigerator. The only down side is that, depending on the type of rice and how much it has been processed, rice requires about 25 minutes to an hour to absorb water as it cooks on the stove.

2. **Brown rice vs. white rice:** Although the cooking method is identical, brown rice is not milled, which means its bran (fiber-rich outer coating) and germ (nutrient-rich embryo) haven't been removed. White rice is milled, meaning its bran and germ have been removed. Brown rice is therefore more chewy, has a more nutty flavor and has more nutrient and fiber content than white rice as shown in the nutrition comparison below. (The reason bran and germ are removed is to increase rice shelf life. That's it.)



Cooking Time: Cooking time depends on type of rice - about 20-25 minutes for white rice, 30-40 minutes for brown rice, 45-60 minutes for wild rice - check the directions on the rice packaging for the specific cooking time required to cook the rice you're using.

Needed

(to make 3 1/2 cups rice)

1 Cup (8 ounces) Rice

2 1/2 Cups Water

1/2 Teaspoon Salt (optional but does add some flavor)

Measuring Cup

Medium (3-4 quart) Pot with Top

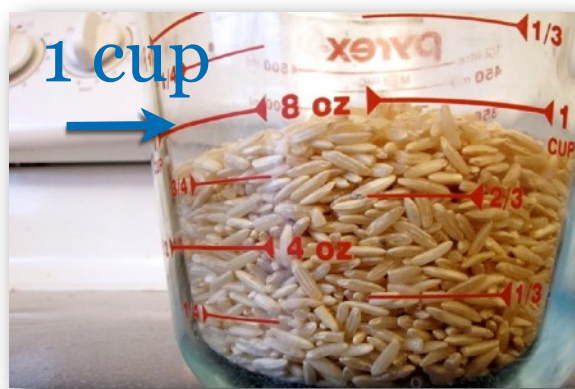
Teaspoon

Large Spoon

Timer



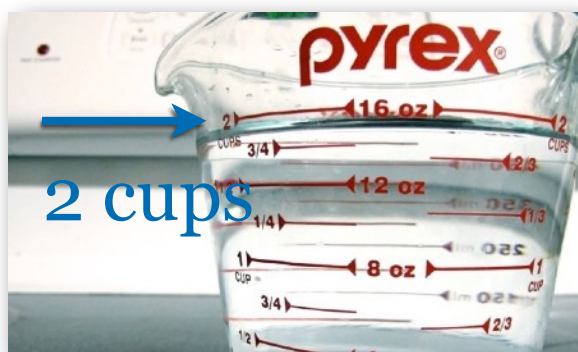
1. Measure 1 cup (8 ounces) rice, and...



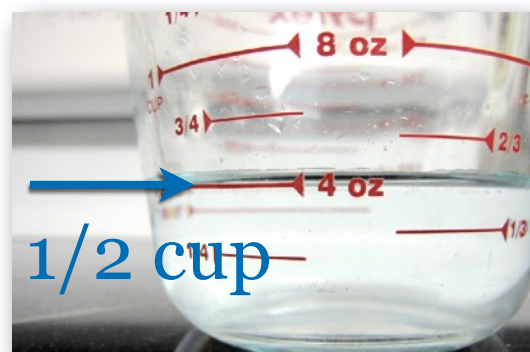
...pour the rice into a medium sized pot on the stove.



2. Measure about 2 1/2 cups (20 ounces) of cold water (see the cooking directions on the rice package you're using for the specific amount of water to use), and...



+



...add that water to the rice in the pot.



3. Turn on the burner heat to HIGH, and add an optional **1/2 teaspoon salt**.



4. Cook until the water comes to a rapid boil. Then turn the burner heat down to LOW,...



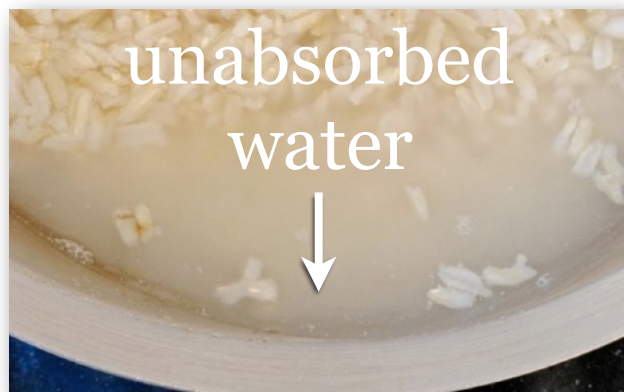
...cover the pot with the top, making sure to leave space for some steam to escape to prevent the pot from boiling over, and set a timer for 40 minutes (or the amount of time recommended on your rice package cooking directions).



5. When the timer sounds, check the **cooked rice** for doneness by tipping the pot and making sure that all the water has been absorbed as shown in the picture to the right below. If, however,...



...all the water is not absorbed, like it's not in the picture on the left below, keep cooking the **rice** over low heat with the pot half covered and checking for doneness at 5-10 minute intervals until all the water has been absorbed as shown above.



6. When the **rice** is done, serve warm.



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