

# Rice



Rice is a healthful and budget-friendly grain. White and brown rice both provide many nutrients. Brown rice is a whole grain. It has more fiber, protein, and antioxidants than white rice.

## Getting Started

Each type of rice has a distinct texture and flavor. Choose one that fits your recipe or goes well with other foods you are serving.

- **Long-grain rice** is fluffy when cooked. It is great for salads, stuffing, and pilafs. Examples are basmati and Thai jasmine rice.
- **Medium-grain rice** is tender and sticky when cooked. It is great for risotto and paella. Examples are arborio, Carnaroli, and Valencia rice.
- **Short-grain rice** is soft and sticky when cooked. It is perfect for sushi. Examples are sushi rice and Calrose.

## Equipment

- Medium-size saucepan with lid
- Measuring cups
- Spoon
- Fork

When you choose a type of rice, also consider its cooking time. (This will be listed on the package.) Brown rice takes longer to cook than white rice, but it freezes well. Cook a double batch of brown rice and freeze half in a resealable plastic bag. Defrost the rice in the microwave for a quick and healthy meal.

## Steps for Cooking Rice on the Stove

1. Decide how many servings of rice you need. One-half (1/2) cup of cooked rice equals 1 serving. Read the directions on the package of rice for the amount of water you need and the cooking time.
2. Measure and combine the rice and water in a medium saucepan. Bring to a boil over high heat.

3. Reduce heat to medium-low, cover the saucepan, and simmer until the rice is tender.
4. Check the rice a few minutes before the end of the cooking time stated on the package. If all or most of the water is gone, taste the rice. It may be done or you might need to add a little more water to finish cooking.
5. Once the rice is cooked, turn off the heat and let the rice stand covered for at least 5 minutes. This allows the rice to soak up any remaining water.
6. Remove the cover from the saucepan and fluff the rice with a fork.
7. Serve the rice plain or add other ingredients, like 1 tablespoon butter or canola oil or vegetables like peas or chopped carrots, to make a flavorful meal.

**Note:** You can also use an electric rice cooker to make rice. For best results, follow the directions that come with the cooker.

### Recipe Ideas

For a simple, flavorful side dish, use vegetable, beef, fish, or chicken stock to cook the rice instead of water. Rice also makes a tasty addition to soups, stuffed peppers, and casseroles. Try the following recipes:

- **Mediterranean Brown Rice Salad:** Add  $\frac{1}{2}$  cup chopped fresh veggies, such as cucumber and red bell pepper, 1 tablespoon olive oil, and 1 tablespoon white balsamic vinegar to 2 cups cooked brown rice. Chill the salad for at least 30 minutes before serving.
- **Fruity Jasmine Rice:** Add 2 tablespoons dried cranberries, 2 tablespoons golden raisins,  $\frac{1}{4}$  cup chopped orange bell pepper, and 1 tablespoon orange juice to 2 cups cooked jasmine rice. Stir well before serving hot or chilled.
- **Mexican-Style Rice:** Add 4 tablespoons chopped onion,  $\frac{1}{2}$  cup chopped tomato, and 2 tablespoons chopped cilantro to 2 cups cooked long-grain rice.
- **Confetti Rice:** Add  $\frac{1}{4}$  cup cooked corn kernels,  $\frac{1}{4}$  cup chopped green or red bell pepper, 2 tablespoons chopped onion, and  $\frac{1}{8}$  teaspoon ground black pepper to 2 cups cooked white or brown rice.

