

Chef's Perfect Rice

Ingredients

1 cup of rice and 2 cups of water
2 cups of rice and 4 cups of water

Did You Know?

One half cup of cooked rice (white or brown) is one serving for an adult and contributes to the recommended total of 6-11 servings of starch/grain per day.

White and brown rice may contain about the same number of calories per serving; however, the body uses more calories to digest and absorb the additional nutrients in the unprocessed brown rice. At the end of the meal, you will have less calories to use or store if you eat whole grain brown rice than if you eat processed white rice.

Directions

- ✦ Soak rice in water for a minimum of 4 hours or overnight in the refrigerator.
- ✦ Rinse rice and drain.
- ✦ For each cup of rice, put 2 cups of water to boil.
- ✦ When boiling, add rice and stir. Return to boil.
- ✦ As soon as the water boils again, reduce the heat to very low.
- ✦ **Brown rice:** Cook for 45 minutes.
- ✦ **White rice:** Cook for 20 minutes.
- ✦ Without taking the cover off, remove from heat for 5 minutes.
- ✦ Fluff with fork.