



# RICE

*(Long grain white rice)*

## INGREDIENTS

- 2 cups long grain white rice
- Pinch of salt
- 3.5 cups of low-sodium chicken stock or water

## MICROWAVE

- Place rice and cooking liquid in a large microwave-safe bowl. Rice doubles in size during cooking so choose a container large enough to accommodate final product.
- Microwave uncovered on HIGH setting (100%) for 10 minutes. Then microwave uncovered on medium-low setting for 15 minutes. Do not stir rice at any time during cooking.
- Remove from microwave. Cover and let rest for 5 minutes. Remove cover and if any liquid remains, pour it out. Season with salt and fluff with a fork before serving,

## PROCEDURE: STOVETOP

01

Place your rice in a fine mesh strainer and rinse under cold water until the water runs clear — about 20 seconds.

02

For most types of rice, you'll always use a ratio of 1 cup rice to 2 cups water. Feel free to swap the water with low-sodium chicken or vegetable broth for more flavor. Bring the cooking liquid to a boil and stir in rice and a pinch of salt.

03

After adding the rice, the temperature of your water will drop significantly, and it'll stop boiling. Let it come back to a gentle simmer. Cover the saucepan and reduce heat to low.

04

Taste it — let the rice be your indicator for doneness, not the water. If it's chewy, or hard in the center, cook it a little longer. You don't want the rice grains to be mushy either. If there's a little water leftover, it's totally fine! Just tilt the saucepan slightly to drain it out.

05

Turn off the heat, replace the lid, and let it rest for 5 minutes in the steamy saucepan. Use a fork and fluff the rice. It's now ready to serve!

