



ALTERNATIVE COOKING METHODS

STOVETOP

1. In a heavy bottomed saucepan bring water or broth and rice to a full boil. (It is important to accurately measure liquids and the rice as directed on the package.) Stir. You can also add salt and butter (optional).
2. Cover with a tight fitting lid, immediately reduce heat to low simmer, and cook for the stated time on the package. (Do not lift the lid to peek! Do not stir the rice while cooking! Just let it simmer...)
3. When time's up remove from heat (with the lid still on!) and let the rice steam for 10 minutes. Now you can take the lid off and check the rice. Using a wooden spoon, look down to the bottom of the saucepan. If all the water is absorbed and the rice is tender, fluff with a fork and serve. If you see liquid, cover and cook a few minutes longer.
4. If the rice is crunchy or you prefer more tender rice, add 1-2 tablespoons more liquid and cook a few minutes longer.
5. If the rice is too soft or mushy, or if you prefer al dente rice, try reducing the amount of water by 1-2 tablespoons and cook as usual

PASTA COOKING METHOD

If you live at a high altitude, want to cook a small amount of rice, or have trouble getting the texture you like using the traditional cooking method, try the Pasta Method.

1. Measure rice and rinse well with running water. Drain.
2. Fill a large pot with water and bring to boiling.
3. Pour in rinsed rice and begin timing.
4. Check the rice toward the end of the cooking time and test for tenderness.
5. When the texture is to your liking, remove from heat and drain the water off, catching the cooked rice in a fine sieve.
6. Drain well and return to cooking pot, cover and let steam for 5-7 minutes.
7. Fluff with a fork and serve.

MICROWAVE OVEN

Wattages vary in microwave ovens. The times listed are suggestions; you may need to adjust for your MW oven. Try reducing the power setting if you have boil overs, esp. if you have a high wattage MW oven.

1. Use a 4 quart deep microwave baking dish, with a lid or MW safe plastic wrap.
2. In MW dish combine rice and water according to package directions. Stir.
3. For White Rice: Cover and cook on HIGH (full power) 3-4 minutes or until boiling. Reduce setting to MEDIUM (50% power) and cook 15 minutes. Let steam, covered, 5 minutes.
4. For Brown Rice: Cover and cook on HIGH (full power) 3-4 minutes or until boiling. Reduce setting to LOW-MEDIUM (40% power) and cook 37-40 minutes. Let steam, covered, 5 minutes.
5. The dish will be hot! Carefully uncover dish to allow steam to escape.
6. Fluff with fork and serve.

CONVENTIONAL OVEN

Cooking rice in the oven while the rest of the dinner is baking is a good use of energy.

1. Preheat oven to 350°F.
2. Measure out rice according to package directions and place in an oven proof baking pan.
3. Measure out cold water or broth according to package directions; place in a sauce pan, cover, and bring to boiling. Pour into baking dish with rice. Stir and cover tightly. Place in oven on the middle rack.
4. For White Rice: Cook 25 minutes; let steam 5 minutes.
5. For Brown Rice: Cook 60 minutes; let steam 5 minutes.
6. Fluff with a fork and serve.

RICE COOKER

Rice cookers offer “set it and forget it” convenience. Follow the directions that come with your rice cooker for the rice to water ratio. The rice cooker sensor will turn it off automatically when all the water is absorbed. Let steam with the lid on for 10 minutes. Fluff with a fork and serve.