

HOW TO COOK RICE

ARBORIO RICE: Primarily used in Risotto dishes. Spring: add baby veggies; Summer: add tomato and basil; Fall: add wild mushroom; Winter: add seafood.

Do not rinse.

Saute 1 cup of rice in 2 tablespoons of olive oil for 2 minutes.

Add 3-4 cups hot stock or liquid, 1 cup at a time, stirring until each cup is absorbed and rice is tender.

1 cup dry = 2 cups cooked

BASMATI RICE, BROWN: All purpose; has a rich, nutty flavor. Good in lentil dishes, casseroles, stir fry, fresh mushroom and vegetable soups.

Rinse well.

Bring 2 ¼ cups of unsalted water to a boil.

Add 1 cup of rice.

Cover and simmer 40 minutes.

Let stand 5 minutes, then fluff with fork.

1 cup dry = 3 cups cooked

BASMATI RICE, WHITE: Use the same as long grain white rice. Nutty flavor and firm texture go well with spicy curries and stir fry. Good choice for soups and stews.

Rinse well.

Bring 1 ¾ cups salted water to a boil.

Add 1 cup of rice and boil for 2 minutes.

Simmer 20-25 minutes.

Let stand 5 minutes, then fluff with fork.

1 cup dry = 3 cups cooked

BROWN RICE, LONG OR SHORTGRAIN: Use in creamy rice dishes and stuffings, as a substitute for arborio or mochi rice. Use to make confections, crackers and rice molds. Especially good for rice puddings due to its starchy consistency.

Do not rinse.

Bring 2 cups of water to a boil.

Add 1 cup of rice and boil for 5 minutes.

Cover and simmer 35-40 minutes.

Fluff with fork.

1 cup dry = 2 cups cooked

CHINA BLACK RICE: Shiny indigo color when cooked. Use alone or mix with white rice in stuffings, desserts, rice molds, pudding and rice balls.

Rinse well.

Bring 2 cups of unsalted water to a boil.

Add 1 cup of rice.

Cover and simmer for 25 minutes.

Remove from heat and let stand for 10 minutes.

1 cup dry = 2 ¼ cups cooked

HIMALAYAN RED RICE: Firm and hearty texture make it perfect for rice salads and rice pilaf dishes. Goes well with steamed veggies, grilled fish and light meats.

Rinse well.

Bring 2 cups of water and ¼ tsp of salt to a boil.

Add 1 cup of rice.

Simmer, covered for 35 minutes.

1 cup dry = 3 cups cooked

JASMINE RICE: Excellent served with spicy dishes. Used in Thai recipes.

Do not rinse.

Boil 1 ¾ cups of water in a large pot.

Add 1 cup of rice.

Boil 2 minutes, cover then simmer for 18 minutes.

Let stand 5 minutes.

Fluff with fork.

1 cup dry = 3 cups cooked

WHITE SUSHI RICE: Use for sushi with vinegar and water. Use as a dessert in puddings and custard molds.

Rinse.

Boil 2 cups of water.

Add 1 cup of rice.

Cover and simmer 15 minutes.

1 cup dry = 3 cups cooked

WILD RICE: Chewy, nutty flavor. Serve with venison or pheasant. Add mushrooms in soups and pilafs. Add cranberries.

Rinse in warm water.

Boil 4 cups of water.

Add 1 cup of rice.

Simmer 45-60 minutes.

1 cup dry = 4 cups cooked

WILD RICE BLEND: Excellent for rice pilaf.

Rinse.

Boil 2 cups of water.

Add 1 cup rice.

Cover and simmer for 15 minutes.

Remove from heat; do not uncover.

Let stand 10 minutes.

Fluff with fork.

1 cup dry = 2 cups cooked