



How to Make Perfect Brown Rice (Every Time)

Rinse. Boil. Steam.

Ingredients:

1 cup long grain brown rice
8 cups water

Prep time: 5 minutes

Cook Time: 50
minutes

Makes 8, ½ cup
servings

Directions:

1. Place a large pot with water over high heat. Bring to a boil.
2. Place the rice in a bowl and cover with cold water, stir it around with your hand. Pour off the water. Repeat until the water is clear, 2 rinses should be enough.
3. When water is boiling, add the rinsed rice. Reduce heat to medium and vent the lid, cooking for 30 minutes. Keep your eye on it so it doesn't over boil.
4. Drain the rice in a colander, place drained rice back in the pot and place the lid on tight. Let it sit and steam itself on a cool burner for 15 minutes. Fluff with a fork to serve!

Tips:

- Skip the cooking directions on the back of the rice package and follow these directions.
- Keep the boiling water and use to make a meat or vegetable broth for soups. You lose a small amount of vitamins by pouring off the cooking liquid.
- For a richer flavor, add the rinsed rice to a hot skillet and stir around until it is dry and smells toasty.
- The water measurement does not have to be exact, like cooking pasta.

Recipe source: www.saveur.com