



## How to Microwave Cook White Rice

### Rinse. Drain. Steam.

#### Ingredients:

1 1/2 cups raw white rice  
2 1/4 cups water  
3-quart microwave safe bowl and lid

Prep time: 2 minutes

Cook Time: 25  
minutes

Makes 3 cups, cooked  
6, 1/2 cup servings

#### Directions:

1. 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.
2. Add rinsed rice and water to a large microwave safe bowl with the lid slightly vented.
3. Microwave on high power for 5 minutes (or until the water boils).
4. Reduce the cooking power to 50 or 60% and microwave for another 15 minutes.
5. Let it rest in the microwave with the lid on for 5 minutes.
6. Fluff with a fork and serve!

#### Tips:

- This recipe is for raw rice, not “quick cooking” rice. If you are not sure if the rice is raw, check the ingredients for “parboiled” which means the rice has been pre-cooked.
- For most microwave brands, this is how you change the cooking power: Tap Cook Time, enter the time you need, press Power Level and choose the power you need. This can be a percent or levels, like 1-10.
- Not all microwaves are equal in power. Pay attention the first time you make this recipe and adjust time as needed.