

COOKING SCHOOL SERIES: RICE 101

Rice is one of the oldest cereal grains in the world, and people have grown it for at least 5,000 years. It is a staple food for more than half of the world's population.

TYPES OF RICE:



SUSHI RICE

This short-grain rice had been developed to absorb water during cooking, producing a sticky rice that is perfect for moulding and shaping.

ARBORIO RICE

This pearl-like Italian rice retains its natural starch during cooking, which results in a creamy consistency that's perfect for a risotto.



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JASMINE RICE

Ideal to pair with the cuisine of southeast Asia, from where this rice originates. The fragrant long grains are ideal for making fried rice. It is slightly sticky but still fluffy when cooked.

BASMATI RICE

Originating in the Indian subcontinent, the long slender grains of the white and brown varieties have a distinctively fragrant aroma and make the perfect partner for Indian curries.



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BROWN RICE

The nutty flavor and firm texture of brown rice is because of the fiber-rich bran layer. This layer is removed during milling for white rice. It can be used as a healthier alternative to white rice but takes longer to cook.

MEDIUM- AND LONG-GRAIN WHITE RICE

Medium- and long-grain rice varieties are suitable to use in various dishes. Long-grain rice is perfect for salads, while medium-grain rice is great for bakes or casseroles.



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COOKING METHODS

ABSORPTION METHOD

The absorption method is probably the best way to cook great tasting rice. This method steams the rice for perfect results every time.

Rinse 1 cup of rice thoroughly with cold running water, then place into a saucepan with 1 ½ cups cold water. Bring to the boil, reduce heat to low and simmer, covered for 15 minutes. Turn off the heat and allow to stand for 5 minutes. Fluff with a fork and serve.

BOILING METHOD

In a saucepan bring 4 cups of water to the boil. Add 1 cup of rinsed rice and boil uncovered for 12-14 minutes or until tender. Drain and serve.

Although this method is the easiest, the rice is not as fluffy as when cooking with the absorption method. Brown rice needs to be cooked for 25 minutes, or until tender.

MICROWAVING

Place 1 cup of rinsed rice and 1 ½ cup cold water into a large, microwave safe bowl. Cover and cook on high for 12 minutes, or until tender. For a larger quantity of rice, cook 2 cups of rice with 3 cups of water for 14 minutes.

Cooking times may vary depending on the microwave, so refer to the appliance instructions for further cooking guidelines.

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TIPS & FACTS

WASHING

RICE

Rinse cooked rice with cold water to remove any remaining starch, so grains don't stick together.

SUSHI RICE

Wash sushi rice very well before cooking. Once cooked and seasoned, spread it over a tray lined with baking paper to dry before shaping.

ARBORIO RICE

Arborio rice should never be rinsed. It needs to starch to produce a creamy risotto.



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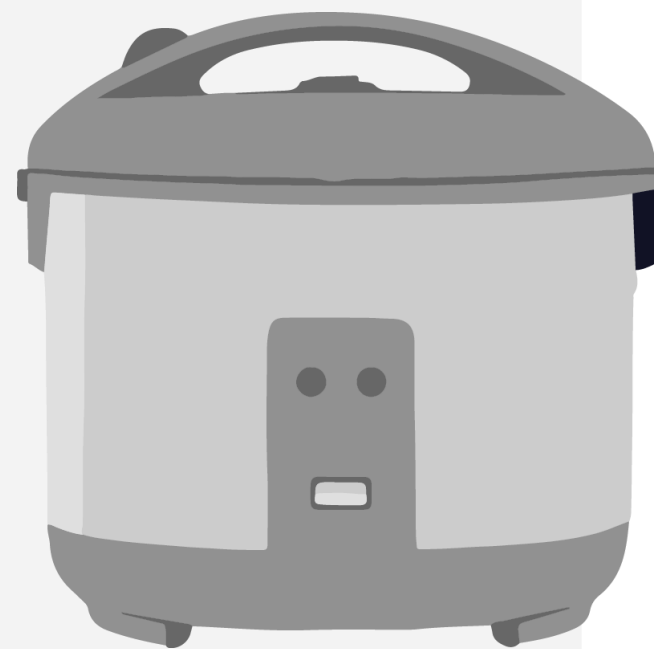
RICE

EQUIPMENT

A heavy-based saucepan with a tight-fitting lid is best.

PREPARATION

For a perfect rice, use 1 cup rice to 1 ½ cups cold water.
Fried rice is best when made with chilled one-day old rice.



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RICE

STORAGE

Store raw rice in an airtight container in cool, dark cupboard. It can last up to 1 year.

HEALTH FACTORS

Basmati rice is low in GI, which means it releases energy slowly, and is a better choice for maintaining stable energy levels. Rice is naturally gluten-free.

