

## Cooking information

Most grains these days are cleaned at the processor, but you may still want to rinse them. Most white or enriched rices don't need to be washed, while sushi rice should be washed until the water runs clear. You can also cook rice in a large pot of boiling water, like pasta.

1. Pick over the rice to remove any pebbles, twigs, or dirt.  
Put the rice in a bowl or pot and cover with cool water, massage gently, then pour off any chaff or floating grains.
2. Add the indicated amount of water for the rice you are cooking. You can also boil the water first and add the rice, for a firmer end result. Return to a boil, reduce heat to low, and cover tightly. Cook for the indicated amount of time, don't uncover or stir.
3. Check the rice by uncovering and tipping the pot to see if all the water is absorbed. If not, cover and cook for a few more minutes. When all is absorbed, let stand, covered, off the heat, for at least five minutes.

### COOKING TIMES & YIELDS

Rice (one cup)	Water (cups)	Time (minutes)	Yield (cups)
White Basmati	1¾	15	3
Brown Basmati	2	30–45	3
Brown	2½	30–45	3
White (enriched)	2	15	3
Wild	2½	45	3

### NUTRITIONAL INFO

Rice	Cal.	Carb.	Fat	Fiber	Protein
White Basmati	103	23.8	0.0	0.2	2.0
Brown Basmati	102	21.4	0.5	1.6	3.0
Brown	116	24.8	0.8	2.3	2.5
White (enriched)	113	25.6	0.3	0.1	2.0
Wild	92	18.9	0.2	2.6	3.6

Information for one half-cup of cooked rice.  
Calories, carbohydrates, fat, fiber and protein measured in grams.

## Provided by your food co-op

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## ALL ABOUT

# Rice



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# Rice

is one of the most versatile grains. Rice is often teamed with legumes, and used in everything from soup to desserts. In Southeast Asia, rice is used in soups, curries and vegetable dishes. Rice pilafs are well known in Middle Eastern cuisine, and in the Mediterranean, rice goes into classic dishes such as stuffed grape leaves, risottos and paellas.

There are hundreds of varieties of rice grown around the world. In general, all rice falls into the categories of long-grain or medium/short grain. Longer grain rice contains a larger amount of a firmer, more absorbent starch called amylose, and requires more water to cook than short grain rice, which has more sticky amylopectin starch. All rice starts out as brown or whole rice, but most is polished to remove the bran layer. In many recipes that traditionally call for white rice, whole rice can be used, as long as you adjust the cooking time.

**Basmati rice** is an aromatic, creamy white, long-grain rice grown in the Himalayan foothills of India and Pakistan, and more recently, in California. The preferred rice for Indian cooking, its special fragrance and nutty flavor is delicious in Western dishes as well. Texmati, or brown basmati rice, is a cross between long-grain brown rice and basmati rice.

**Brown rice** is more nutritious than polished white rice, supplying more fiber, B-vitamins, calcium, phosphorus, iron, vitamin E, protein and linoleic acid. When cooked, the plump, rounded kernels of short and medium-grain brown rice are soft, moist and slightly sticky. This tendency to cling makes short or medium-grain rice an appropriate choice for croquettes, rice puddings, molded rice rings and sushi.

**Enriched white rice** is sprayed with a solution of vitamins after milling then coated with protein powder. This replaces a few selected nutrients, but polished rice still comes up short when compared to whole grain brown rice.

**Japonica** is a variety of rice originating in Japan, characterized by a short grain and a

sticky texture. Whole black Japonica and brown Japonica are close relatives to sushi rice, a polished Japonica rice. When sushi rice is properly cooked, it retains its shape while becoming sticky enough to mold into sushi.

**Long-grain rice** has long, tapered kernels that cook up separate, light, and fluffy, and work well in pilafs, paellas, stuffings, salads, casseroles and fried rice.

**Refined white rice** is rice that has been dehulled, refined (the bran and germ removed) and “polished” to a smooth sheen.

**Risotto rice** is usually one of these varieties: Arborio, Carnaroli, Vialone Nano or Baldo. These rices are polished to free the starches that thicken the broth in a traditional creamy risotto. Risotto rices are similar to sushi rices in their starch composition. Risotto is often made with whole rice and other whole grains.

**Sweet rice**, also called glutinous rice, has a high starch content that makes it very sticky when cooked. It is not an everyday table rice. Traditionally it is served at weddings and New Year's celebrations, and



used in a variety of sweets and snacks, including dumplings, molded rice puddings, and the chewy Japanese rice cake called mochi. Sweet rice can also be used in soups.

**Wehani rice**, a product of Lundberg Farms in California, was developed from seed that came originally from India. Its huge amber grains are similar to wild rice in texture, to brown rice in flavor, and smell much like popcorn when cooking.

**Wild rice** is dark brown, slender, and even longer than long-grain rice. Wild rice isn't a rice at all, but the seed of an aquatic grass related more closely to corn than to rice. Minnesota, Wisconsin, Michigan, California and the Rocky Mountain regions all produce wild rice. Much of the rice is now grown in paddies and harvested by machine. Most of Minnesota's crop grows wild in northern lakes and is harvested by Native Americans using traditional hand harvesting methods.

Wild rice is substantially more nutritious. It has twice the protein, four times as much phosphorus, eight times as much thiamin, and twenty times as much riboflavin as other rice varieties.

Its nutty, earthy flavor complements game and fowl. Mix wild rice with brown rice or white rice for pilafs and cold salads, and add it to soups or stuffings.

## STORAGE TIPS

To keep rice indefinitely, store uncooked rice in an airtight container in a cool, dry place. Before cooking, pick over rice and remove pebbles, bits of chaff, and other foreign objects.