

All You Need to Know About Cooking Rice



Rice is one of the most commonly eaten grains. Over half of the world's population relies on rice as a staple food. Rice is cooked by boiling or steaming and absorbs water while cooking. There are many different kinds of rice, but American's eat mostly long grain rice.

Types of Rice

Brown Rice is a whole grain that has a mild nutty flavor. It is chewier and more nutritious than white rice. It is a good source of fiber and many B vitamins.

White Rice is the name given to milled rice that has had its husk, bran, and germ removed. White rice is usually enriched with vitamins, but does not have as much fiber as brown rice.

Converted Rice is rice that has gone through a steam-pressure process before milling, producing extra fluffy and more separate looking rice.

Instant Rice is white or brown rice that has been completely cooked and dehydrated after milling. This process reduces the time it takes to cook the rice. This type of rice usually costs more than regular rice.

Long Grain Rice has a long, slender kernel. When cooked, the grains are separate, light, and fluffy.

Medium and Short Grain Rice tends to be stickier and works well when using chopsticks.

Wild Rice is a combination of four different rice varieties. It has its own unique texture and flavor. It is high in protein and fiber and low in fat.

Why should I use rice?

- Rice is a versatile food that can be used in combination with other foods to add bulk, nutrition, and flavor to meals. It can also be served as a side dish.
- Eating rice is a low-cost, affordable way to feed an entire family.
- Rice does not require expensive, complicated cookware. A sauce pan with a lid is all you need.
- Rice is easy to prepare. Please see the back of this page for ideas and recipes using rice.

Know how. Know now.

Basics of Cooking Rice

1. Combine 1 cup rice, liquid (see chart below), 1 teaspoon salt (optional), and 1 tablespoon butter or margarine (optional) in a 2 to 3-quart saucepan.
2. Heat to boiling; stir once or twice as it begins to boil. Lower heat to a simmer; cover with a tight-fitting lid.
3. Cook according to time specified on chart. If rice is not quite tender or liquid is not absorbed, replace lid and cook 2 to 4 minutes longer. Stir and serve.

*As a general rule, 1 cup of uncooked rice will equal about 3 cups of cooked rice.

*When cooking rice, cook a little extra to use later in the week. Leftover rice can be used to make fried rice or chicken rice casserole.

1 Cup Uncooked Rice	Liquid	Cooking Time
Long grain rice	1¾ to 2 cups	15 minutes
Medium or short grain rice	1½ cups	15 minutes
Brown rice	2 to 2½ cups	45 to 50 minutes
Converted rice	2 to 2½ cups	20 to 25 minutes
Instant rice	Follow package directions	
Flavored or seasoned mixes	Follow package directions	

Chicken Rice Casserole

Makes 6 servings

2 cups cooked chicken, diced	1 cup green peas or mixed vegetables
2 cups rice, cooked	salt, to taste
1 (10.75 ounce) can cream of chicken soup	pepper, to taste
⅔ cup low-fat milk	½ cup Cheddar cheese, shredded

1. Preheat oven to 350°F. Spray a 2-quart baking dish with non-stick cooking spray. Set aside.
2. In a large bowl, mix all ingredients except cheese.
3. Pour into prepared baking dish and sprinkle with cheese.
4. Bake for 30 minutes.

Nutrition Information per Serving: Calories 460, Total Fat 12 g (19% DV), Saturated Fat 5 g (26% DV), Cholesterol 60 mg (20% DV), Sodium 600 mg (25% DV), Total Carbohydrate 60 g (20% DV), Dietary Fiber 2 g (8% DV), Sugars 2 g, Protein 25 g, Vitamin A 20%, Vitamin C 8%, Calcium 20%, Iron 20%.

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