



RESCUING FOOD • NOURISHING COMMUNITIES

FOOD CARD

RICE



AVAILABLE

White short grain or medium grain rice: is 'sticky' and best for risotto and sushi.

White long grain (basmati or jasmine). All purpose.

Brown rice: takes longer to cook, has a nuttier taste and is chewier than white rice.

STORE

Uncooked: in a cool dry place (in a sealed container).

Cooked: in the fridge. Use within 48 hours. Reheat well.

EAT

Cooked.

PREPARE

Wash well. In a sieve. Under running water.

COOK

Boil: (Absorption method): Put 1 cup rice, 2 cups water and 1tsp salt into a pot. Bring to the boil, stirring regularly. Cover. Simmer on lowest possible setting for: 15 minutes (white rice).

Do not remove lid while rice is cooking.

Microwave: White rice: Put 1 cup of rice into a microwave safe bowl with 1tsp salt and 1tsp of vegetable oil or butter. Add 2 cups of boiling water and stir. Cover and microwave on High. 12 minutes.

Brown rice: Will take approximately twice the cooking time of white rice with both methods.

Once cooked, let the rice stand for 5 minutes, covered. Fluff the rice with a fork before serving.

AVOID WASTE

Use leftover rice in rice pudding, rice salad, vegetable fried rice or stuffed capsicums/marrow.

Freeze: Can be frozen for 3 months.

TASTY IDEAS

- Serve rice with stir-fries, curries and stews.
- Use cold cooked rice to make rice salad or sushi.
- Make risotto or paella.
- Make rice pudding.
- Make breakfast rice pudding. Add 1tsp cinnamon, a pinch nutmeg, milk/cream and some dried fruit to cold rice.