

Basic Rice



By following this recipe carefully, you can rely on getting the perfect rice every time.

PREP. TIME	2 mins
COOKING TIME	12 mins
SERVES	2
INGREDIENTS	
1 cup of long grain rice (Basmati and Jasmine)	
1 ½ cups of water	
EQUIPMENT	
Medium sized heavy bottomed saucepan with lid	

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Method

1. In a saucepan combine, 1 1/2 cups of water with 1 cup of rice.
2. Bring to the boil on high heat.
3. As soon as the water is boiling, lower the heat to a simmer and cover with the lid.
4. Cook at a gentle simmer until the water is completely absorbed and the rice is tender. This will take approximately 12 minutes. It is a good idea to set a timer on your phone so that you know when to check the rice. You will notice small air holes appear in the rice when it is ready.
5. Remove the pot from the heat and let it sit, undisturbed with the lid on, for at least 5 minutes.
6. Remove the lid, fluff the rice gently with a fork and serve.

Tips

If you are cooking for more people, simply double the quantity of rice and water.

Avoid lifting the lid to stir and check the rice. The absorption method works best if the rice is left undisturbed.





Brown rice is a more nutritious rice as it still has the bran and germ covering the grain. Brown rice has a chewy, nutty texture and plenty of nutrients. Cook brown rice in the same way using 2 cups of water instead of 1 ½ cups, but be aware that it will take longer for the grains to absorb the water.

