

# Two ways to cook perfect white and brown rice

Serves 2 – White Rice



## Ingredients

150g dry weight

White Rice, Basmati or long grain white

## How to make this recipe

- Cover the rice in cold water and soak for at least 20 minutes and for as long as 5 hours.
- Sieve the rice and then put it in a medium sized sauce pan (plus a pinch of salt, optional)
- Pour boiling water into the pan of rice, until it is about half full and bring to a vigorous boil.
- Cook for 4-5minutes, tasting with a fork to see if it is ready, it should be soft, but still firm to the bite. Sieve and serve hot, or cold (depending on your requirement).



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## Ingredients

150g dry weight

Brown rice

## How to make this recipe

- Add the rice to a large pan along with one chicken or vegetable stock cube.
- Half fill the pan of rice with water and bring it to a vigorous boil.
- Cook the rice for 20 to 30 minutes (cooking times with brown rice can vary!). Taste the rice after 20 minutes; you will know the rice is ready when it is soft, but still firm to the bite. When the rice is cooked, sieve and serve hot, or cold (depending on your requirement).



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