

Grain Cooking Chart

Cooking Rice

- 1. Rinse: Before you cook grains, rinse them thoroughly in cold water until the water runs clear. Strain to remove and dirt or debris.
- 2. Soaking brown rice will reduce the cooking time.
- 3. Bring water to a boil. Stir in the grain. Cover tightly and reduce the heat to low. Cooking times are approximate. Simmer until liquid is absorbed and a "popping" sound is heard. Resist the urge to lift the lid or to stir as this disrupts the cooking process. Fluff rice before serving- remove from heat and gently lift and separate grains with a fork. Re-cover and allow to sit 5-10 more minutes before serving.
- 4. Arborio rice is the exception. Arborio rice needs to be stirred constantly.

Rice Cooking Chart

1 Cup dry Grain	Water (lightly salted)	Cooking Method	Cooking Time	Approx. Yield
Arborio rice	2 1/2 cups	Stir continually	30 min.	2-2 1/2 cups
Basmati, brown	2 cups	Simmer	25-45 min. until popping is heard	3 1/2 cups
Basmati, white	1 3/4 cups	Simmer	15-35 min. until popping is heard	3 1/2 cups
Brown rice, long grain	2 cups	Simmer	35-45 min. until popping is heard	3 1/2 cups
Brown rice, short grain	2 cups	Simmer	35-45 min. until popping is heard	3 3/4 cups
Forbidden rice	1 3/4 cups	Simmer	30 min. until popping + 5-8 min standing time	2 3/4 cups
Golden Rose Rice	2 cups	Simmer	30-45 min. until popping is heard	2 1/2 cups
Jasmine rice	1 1/2 cups	Simmer	15 min. until popping + 10 min standing time	2 cups
Lundberg Old World Pilaf	2 1/2 cups	Simmer	50 min. until popping is heard	3 1/2 cups
Sushi rice	2 cups	Simmer	15-35 min. until popping is heard	2 cups
Sweet rice	2 cups	Simmer	25-40 min. until popping is heard	2 cups
White rice	2 cups	Simmer	15-35 min. until popping is heard	2 1/2 cups

Cooking Directions for Grains and Rice

Cooking Methods Explained

Simmer: Bring liquid to a boil. Stir in the grain. Cover tightly and reduce the heat to low. Cook until liquid is absorbed, and grain is tender to the bite. Resist the urge to lift the lid or to stir as this disrupts the cooking process and may result in a mushy product. Fluff before serving- remove from heat and gently lift and separate grains with a fork. Re-cover and allow to sit 5-10 more minutes before serving.

Cook: Combine cold water and grain. Bring to a boil, stirring constantly, over high heat. Reduce temperature to low, cover, and cook to desired thickness.

Steep: Pour boiling liquid over the grain. Cover and let stand until grain is tender to the bite.

Grain Cooking Tips

- **Rinse:** Before you cook grains, rinse them thoroughly in cold water until the water runs clear. Strain to remove dirt or debris.
- Soaking whole grains, oat groats, and brown rice in the liquid overnight in the refrigerator will reduce the cooking time.
- Cooking times are approximate. Length of time stored can cause fluctuations in the time needed to cook a grain. Always check for doneness 5 minutes before the shortest cooking time in the range, and be prepared to cook it longer than the longest time specified