

Rice



Over half the people in the world eat rice daily. It is a low-cost, low-fat source of carbohydrates, vitamins and minerals. Rice is easy to store and always ready to use. It can be served hot or cold, in main dishes, as a side dish, or in desserts.

Once opened, uncooked rice should be stored in an airtight container. White rice can be kept on a shelf. Brown rice should be stored in the refrigerator or freezer.

Cooked rice may be stored in an airtight container in the refrigerator for up to one week or in the freezer for up to six months.

1 cup uncooked "instant" rice = 1 to 2 cups cooked rice
1 cup uncooked "white" (commodity), "converted," or brown rice = 3 to 4 cups cooked rice

How to Cook Rice

Do not wash rice before cooking. Packaged rice is clean.

Use only the amount of water that the rice will absorb during cooking. Use a pan with a tight-fitting lid.

Do not rinse rice after cooking.

Bring water, stock, or consommé to a rolling boil:
2 cups for white or converted rice
2½ cups for brown rice

Add ¾ teaspoon salt (optional) and
1 tablespoon margarine or oil (optional) to keep rice from sticking

Slowly stir in 1 cup of rice.

For white or converted rice:

Bring back to a rolling boil. Cover with a tight lid and turn off the burner.
Leave the pan on the burner for 15 to 20 minutes as it cools.

For brown rice:

Cover and cook over low heat for 40 to 50 minutes.
Check occasionally and fluff with a fork. If the rice becomes too dry,
add ¼ cup or more of boiling water.

To Reheat Rice

Steam rice in a colander or sieve over boiling water – OR -- add 2 tablespoons water for each cup of cooked rice and reheat in a covered pan over low heat, in the oven, or in a microwave oven.

While rice is heating, occasionally stir it gently with a fork.

Chili Rice

(makes 6 servings)

1 tablespoon oil
1 cup chopped onion
1 cup diced green pepper
1 clove garlic, crushed
3 cups cooked rice
1 can (16 oz) crushed tomatoes
1½ tablespoons chili powder

Heat oil in large skillet. Add onions, green peppers, and garlic. Cook until tender. Stir in rice, tomatoes, and chili powder. Heat thoroughly. Simmer gently if necessary to reduce liquid.

Red Beans and Rice

(makes 6 servings)

2 tablespoons oil
½ cup chopped onion
½ cup chopped celery
1 clove garlic, crushed
1 can (16 oz) kidney beans, drained
2 cups cooked rice
1 tablespoon chopped parsley
¼ teaspoon salt
⅛ teaspoon pepper

Heat oil. Add onion, celery, and garlic. Cook until tender. Add rice, parsley, salt, and pepper. Simmer for 5 minutes to blend flavors.

Rice Pudding

(makes 6 servings)

3 cups cooked rice
3 cups reconstituted nonfat dry milk
½ cup sugar or ¼ cup honey
¼ teaspoon salt
2 tablespoons butter or margarine
1 teaspoon vanilla

Combine rice, milk, sugar, salt, and butter. Cook over medium heat for 25 to 30 minutes until thickened, stirring often. Add vanilla. Pour into serving dish. Serve hot or cold.

Porcupine Meatballs

(makes 4 servings)

1 pound ground beef
½ cup uncooked white rice
¼ cup finely chopped onion
½ teaspoon salt
⅛ teaspoon pepper
¼ cup water
1 can (8 oz) tomato sauce
½ cup water
2 tablespoons Worcestershire sauce
½ cup chopped onion or green pepper

Combine ground beef, rice, onion, salt, pepper and ¼ cup water. Shape mixture into meatballs about 1½ inches in diameter. Place meatballs in large skillet. Fry until browned. Drain excess fat.

Mix tomato sauce, ½ cup water, Worcestershire sauce, and chopped onion or green pepper. Pour over meatballs. Heat to near boiling.

Cover skillet and cook slowly about 1 hour until rice expands and sticks out of the meatballs like porcupine quills.

Rice Pancakes

(makes about 14 pancakes)

1½ cups flour
1 teaspoon salt
3 tablespoons sugar
1¾ teaspoons baking powder
1 or 2 eggs
3 tablespoons melted butter or margarine
1¼ to 1½ cups milk
½ to ¾ cup cold cooked rice

Combine flour, salt, sugar and baking powder. Stir in eggs, butter, and milk. Mix well. Add rice.

Fry in a lightly greased skillet until golden brown.

This information is provided by the Expanded Food and Nutrition Education Program, a free program teaching limited-income families economical ways to buy and prepare nutritious food. For more information, please write or call: EFNEP, 5880 Glenwood, Boise, ID 83714, 208-376-1036.

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