

White Rice Recipes

Preface to the White Rice Recipes

Ordinary white rice should be one of the primary emergency foods every family has stored in their home. Normal commerce could be easily and unexpectedly disrupted by hurricanes, tornadoes, floods, snow, ice, or a man-made disaster. In situations like these, your family may need to survive for days (or weeks) on the food you had the wisdom to purchase and store **BEFORE** the unexpected event occurred.

A basic emergency food storage plan should be simple and economical. It should include:

1. foods you eat on a regular basis,
2. foods that have a long shelf life, and
3. foods which can become part of a balanced and nutritious meal.

Ordinary white rice meets these requirements and therefore it should be included in every family's emergency food supplies. White rice goes well as a side dish with almost any meal (including wild game and fresh fish). White rice is normally enriched with several vitamins and it is a complex carbohydrate which is something the human body needs.



White rice is extremely cheap when compared to other foods. A ten-pound bag of white rice can be purchased at many grocery stores for about three-dollars (or a twenty-pound bag for about six-dollars). At approximately 30-cents per pound you are buying 1,500 calories per pound or 15,000 calories per ten-pound bag. That is a true bargain. And white rice has a **minimum** shelf life of at least twenty-years if stored in a cool, dry area that is kept between 40 to 70 degrees year round. (Note: Brown rice has a shelf life of six-months or less.)

In a survival situation, a ten-pound bag of white rice would feed one person for about 75 days if the person ate one-cup of cooked rice per day (equal to 1/3 cup uncooked rice). This would be approximately 200 calories per day from rice. A recommended one-year food supply of white rice for one person would be between 50 to 60 pounds of white rice at a cost of about \$15 to \$18. Obviously other foods would also need to be eaten, but the white rice could serve as an inexpensive part of the daily menu.

However, it should be noted that white rice has two **disadvantages** in a survival situation:

1. White rice needs to be prepared with fresh clean water. Therefore, each family **MUST** determine how they are going to address the water issue. Additional information about water can be found by clicking on the following link: [How to Find Water and Make It Safe to Drink](#)
2. White rice has a tendency to become very unexciting after it has been eaten on a regular basis for an extended period of time.

The purpose of the following recipes is to provide some relief to the problem of dietary boredom or appetite fatigue. There are a vast multitude of recipes which use white rice as a primary ingredient. Unfortunately, most of those recipes require an assortment of herbs, spices, and many other ingredients that most of us don't have in our kitchen pantries. The recipes listed below are unique in that respect. Most of the following white rice recipes only require a few ingredients, and many of those ingredients are ones that most of us already have in our kitchen pantries.

White Rice

1 cup **uncooked** dry rice = 3 cups **cooked** rice.

Measure the white rice. Do NOT rinse the rice. Boil the rice in twice the volume of water with a pinch of salt. Trickle the white rice into the water so the water doesn't stop boiling. Cover the pot and let it simmer 15 to 18 minutes over very low heat until all the water is absorbed. Do not stir while simmering. Stirring causes the grains to stick together. Do not lift the lid until the rice is almost done or you will release essential steam and moisture. When done, remove the pot from the heat and fluff the rice with a fork. Cover and let stand another 5 minutes. The rice will continue to steam and absorb flavors.

Rice Substitutions

White rice can be substituted for bread crumbs in meatloaf, in meatball, and in poultry stuffing recipes. Rice can also be used to add body and texture to any soup.

Rice Flour

Uncooked white rice can be ground into a fine powder. It can then be used as a thickener or binder instead of flour. It is particularly useful for sauces. It can be cooked with milk and flavorings for a smooth dessert (see the Rice Sundae dessert recipe below). Since rice does not contain gluten it can't be used to make a yeast bread loaf. However, it can be added to biscuits to improve their texture, and to cake, pancake, and pizza dough. It can be used in equal amounts with wheat flour or cornmeal. However, most people prefer a 1/4 to 1/3 ratio of white rice flour to wheat flour.

The Basic Burrito (or Stuffed Tortilla)

A little cooked white rice can be added to the other ingredients in a Burrito, such as refried beans and meat (ground or sliced).

Rice and Beans

The meal of choice for balanced nutrition and energy. Any kind of beans may be used. Any ratio of white rice to beans may be used. However, most people prefer a ratio of half rice and half beans. The addition of some diced onion to the mixture is a flavor enhancement preferred by many people.

Feathered Rice (Serves Four)

1 cup uncooked white rice	1 tsp. salt	2.5 cups boiling water
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Unlike ordinary cooked white rice, this recipe causes the rice to puff up and become light and fluffy. Preheat oven to 400°F. Spread the **uncooked** white rice evenly on a shallow baking pan. Place in the oven and bake at 400°F, stirring occasionally, until the rice is a golden brown. Put the rice into a 1-quart casserole dish, add the salt and the boiling water. Cover with a tight-fitting lid and bake at 400°F for 20 minutes. (**Note:** A pound of white rice may be browned and then stored in an airtight container until it is ready to be baked.)

Mexican or Spanish Rice (Serves Four)

1 cup uncooked white rice	2 tbsp. oil	1 tsp. onion powder	1/4 cup diced tomatoes
2 cups chicken broth	1 tbsp. butter	1 tsp. garlic powder	1/8 cup diced green peppers

Heat the oil and butter in a 2 quart pan over medium heat. When the butter is melted, add the white rice and simmer, stirring constantly, for about 3 minutes until lightly browned. Add the onion and garlic and continue to simmer and stir for 5 more minutes. Add the broth and bring to a boil without stirring. Reduce heat. Gently stir in the tomatoes and peppers. Cover and simmer until all the liquid is absorbed (about 15

to 18 minutes). When done, remove the pot from the heat and fluff the rice with a fork. Cover and let stand another 5 minutes. The rice will continue to steam and absorb flavors.

Indian Rice (Serves Four)

1 cup uncooked white rice	1 tbsp. onion powder	1/2 tsp. salt	1/4 tsp. ground turmeric or rosemary
2 cups water	1/2 tsp. ground cinnamon	1/4 tsp. pepper	2/3 cup raisins (optional)

Heat 2 tbsp. water to boiling in a 2-quart saucepan over medium heat. Add the onion powder, cinnamon, salt, pepper, and turmeric (or rosemary) and stir. Add the remaining water and heat to boiling. Add the white rice and reduce heat. Cover and simmer for 15 to 20 minutes without stirring until all the liquid is absorbed. Fluff the rice with a fork and then stir in the raisins (optional), cover, and let stand 5 minutes.

Herb Flavored Rice (Serves Four)

1 cup uncooked white rice	1 tbsp. butter	1 tbsp. onion powder	1/4 tsp. oregano
2.5 cups water	1/4 tsp. salt	1/2 tsp. ground sage	1/4 tsp. thyme

Melt the butter in 2.5-quart saucepan over medium heat. Add 2 tbsp. water and bring to a boil. Add the salt, onion, sage, oregano, thyme, and stir. Add the remaining water and heat to boiling. Add the white rice and reduce heat. Cover and simmer for 30 to 45 minutes without stirring until all the liquid is absorbed.

Baked Rice (Serves Four)

1 cup uncooked white rice	2 tbsp. butter	2 chicken (or beef) bouillon cubes
2 cups water	1 tbsp. onion powder	

Preheat oven to 375°F. In a saucepan, melt the butter and add the onion powder and simmer over low heat for two minutes. Add the white rice and stir continually for 3 minutes until all the rice is coated. Add the water and bring to a boil. Add the bouillon cubes and allow them to dissolve and mix well. Pour into a 1-quart casserole, cover, and bake at 375°F for 30 minutes.

Optional: Dice a green pepper and add it with the bouillon cubes.

Optional: Add up to 1 cup of diced Spam when pouring into the casserole dish.

Rice Pilaf (Serves Four)

1 cup uncooked white rice	3 tbsp. olive oil	1/2 tsp. salt
2 cups beef broth	1 tbsp. onion powder	1/4 tsp. pepper

Heat the oil and the onion powder in a saucepan. Add the white rice and simmer over low heat for 3 minutes. Add the salt, pepper, and beef broth. Cover saucepan and cook for 20 minutes (or transfer to a covered casserole and bake at 350°F for 1 hour).

Optional: Sauté 1 cup chopped mushrooms in 2 tbsp. butter and add with the broth.

Optional: Replace beef with chicken broth and add 1/2 tsp. tarragon.

Optional: Add 1 cup cooked diced beef or chicken with the broth.

Rice-A-Roni (Serves Four)

Follow the above recipe for Rice Pilaf but add 1 cup of Spaghetti noodles broken into small pieces one-inch or shorter. Brown the broken spaghetti in the oil with the onion powder at the beginning of the above Rice Pilaf recipe.

Stuffed Grape (or Cabbage) Leaves (Serves Six)

30 young grape leaves	1/2 cup oil	1 tbsp. dried mint
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1 cup uncooked white rice	1/2 tbsp. onion powder	1 tbsp. parsley or dill or both
3 cups cooked ground meat	1 tbsp. garlic powder	1/2 tsp. salt and 1/4 tsp. pepper

Drop the leaves (about 4-inch diameters) in boiling water for 30 seconds and remove with a slotted spoon, drain, and set aside. Heat 4 tbsp. of oil in a saucepan and add the onion powder. Add the garlic, mint, parsley, salt, and pepper. Simmer for 5 minutes. Mix in the uncooked white rice and the cooked ground meat. Remove from heat. Place a leaf shiny side down and put 1 to 2 tbsp. of the mixture in the center of the leaf. Fold like an envelope and roll up but not too tightly. Put the rest of the oil in the bottom of a pot or Dutch oven and arrange the leaf rolls in rows and layers with the seam side down. Cover the rolls with water. Put a lid on the pot and simmer on low heat for 35 minutes.

Variation: Instead of grape leaves, use cabbage, spinach, etc.

Variation: Instead of ground meat, cover the leaf rolls with beef broth instead of water and simmer for 35 minutes.

Fried Rice (Leftover White Rice) (Serves One)

1/2 cup cooked white rice	2 tbsp. oil	1/2 tsp. salt
1/2 tsp. garlic powder	1 tbsp. soy sauce	1/4 tsp. pepper
1 tbsp. onion powder	1 tbsp. ketchup	green onion (optional)

Heat the oil in a frying pan or wok. Add the garlic and onion powders and stir-fry for 30 seconds. Add the cooked white rice and stir-fry until coated with oil. Stir in the soy sauce and ketchup. Add salt and pepper to taste. Heat for a few minutes until very hot. Serve immediately. If available, garnish with diced or shredded wild green onion.

Sweet Rice (Leftover White Rice) (Serves One)

1/2 cup cooked white rice	2 tbsp. butter
1 tbsp. sugar (granulated or brown)	1/2 tsp. cinnamon

Combine all and heat in the oven or in a microwave until warm. Serve as a sweet breakfast treat, or as an afternoon snack, or as a dessert.

Pot Luck Pie (Leftover White Rice) (Serves Six)

1 Pie Crust	Assorted leftover vegetables, cooked white rice, and/or cooked meat
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Mix ANY combination of different, assorted leftovers together (at least 3 or 4 different items) and put them all inside a pie crust. Put a top on the pie and bake in a 350°F oven for 30 minutes. The pie is absolutely delicious. The flavor and versatility of this pot luck pie recipe is rarely appreciated until after it has been tried at least once.

Warm Tuna and Rice (Serves Four)

2 cups cooked white rice	3 tbsp. butter	1 tbsp. celery powder
6 oz. can tuna, drained	1 tbsp. onion powder	1 tbsp. parsley flakes

Melt the butter in a saucepan. Add the onion, celery, and parsley and simmer for 2 minutes. Add the tuna and the cooked white rice. Stir while heating thoroughly. Add salt and pepper as desired.

Variation: Substitute one cup of diced Spam for the tuna.

Chilled Tuna and Rice Salad (Serves Four)

2 cups cooked white rice	1 pickle, minced	1 or 2 tomatoes, cut into small wedges
6 oz. can tuna in oil	1 or 2 green onions, minced	1/2 cup mushrooms or olives (optional)

Mix all ingredients and serve cold.

Variation: Substitute one cup of diced Spam for the tuna.

Chilled Rice, Fruit, and Tuna Salad (Serves Four)

1.5 cups cooked white rice	6 oz. can tuna, drained	16 oz. can fruit cocktail, drained
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Combine the cooked white rice and fruit cocktail. Mix well. Refrigerate for 1 hour to blend the flavors. Stir in the tuna and serve.

Variation: Substitute one cup of diced Spam for the tuna.

Chilled Blueberry and Mint Rice Pudding (Serves Four)

1.5 cups cooked white rice	1 cup blueberries	1 tbsp. chopped mint
1 cup low fat milk	3 tbsp. sugar	nutmeg (optional garnish)

Combine all (except mint and nutmeg) in a saucepan and cook for 15 to 20 minutes over low heat, stirring frequently. Transfer the pudding to a large bowl and stir in the mint. Chill for a least 1 hour before serving. Spoon into serving bowls and sprinkle nutmeg garnish over pudding.

Warm Rice Pudding (Serves Four)

1/2 cup uncooked white rice	1/2 tsp. salt	1/2 cup sugar (granulated or brown)
1 quart milk	1/2 tsp. cinnamon	1/2 cup raisins (optional)

Mix all ingredients and pour into a greased baking dish. Bake at 275°F for 3 hours. Stir frequently during the first hour. Add 1/2 cup raisins during the final 30 minutes.

Chilled Rice Sundae (Serves Four)

1/4 cup GROUND uncooked white rice	1 tsp. vanilla extract	3 tbsp. granulated sugar
2.5 cups milk	1/2 tsp. ground cinnamon	Berries, or Nuts, or Chocolate Syrup

Combine ground white rice, milk, vanilla extract, cinnamon, and sugar in a saucepan. Bring to a boil stirring constantly. Reduce heat and simmer for 30 to 40 minutes, stirring occasionally. (Add a little milk if it begins to dry out.) Allow to cool. When cool, spoon into dessert dishes and chill in the refrigerator. Serve with fresh berries (and/or chopped nuts) (or chocolate syrup) on top.

Chilled Rice Beverage or Milkshake

2 cups cooked white rice	2 tbsp. honey
2 cups low fat milk	1/4 tsp. ground cinnamon

Combine all ingredients in a jar and shake vigorously. Refrigerate for 4 hours or over overnight.

For a **beverage**, strain the rice and reserve the liquid. Fill two glasses with ice and pour the liquid over the ice. Serve chilled. (If you wish, you may use the rice in the pot luck pie recipe described above.)

For a rice **milkshake**, do not strain but pour the rice and liquid mixture into a blender and blend until creamy. Serve cold.