

# CREATE

## RICE

### Cooking Rice

Rice comes in many varieties and each variety has unique properties that yield different flavors and textures. Because of the differences and level of processing, cooking times and methods differ. The chart below can be used as a guide for cooking rice on the stovetop. Bring the measured water and rice to a boil, cover and reduce heat to low. Set a timer for the appropriate amount of time and let the rice cook on low heat. When the timer sounds, check the rice for doneness and adjust cooking time and water amount if needed (cook for a few more minutes). Remove the rice from the heat when done, keep covered and let sit for 5-10 minutes before serving.

Rice	Cups Dry	Cups Water	Cooking Time (Minutes)
Brown Basmati	1	2	40-45
Brown Jasmine	1	2	40-45
Brown Long Grain	1	2 ¼	40-45
Brown Medium Grain	1	2	30-35
Brown Short Grain	1	2	40
Red Rice	1	2-3	20-45
Black Rice	1	1 ¾ -2	30-45
Parboiled	1	2	25-30
White Long Grain	1	1 ¾	18-20
White Medium/Short grain	1	1 ½	25-30
Instant	See package	See Package	5-10

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## Fool- Proof Oven Baked Brown Rice

2 ½ cups water  
1 ½ cups uncooked brown rice  
1 teaspoon canola oil  
Pinch of salt

Pre-heat oven to 375°F. Bring water to boil. Place rice, oil, and salt in oven safe pot or baking dish with tight fitting lid. Add boiling water to pot and cover with lid. Place pot in oven for one hour or until tender. Remove pot from oven and fluff rice with fork. Cover for 5 minutes. Uncover and let stand another 5 minutes.

## Vegetable Fried Rice

2 teaspoons canola oil, divided	1-2 teaspoons dark sesame oil (optional)
1 cup diced carrots	2 tablespoons low-sodium soy sauce
1 cup diced celery or bok choy	2 large eggs, beaten
1 cup chopped broccoli	3 cups chilled, cooked brown rice
1 cup sliced green onions	1 teaspoon grated fresh ginger (optional)

Heat 1 teaspoon oil in large nonstick skillet or wok over medium-high heat. Cook carrots, celery, broccoli, green onions, and ginger, stirring frequently for 3 to 4 minutes or until vegetables are tender crisp. Add remaining teaspoon oil and the rice; cook stirring frequently, until rice is heated through.

Push rice mixture toward edge of skillet, pour eggs in center, and stir gently to cook; gradually stir in rice. Drizzle with soy sauce and sesame oil, if desired. Toss well.

Yield: 6 servings

## Types of rice:

- **Long grain rice:** grains about four times longer than width; when cooked, more separate, light and fluffy.
- **Medium grain rice:** grains about two times longer than width; more moist and tender with greater tendency to stick together.
- **Short grain rice:** grains are short, plump, almost round; cooked grains tend to stick together and have chewy texture.

## Varieties of rice:

- **Jasmine** – long grain, aroma and flavor similar to popcorn; soft, sticky.
- **Basmati** – long grain, aroma and flavor similar to popcorn; separate fluffy grains
- **Delarose** – similar to jasmine and basmati, cooked grains swell in both length and width.
- **Aromatic Red** – deep colored bran, whole grain rice, nutty flavor, slightly chewy.
- **Black Japonica** – whole grain rice with dark black bran, chewy, subtle sweet flavor.
- **Arborio** – large, medium grain, white dot at center of grain, used for risotto.
- **Sweet rice** – short, plump, white, very sticky, often used for commercial products (gravies, etc).

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## Chicken Creole

1 cup uncooked brown rice	1 bell pepper, chopped
2-3 boneless, skinless chicken breasts	1 bay leaf
1 (16 oz.) can tomatoes	½ teaspoon thyme
1 cup tomato juice	1 clove garlic, minced
1 onion, chopped	1 pinch hot pepper
1 cup celery, chopped	

Cook rice. Meanwhile, combine all other ingredients in a heavy pot. Bring to a boil, then lower heat, cover, and simmer for 1 hour or until chicken is tender. Remove chicken and cut into bite size pieces. Add chicken back to pot and reheat. Serve in bowls with hot rice.

Yield: 4 servings

## Chicken Wild Rice Soup

1 cup diced carrot	6 cups reduced sodium chicken broth
1 cup diced onion	¾ cup raw wild rice, rinsed and drained
1 cup diced celery	2 tablespoons flour
2 tablespoons butter	1 can evaporated skim milk
1 tablespoon olive oil	
12 ounces boneless, skinless chicken breast, cut into ¾ inch pieces	

In a Dutch oven, cook and stir carrot, onion, and celery in hot olive oil about 5 minutes or until tender. Add chicken and cook until chicken is no longer pink and beginning to brown. Add broth and wild rice. Bring to boil, reduce heat, and simmer, covered, for 30 - 45 minutes or until rice is tender. In small bowl, combine flour and softened butter to make a smooth paste. Stir flour mixture into broth. Cook and stir until soup is thickened and bubbly. Add evaporated milk. Cook and stir over medium heat until heated through. Season to taste with salt and pepper.

Yield: 4 to 6 servings

## Brown rice is a 100% whole grain food.

- It has the nutrient dense bran intact and provides six times the amount of fiber when compared to white rice.
- It is an excellent source of energy supplying the body and brain with necessary complex carbohydrates.
- It provides about 100 calories per ½ cup and about 5 grams of protein.
- It is a good source of vitamins and minerals including folate, some B vitamins, iron and zinc.
- It is easy to digest and is one of the least allergenic foods you can serve.
- It is easy to eat day after day without tiring because of its versatility