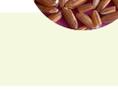


Getting the Most From Your Grains

Take the guessing out of the game. For perfectly cooked rice every time refer to this chart with no-fail guidance on water-to-rice ratios, cooking times and ideal preparations.

	Rice		Parts liquid to 1 part rice (by volume)	Cooking time (minutes)	Common Cooking Method	Description	Common Uses
Long Grain Rices	Basmati		2	18 - 20	Boiling or Pilaf	Slender, separate grains; popcorn-like aroma	Indian dishes, pilaf
	Texmati (Della)		2	18 - 20	Simmering	Slender, tender, separate grains; mild popcorn aroma	Pilaf, steamed rice
	Jasmine		2	18 - 20	Boiling or Pilaf	Fluffy, long, tender grains; floral aroma	Thai dishes, rice bowls
	Carolina		1 ¾	18 - 20	Simmering	Fluffy, tender, separate grains; mild aroma; creamy color	Steamed rice, rice pilaf, rice and beans
	Converted (parboiled)		2	25	Simmering	Fluffy, firm, separate grains; mild aroma; yellowish color	Steamed rice, baked rice, pilaf
	Brown, long grain		2 ½	40 - 45	Simmering	Nutty, chewy, separate grains; tan color	Pilaf, simmered, salads, soup
	Wehani		2 ½	40 - 45	Simmering	Long, plump, terra-cotta-colored whole grains; popcorn aroma; bursts during cooking	Pilaf, simmered with vegetables
	Himalayan Red (Bhutanese Red)		2 ½	40 - 45	Simmering	Chewy, separate grains; nutty aroma; mahogany red color	Simmered with vegetables
Medium Grain Rices	Black Japonica (Mahogany Japonica)		2	40 - 45	Simmering	Slightly chewy grains; aromatic, mushroom-like flavor; pale pink to dark purple-brown color	Pilaf, stir-fries, simmered with vegetables
	Brown, medium-short grain		2 ¼		Simmering	Tender, separate grains; nutty aroma; tan color	Casseroles, rice cakes, whole grain sushi
	Paella Rice (Valencia, Bomba, Granza)		1 ¾	18 - 20	Paella	Wide, tender grains; slightly sticky	Spanish dishes, such as paella
Short Grain Rices	Risotto Rice (Arborio, Carnaroli, Baldo, Roma, Vialone nano)		4 ½	20 - 30	Risotto	Fat, ivory colored grains; creamy texture	Risotto, rice pudding
	Sushi Rice (Calrose, Kokuho Rose)		1 1/3	18 - 20	Rinsing and Steaming	Bright white, small, tender slightly chewy grains; sticky texture	Sushi, rice pudding
	Thai Purple (Thai black, Forbidden rice)		1 1/3	20 - 25	Soaking and Steaming	Mildly sweet grains; purple-color; sticky texture	Thai desserts, rice cakes
	Glutinous (sweet or sticky)		1 1/3	18 - 20	Soaking and Steaming	Mild, sweet grains; very sticky	Pudding, rice cakes, desserts

Rice Cooking Methods

Whether you're after a creamy risotto or fragrant, spiced pilaf, we've got you covered with this easy-to-follow guide.

Simmering/Steaming: Bring measured liquid to a boil. Add rice, stir to disperse, and reduce heat to a simmer. Cover and simmer until rice is tender and liquid is absorbed. Remove from heat; let stand 5 minutes. Remove cover and fluff with a fork to help release steam.

Boiling: Bring a large pot of salted water to a boil. Add rice, stir to disperse, cover, and boil until rice is tender; drain.

Pilaf Method: Sauté onion in oil or butter. Add rice and sauté until lightly toasted. Add hot liquid, stir to disperse, and bring to a simmer. Cover and simmer until rice is tender and liquid is absorbed. Remove from heat; let stand 5 minutes. Remove cover and fluff with a fork to help release steam.

Risotto: Sauté onion in butter. Stir in rice to coat. Add wine and simmer gently until most of the liquid is absorbed, stirring often. Add stock in small increments (just enough to cover rice) and stir until each addition is absorbed before adding the next. Just before the last addition has been absorbed, stir in flavorful additions (herbs, sautéed vegetables, poached seafood) and grated cheese and/or butter. Serve immediately.

Paella: Sauté aromatic vegetables and meat in a wide shallow pan. Add rice and seasoning and stir until aromatic. Add liquid, bring to a simmer, cover and simmer until rice is barely tender. Add seafood and any additional vegetables, cover and cook until the seafood is firm and the rice forms a light crust across the bottom of the pan.