

Rice: White, Brown, or Black

Serves 8

I learned how to make rice from Christine Liu in the late '70s. You don't have to have a steamer or rinse the rice. This method works for long grain white rice, brown rice, or black Thai rice (Chinese Forbidden rice). The method is the same for all three types of rice, but the resting time is longer for brown and black. The trick is to simmer the water and rice mixture until the level of water is below the top of the rice, making steam holes in the rice. Be careful to stop the process before all the water is gone and the rice burns. Once the water level is below the top of the rice, watch it carefully for about a minute to pick the right time. Then you can cover it and take it off the heat and work on something else. To make the brown and black rice softer, you can add a 1/4 tsp. baking soda to the water.



You can get Thai Black rice in most Asian grocery stores including the Tsai Grocery in the Oak Valley shopping center near the church in Ann Arbor or at the H&L Asian Market on Rivers avenue just north of I-526 in North Charleston. It is sold in 5 lb. bags, but it isn't expensive. If you want to try some, let me know and I'll bring some to church.



Ingredients:

- 2 cups dried rice (1/4 cup per serving)
- Water sufficient to cover the rice to a depth of 1"
- 1/4 tsp. baking soda (for brown and black rice)

Equipment

- Pot with tight fitting lid

Rice—white, brown, or black:

☑	Directions	Time (min)
	Pour rice in pot	1
	Add water to cover rice to a depth of 1"	1
	Add 1/4 tsp. baking soda for brown or black rice	1
	Simmer until water level is at the top of the rice	10
	Watch rice carefully while the water level goes down and leaves steam holes in the bed of rice.	1
	Before the water level reaches the bottom. Put on tight fitting lid and turn off heat.	1
	Allow rice to rest and finish cooking off-heat. Do not open the lid! Allow 30 minutes for white rice and 45 minutes for brown or black rice. It may sit longer, if necessary.	30-45
	Remove lid. Transfer to serving dish and fluff to separate grains of rice.	1
	Total	44-60