

Build Your Skills:

How to Cook the Perfect Pot of Rice

Learn how to make a perfect pot of rice, then use it as the base for your [Fried Rice](#) or any other rice-based dish that you enjoy such as [Black Beans & Rice](#), [Lentils & Rice](#), [Sofrito Rice](#), and [Delicious Dinner Bowls](#).

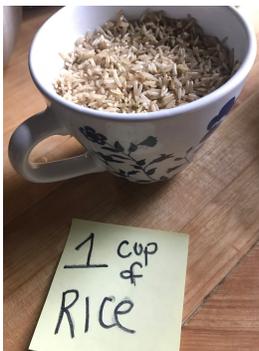
STEP 1: GATHER YOUR RICE MAKING SUPPLIES

Prepare your *Mise en place* (*MEEZ ahn plahs*). *Mise en place* is a French term for having all your supplies and ingredients ready before you start cooking. It is a technique that chefs use so they can assemble meals quickly and effortlessly. *Mise en place* is useful for home cooks, too!

For your rice *mise en place*, you will need:

- Pot with a lid that fits well
- Measuring cup*
- Bowl
- Fine mesh strainer
- Spatula or a large spoon
- Rice

**It is OK if you don't have a measuring cup at home - you can use other things to measure like a cup or a bowl. The important thing to remember is to use the same cup you use to measure the rice when you measure the water.*



STEP 2: MEASURE THE RICE

To make two cups of rice, use your measuring cup to measure 1 cup of rice and put it in a bowl.

You can take a few minutes before you add the water to the bowl to run your hands through the rice. This feeling is very soothing. You may find it calming to gently massage the rice in the water as you wash it..

STEP 3: WASH & STRAIN THE RICE

Rice is often dusty from the way it is processed, so it's good to rinse it before using it.

Add a few cups of water to the bowl with the rice. If the water is very cloudy, strain off the water and add more to clean the rice well.

Once the water is clear, pour rice in a fine mesh strainer to drain the water.



STEP 4: COOK THE RICE

Pour the rinsed, drained rice into your pot, then add water.

Be sure to read the directions on the rice packaging that you are using to see the suggested rice to water ratio. This ratio varies for different types of rice.

For most varieties of Brown Rice, we use a ratio of 1 part rice to 2 parts water. So, if you measured 1 cup of rice, add 2 cups of water.

**Reminder: if you did not use a measuring cup, just make sure to measure the water with the same cup that you used for measuring the rice.*

Add a sprinkle of salt into the pot, stir gently, then bring the pot of rice and water to a boil on the stove over high heat. Once it is boiling, reduce the heat to low and cover your rice pot with the lid.

Cook for the amount of time suggested on the rice packaging. This ranges from 20 minutes to about 45 minutes, depending on the type of rice. Set a timer, but check on it every few minutes to make sure it doesn't burn or boil over.

Rice is cooked when it is soft and there is no more water at the bottom of the pot. It's time to turn off the heat and remove the lid.

Fluff the rice with a fork and your rice is ready to enjoy!

