



COOKING RICE *to serve 4*

INGREDIENTS

Long grain rice / Basmati / Jasmine	300g
Water	500g
Salt	1 teaspoon
OPTIONAL AROMATICS Lemon/Lime/Cardamon Pods	

Note:

The golden ratio for cooking rice this way is 1:1.5 per person (adult)

This means 1 cup/100g of rice to 1½ cups/150g of water

- 1) Place all of the ingredients, including any chosen optional aromatics, into a saucepan.
- 2) Bring the water to a boil over a medium heat, stirring occasionally.
- 3) When the water level drops to the same level as the rice, give the pot a stir and then place a tight fitting lid on top
- 4) Reduce the heat to low and leave for 15-20 minutes (the more rice the longer the wait will be here) Don't be tempted to lift the lid as the steam needs to be captured to finish cooking the rice.
- 5) After the time is up, gently lift the lid - you should see no water, and the rice should look sticky.
- 6) Remove the aromatics, then fluff up the rice with a fork and serve.
- 7) To cool rice down -
 - a) Tip the warm rice onto a plate or large tray and spread out, making holes and valleys to add faster cooling.
 - b) The faster you can cool the rice to room temperature the better - but this should be no longer than 90minutes.
 - c) Once cooled, immediately refrigerate and use within 3 days. Make sure the rice is fully piping hot when reheated.