

# Easy Rice

Cooking fluffy rice can strike fear into the heart of many a chef but if you follow our tried and tested steps you'll be on to a winner. A top tip is to never use a spoon to stir your rice, use a fork to keep the grains separated.

## Ingredients:

Approximately 90g  
uncooked long grain rice  
per person  
Water

## Equipment:

Saucepan  
Sieve  
Fork

## Instructions:

1. Fill the saucepan with water and bring to the boil
2. Weigh the amount of rice you need and place in a sieve
3. Wash the rice under cold running water until the water coming from the sieve is clear and not cloudy
4. When the water in the pan is boiling, carefully tip in the washed rice
5. Cook the rice for approximately 10 - 12 minutes. Stir occasionally with a fork
6. The rice is ready when it has swelled up and fluffy but with a slight bite in the centre of the grain
7. Drain the rice into the sieve over the sink
8. Leaving the rice in the sieve, place the sieve over the warm saucepan pan and cover with the lid. Let the rice steam for a couple of minutes before fluffing up with a fork just before serving

**Food Safety Advice - Rice not being eaten immediately must be cooled under cold running water as quickly as possible and stored in a fridge. Never reheat cooked rice**

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