

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 onto a winner.

A top tip is to never use a spoon to stir your rice, use a fork to keep your grains separated.



Take & Make Boxes are assembled in a facility that also handles celery, gluten, eggs, lupin, milk, mustard, peanuts, sesame, soybeans, sulphur dioxide, sulphites and tree nuts. Therefore, this product may contain trace allergens that have not otherwise been declared.

Equipment you will need:

Saucepan with lid
Sieve
Fork
Measuring jug (if you do not have one you can use a clean, empty tin can)

Ingredients:

250g uncooked long grain rice
(Approximately 62g per person)

600ml water

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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Share your feedback in our survey: www.surveymonkey.co.uk/r/TakeandMake

Instructions:

1. Measure 600ml of water. If you're using a clean, empty tin can you will need 1½ tins of water. Add the water to a saucepan, cover with a lid 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, reduce the temperature to a simmer and carefully tip in the washed rice.
5. Replace the lid and cook the rice for approximately 10–12 minutes. Stir occasionally with a fork.

Remember to measure or check the weights of your ingredients. We may have included more than you need.

6. The rice is ready when it has swelled up and fluffy but with a slight bite in the centre of the grain. Turn off the hob.
7. Drain the rice in a sieve, over the sink, to get rid of any excess water.
8. Place the sieve of rice over the warm saucepan and cover with the lid. Let the rice steam for a couple of minutes before fluffing up with a fork, just before serving.

ENERGY SAVING TIP:
By pre-soaking the rice in water for at least 30 minutes you can reduce the amount of cooking required. The rice may not absorb all of the water required in the recipe. Drain any excess cooking liquid in a sieve before adding to the dish or serving.



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