

HOW TO COOK WHITE RICE

I never really considered cooking rice a challenge. I always pretty much just followed the instructions on the package of whatever rice I was cooking and it turned out OK. But the more I got into food research and experimentation, the more I started coming across reports of people having trouble with rice. Along with that, I came across more methods of cooking rice apart from the standard “follow the instructions method”. However, nothing really piqued my interest until I heard about the “spaghetti method” (it might have been in an Adam Ragusa (spelling?) video, I’m not sure). Then I thought “What about the oven method?”, “What about Sous Vide”, “What about...”. And here we go down yet another rabbit hole...

A general word of caution... The times listed here are just what works for me in my kitchen. Your results may vary, so be open to a little experimentation while you dial in what works for you.

20201029 (Thursday):

Which one do I like best? Well....

From a strict taste / texture standpoint, I think I gotta give it to Sous Vide with the rice cooker coming in a VERY close second

Taking the easiness factor into account as well, it is the rice cooker hands down. If you regularly eat rice, it is well worth your money to buy one

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
1	Cup	Uncooked Rice of Choice
AR	-----	Water
AR	-----	Morton’s Kosher Salt
1	TBSP	Unsalted Butter

If your tap water is a little funky, use distilled or bottled water

Why specifically Morton’s? Different salts have different weights per volume. If you use something different, make sure you adjust the number of tablespoons accordingly. Samin Nosrat’s book, **Salt Fat Acid Heat**, has a good conversion table on this

Insert standard disclaimer about salted vs unsalted butter here. HOWEVER, in this case, it may not be as critical

SPECIAL TOOLS

- None!!! Unless....
- Sous Vide Method
 - Vacuum Sealer [iv]
 - Vacuum Seal Bags [v]
 - Sous Vide Machine[vi]

PREPARATION

THE POT ON STOVE METHOD

- 1) Place a measuring cup on a kitchen scale and zero the weight
- 2) Measure out 1 cup of uncooked rice and record the weight
- 3) Rinse the rice [i]
 - a. Cover the rice to at least twice its height with water in a 3 or 4 quart pot
 - b. Swirl around and massage with your hand
 - c. Drain the water
 - d. Repeat until the water runs clear or 5 times, whichever comes first
- 4) Place a measuring cup on a kitchen scale and zero the weight
- 5) Place the rinsed rice in the measuring cup and record the weight
- 6) Calculate the weight of the water in the rinsed rice by subtracting the weight from step 2 from the weight from step 5
- 7) Place a measuring cup on a kitchen scale and zero the weight
- 8) Measure out the recommend water from the rice cooking instructions
- 9) Remove the amount of water from step 6
- 10) Put water, and the recommended amount of salt, in a 3 or 4 quart pot and bring to a boil
- 11) Add the rice, reduce heat to VERY low, and cover
- 12) Heat, stirring occasionally, until water is full absorbed [ii]
- 13) Remove from heat
- 14) Add the recommended amount of butter (unsalted) and gently fold in until it melts and is thoroughly distributed
- 15) Let sit uncovered for at least 5 minutes
- 16) ENJOY !!!

THE SPAGHETTI METHOD

- 1) Place a measuring cup on a kitchen scale and zero the weight
- 2) Measure out 1 cup of uncooked rice and record the weight
- 3) Rinse the rice [i]
 - a. Cover the rice to at least twice its height with water in a 4 quart pot
 - b. Swirl around and massage with your hand
 - c. Drain the water
 - d. Repeat until the water runs clear or 5 times, whichever comes first
- 4) Drain the rinsed rice through a metal strainer into a 1 quart measuring cup and cover with a saucer
- 5) Add 2 quarts water to the 4 quart pot
- 6) Add 2 TBSP Morton's Kosher Salt to the water
- 7) Heat water on HI until you achieve a nice rolling boil
- 8) Add the rice and set timer to 8 minutes [iii]
- 9) Immediately reduce the heat to low and drain the rice evenly through two metal strainers into two 1 quart measuring cups. DO NOT cover these with saucers

- 10) Melt 1 TBSP butter in the pot
- 11) Once the butter has melted, add the rice and **GENTLY** fold in the butter until well incorporated
- 12) Let sit uncovered for at least 5 minutes
- 13) ENJOY!!!

THE OVEN METHOD

A quick note about this one before I get into it

- Most, if not all, of the recipes I came across in research said to pre-boil the rice. That seemed like too much work to me so I skipped that step. I REALLY did not see any benefit to the two step method, but if you have an oven safe pot, it might not be such a big deal

And here... we... go....

- 1) Heat oven to 375 deg. F
- 2) Place a measuring cup on a kitchen scale and zero the weight
- 3) Measure out 1 cup of uncooked rice and record the weight
- 4) Rinse the rice [i]
 - a. Cover the rice to at least twice its height with water in a 3 or 4 quart pot
 - b. Swirl around and massage with your hand
 - c. Drain the water
 - d. Repeat until the water runs clear or 5 times, whichever comes first
- 5) Drain the rice through a metal strainer into a 1 qt. measuring cup until needed
- 6) Place a measuring cup on a kitchen scale and zero the weight
- 7) Place the rinsed rice in the measuring cup and record the weight
- 8) Calculate the weight of the water in the rinsed rice by subtracting the weight from step 3 from the weight from step 7
- 9) Place a measuring cup on a kitchen scale and zero the weight
- 10) Measure out the recommend water from the rice cooking instructions
- 11) Remove the amount of water from step 8
- 12) Add the rice to a 1.5 qt. glass "loaf" pan
- 13) Pour in the water
- 14) Add 1 TBSP butter and 1 TSP salt
- 15) Tightly cover with aluminum foil and put in the oven
- 16) Set timer for 30 minutes
- 17) At the end of the 30 minutes, take a peak in the oven and see if the water has been absorbed into the rice [xii]
- 18) Set the timer for another 5 - 15 minutes depending on how far it looks to go [xiii]
- 19) Pull and check for doneness. If it is not done yet, stick back in the oven in increments of 5 minutes until it is cooked to your liking
- 20) Pull the glass "loaf" pan from the oven, loosen the foil and let sit for 5 minutes
- 21) Gently stir and fluff with a wood spoon and fork
- 22) Plate
- 23) ENJOY!!!

THE SOUS VIDE METHOD [VIII]

- 1) Check Sous Vide machine water.
 - a. Add / replace water as required
- 2) Heat the Sous Vide machine to 200 deg. F [vii]
- 3) Make (Qty. 1) 4-line vac seal bag
 - a. Create two seals, each one double sealed
- 4) Add 1 cup of rice to the bag along with 1 TBSP butter, 1 TSP [xi] salt, and 1 cup water
- 5) OK... this next part might get a bit tricky... The goal is to vacuum seal the rice, butter, and water with as little leftover air as possible WITHOUT sucking liquid into the vacuum sealer [x]
 - a. Position the vacuum sealer near the edge of a counter
 - b. Squeeze out as much air as possible from the bag
 - c. Position the bag in the vacuum sealer so that it hangs over the edge of the counter [ix]
 - d. Pull a vacuum as long as possible until liquid just about reaches the vacuum sealer and trigger the seal function
 - e. After one minute, re-trigger the seal function
 - f. After one minute, pull the bag and wipe out any liquid between the top of the bag and the seal line
 - g. Reposition the bag to place a second seal just above the first one and trigger the seal function
 - h. After one minute, re-trigger the seal function
- 6) Put bag o' rice in sous vide machine
- 7) When sous vide machine recovers temperature, set timer for 30 minutes
- 8) When the timer goes off, pull the bag o' rice. Careful! It will be hot!!!
- 9) Cut one corner off the bag to let vent and gently massage to break up the rice. Careful! It will be hot!!!
- 10) Let rice sit in bag for 5 minutes
- 11) Empty rice into glass bowl and fluff with fork and wood spoon
- 12) ENJOY!!!

THE RICE COOKER METHOD

A quick note about THIS one. In all the years I owned a rice cooker, I used it almost exclusively for steaming vegetables with the exception of sushi rice. I don't think I ever really used it for "regular" rice until now and BOY was I missing out. One word of caution, however: The "cup" provided with the rice cooker may not be an imperial units cup (mine is ~180 ml), so make sure you adjust accordingly

- 1) Determine how many rice cooker cups correspond to 1 imperial cup
- 2) Measure out 1 imperial cup of uncooked rice
- 3) Rinse the rice [i]
 - a. Cover the rice to at least twice its height with water in a 3 or 4 quart pot
 - b. Swirl around and massage with your hand

- c. Drain the water
- d. Repeat until the water runs clear or 5 times, whichever comes first
- 4) Add rice to rice cooker pot
- 5) Fill with water to line that corresponds to 1 imperial cup of rice
- 6) Set to "regular" or whatever corresponds to regular white rice on your rice cooker
- 7) When rice cooker is done, mix in 1 TSP of salt, ¼ TSP at a time, stirring and fluffing with a fork and wood spoon
- 8) Add 1 TBSP butter, close the lid, and set a timer for 5 minutes
- 9) Stir and fluff with a fork and wood spoon
- 10) Plate
- 11) ENJOY!!!

CHEF JOHN'S [FOODWISHES] PERSIAN RICE METHOD

I saw this on his You Tube channel and was intrigued. It looked very tasty, but I did not include in this round of rice experiments. Why? Well, I didn't think it quite fit here (or maybe it was laziness). I do recommend you check it out, however.

RICE FOR FRIED RICE

- 1) Once you rice is done...
- 2) Fluff and spread the rice on a ¼ sheet pan and put in the fridge overnight

NOTES

- i. There are many different ways of doing this, so do what works for you! Some will argue that this does not do anything significant, but it works for me
- ii. The cook time will depend on your rice, but for the stuff I use, it is generally in the ballpark of 15 - 20 minutes
- iii. 8 minutes is what worked for me for the brand of rice I used. Start checking around the 5 minute mark and taste for doneness
- iv. I use the Food Saver, but I do have a vac chamber sealer that I need to break out one of these days
- v. Food Saver requires the special bags, but the vac chamber does not
- vi. I have the Sous Vide Supreme, but there are a lot of options out there
- vii. Mine took about 1 hour and 15 minutes
- viii. Notice something missing? I forgot to rinse the rice for this one. It turned out so well, however, I decided to leave it out for this method!
- ix. Make sure you clamp down and lock the vacuum sealer before you let go of the bag!!!
- x. You also want to avoid sucking water into the area of the bag where it is going to seal. I was not quick enough this last time and it took many attempts to get a good seal

- xi. I'm not sure... I MIGHT want to add a tad more salt
- xii. One of the BIG benefits of using a glass pan for this
- xiii. I did 8 minutes

PICTURES

No pictures yet!!!