

# Sesame Brown Rice

written by The Recipe Exchange | June 28, 2015

## **Ingredients**

2 3/4 cups water  
1 cup medium grain brown rice  
1/2 tsp kosher salt  
2 tsps sesame seeds  
1 tsp sesame oil (Asian)  
1 tbsp sliced green onions (thinly)

## **Directions**

In a saucepan over high heat, bring the water to a boil. Add the rice and salt, stir once, reduce the heat to low, cover and cook, without stirring, until all of the water has been absorbed and the rice is tender, 35 to 45 minutes.

Meanwhile, in a small, dry fry pan over medium heat, toast the sesame seeds until they are fragrant and have taken on color, about 2 minutes. Pour the seeds onto a plate and set aside.

Carefully lift the cover of the saucepan so that no condensation drips into the rice. Drizzle the sesame oil evenly over the top and sprinkle with half of the sesame seeds. Gently fluff the rice with a chopstick or the handle of a wooden spoon.

Spoon the rice into a warmed serving dish. Sprinkle with the remaining sesame seeds and the green onion. Serve immediately. Serves 4.