

Foolproof Oven-baked Brown Rice

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Ingredients

1 1/2 cups brown rice
2 1/3 cups water *
2 teaspoons unsalted butter or vegetable oil
1/2 teaspoon salt

Directions

Adjust oven rack to middle position. Preheat oven to 375 degrees. Spread rice in an 8-inch square baking dish.

Bring water and butter or oil to a boil, either in a saucepan or in the microwave. Keep an eye on it and take it off heat immediately after it starts boiling. Immediately stir in salt and pour water over rice in baking dish. Cover baking dish tightly with 2 layers of foil, or heavy-duty foil. Transfer baking dish to oven and bake rice until tender, about 1 hour.

Remove baking dish from oven and uncover. Fluff rice with fork, then cover dish with kitchen towel and let rice stand for 5 minutes. uncover and let rice stand 5 minutes longer. Serve immediately.

* You can replace the water with broth or stock for added flavor.