

Perfect Brown Rice

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Ingredients

brown rice (whichever type you prefer)
4 cups water (for every one cup of rice)
salt (– to taste)

Directions

Rinse rice in a strainer under cold running water for 30 seconds, swirling the rice around with your hand. Meanwhile, bring water to a boil in a large pot over high heat. When water boils, add the rice, stir it once. Turn heat to medium and boil, uncovered, for 30 minutes, stirring occasionally. After 30 minutes, pour the rice into a strainer over the sink. Let the rice drain for 10 seconds, then return it to the pot, off the heat. Immediately cover the pot with a tight-fitting lid and set it aside to allow the rice to steam for 10 minutes (if your pot lid isn't extremely tight, place a piece of aluminum foil over pot then place the lid on top of foil for a tighter seal). After ten minutes, uncover rice, fluff with a fork, and season with salt to taste.